



# WELCOME FEBRUARY 2020

## Adams Council on Aging

# The Informer

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



Heat Through the Holidays  
Raffle – 125 Gallons Oil  
Generously Donated by West Oil

We Raised **\$500.00** for the Friends Group  
toward

Senior Programming

And the Winner is:

**“Myron Proper”**

## 2020 Census forms are coming!

You may have noticed that our local census has just been mailed out. Don't forget to respond to Town Clerk, Haley Meczywor's request. Knowing how many people live with-in our community is critical. However, this is very different than the 2020 Federal Census, which helps fund and shape the community we live in. Did you know it directly impacts the funding we get for both our schools and senior centers? Additionally, it shapes the amount of funding Adams would get for relief and aid to other critical projects.

# 20 PARTICIPATE 20 IN THE CENSUS

It's about **FAIR** Representation

What to Know about the Census and Why It Matters

## \$1.5 trillion

In federal funds are allocated to states, communities and local governments to spend on vital programs

Schools Hospitals Roads Public Works



Participation is constitutionally mandated

The results determine how many seats states are allocated in the House of Representatives

The Census begins in **March 2020**

Every household will have the option of responding

Online By mail By phone

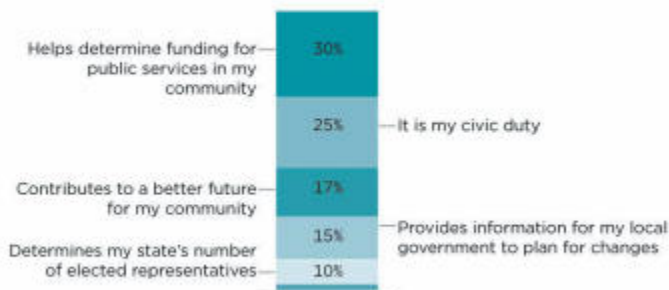
The Census Bureau will NEVER ask for

✗ Social security numbers ✗ Political party information  
✗ Bank/credit card account numbers ✗ Donations

2020census.gov



Figure 1.  
What is the one most important reason to fill out the census?



Source: U.S. Census Bureau, 2020 Census Barriers, Attitudes and Motivators Survey Public Use Microdata Sample data set.

**FREE!**  
Savings Include an American Standard Right Height Toilet FREE! (\$500 Value)

*American Standard*  
Walk-In Tubs

**WALK-IN BATHTUB SALE! SAVE \$1,500**

- ✓ Backed by American Standard's 140 years of experience
- ✓ Ultra low entry for easy entering & exiting
- ✓ Patented Quick Drain® Technology
- ✓ Lifetime Warranty on the bath AND installation, INCLUDING labor backed by American Standard
- ✓ 44 Hydrotherapy jets for an invigorating massage

Limited Time Offer! Call Today!  
**844-889-2321**  
Or visit: [www.walkintubinfo.com/safety](http://www.walkintubinfo.com/safety)

AS SEEN ON TV

MADE IN USA

GREENGUARD CERTIFIED

GREENGUARD GOLD CERTIFIED

**MidTown**  
**TAX & BOOKKEEPING CO., INC**

ROBERT C. BLAIR, OWNER

44 Spring Street, Adams, MA  
Tel: 413.743.4933 | [midtowntaxadams@aol.com](mailto:midtowntaxadams@aol.com)  
*Personal Service • Professional Results*

**BaneCare**  
*A Matter of Trust*

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](http://www.BaneCare.com)

**GREYLOCK**  
FEDERAL CREDIT UNION

2 Park Street, Adams  
413-743-7333  
[www.Greylock.org](http://www.Greylock.org)

Member of NCUA

PROTECTING SENIORS NATIONWIDE  
MEDICAL ALERT SYSTEM

**\$29.95/MO**  
BILLED QUARTERLY

PLUS SPECIAL OFFER

CALL NOW! 1.877.801.5055  
[WWW.24-7MED.COM](http://WWW.24-7MED.COM)

**ADAMS**  
PHYSICAL THERAPY

*Heal. Function. Perform*

Check out our new website:  
[www.adamsphysicaltherapy.com](http://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

**Williamstown Commons**  
NURSING & REHABILITATION CENTER

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

**BEST NURSING HOMES**  
USNews 2016-17

25 Adams Road • Williamstown, MA 01267  
413-458-2111 • [www.williamstowncommons.org](http://www.williamstowncommons.org)

**SBM**  
SMITH BROS. - McANDREWS INSURANCE

45 Park Street • Adams • 743-1216  
[www.smithbrosmcandrews.com](http://www.smithbrosmcandrews.com)

**EDMUND R. ST. JOHN, III**  
Attorney-At-Law

2 Center Street / P.O. Box 228 / Adams, MA  
**413.743.0990**  
[estjohn1@albany.twcbc.com](mailto:estjohn1@albany.twcbc.com)  
**30% SENIOR DISCOUNT**

**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](http://www.northadamscommons.org)

**SPREAD THE WORD** A Thriving, Vibrant Community Matters

**SUPPORT OUR ADVERTISERS**

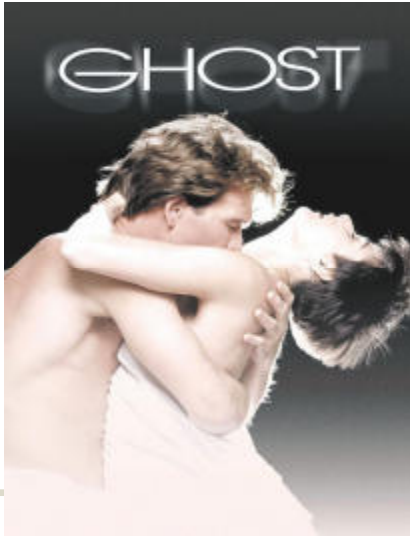
**Millhouses of Adams**  
Wingate Management Company, Inc.

**Elderly & Family Apartments**  
• Rent 30% of Income  
On Site Laundry • Social Activities

75 COMMERCIAL STREET, RT. 8  
ADAMS, MA  
Call 413-743-2375



## MOVIE OF THE MONTH



*Ghost* is a 1990 American romantic fantasy thriller film directed by Jerry Zucker, written by Bruce Joel Rubin, and starring Patrick Swayze, Demi Moore, Whoopi Goldberg, Tony Goldwyn, and Rick Aviles.<sup>[3]</sup> The plot centers on a young woman in jeopardy (Moore), the ghost of her murdered lover (Swayze), and a reluctant psychic (Goldberg) who assists him in saving her.

### TRAVEL WITH US!

#### April 16, 2020 - "Country Legends of the Past,"



including Patsy Cline and Tammy Wynette. Danny Lee will be singing selections from the likes of Johnny Cash, Kenny Rogers, Merle Haggard, Hank Williams and many more at the Log Cabin Banquet and Meeting House, Holyoke, MA—Welcome platter of Hors d'oeuvre, Complimentary glass of wine, rolls, salad, Honey glazed

Grilled Chicken/BBQ Ribs/or Stuffed Scrod, Apple Strudel w/ vanilla Ice Cream. \$85 pp – includes bus/lunch/show.

**July 23, 2020 - MGM Casino:** 9-12:00 p.m. (\$20 slot play, \$10 food), then Buddy Holly & Friends Show @ the Majestic Theatre 2-3:15, home by 5:00 p.m. \$65 pp



#### August 13, 2020 - *Rock of Ages* @ MacHayden Theatre -



takes you back to the times of big bands with big egos playing big guitar solos and sporting even bigger hair! It tells the story of a small-town girl, a city boy, and a rock 'n' roll romance on the Sunset Strip. \$85 pp, includes bus/lunch @ White Stone Restaurant & show

Fall Foliage Cruise on the Hudson – October, 1<sup>st</sup> week in October, details to come. Bus/Cruise/Lunch—Details to come!

#### COA Board Members

Pam St. John, Chairperson  
Aleta Moncecchi, Vice Chair  
Bob Joppich  
Bruce Shepley, R.N.  
Debbie Wineberg, R.N.  
Mary Whitman  
Leona Meczywor  
Barbara Fiske  
Barbara Lagowski  
Selectman Jim Bush, Liaison  
Next Meeting: Feb 24, 2020 @ 2pm

#### COA Director

Erica Girgenti

#### Outreach Worker

Barbara Proper

#### Administrative Assistant

John Naughton

#### Van Drivers

John Naughton, Chuck Gebauer,  
Jolene Droschen, Neal Crosier  
Joe Sloane & Bruce Shepley

#### Custodian

Kyle Wilson & 'Fi Fi' Culverwell

#### Community Lunch Volunteers

BFAIR, Louise Charron, Barb Ziemba  
Kathy Jordan, Joseph Moller, Linda  
Don & Corey Prosser, Bob Joppich, Linda  
Kupiak

#### SHINE Counselor (Medicare)

Karen De'Ordio

#### Foot Nurse:

Lynette Ducart, RN

#### THE INFORMER Editor

**Did you know our newsletter  
is online?**



You can read the current and previous editions by visiting the following website:

[www.ourseniorcenter.com/find/friends-of-adams-coa](http://www.ourseniorcenter.com/find/friends-of-adams-coa)

## Community Lunches

Catered by ESBC

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

Monday – Friday Serving Time: 11:30 AM

Adams Council on Aging/Visitor Center

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

### \*Transportation Available\*

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

- 2/3 Veal w/peppers, mashed, carrots, fruit cocktail
- 2/4 Beef Stroganoff, rice pilaf, cauliflower, peaches
- 2/5 Stuffed Shells, mixed greens, apricot halves
- 2/6 Tuna Salad, potato leek soup, brocc, apple crisp
- 2/7 Chicken Almandine, potatoes, squash, apple
- 2/10 Pork Roast w/gravy, mashed, spinach, mandarin oranges
- 2/11 Bone in Chicken, sweet potatoes, cabbage, pears
- 2/12 Salisbury Steak, potatoes, carrots, fresh orange
- 2/13 Chix Breast w/gravy, rice pilaf, veg, mixed fruit
- 2/14 Valentines Day—Linen Lunch: Eggplant Parm Calico Bean Soup, beets, Valentine Cookie
- 2/17—**Closed for Presidents Day!**
- 2/18 Meatloaf w/gravy, potato, spinach, fresh orange
- 2/19 Chicken Bruschetta, rice, br. Sprouts, yogurt
- 2/20 Swedish Meatballs, noodles, mix veg, banana
- 2/21 Turkey w/gravy, mashed , peas, diced pears
- 2/24 Meatball Grinder, potatoes, brocc, rice pudding
- 2/25 Chicken Cordon Bleu, egg noodles, blended vegetables, sliced peaches
- 2/26 Ash Wednesday—Baked Pollock, split pea soup, mixed veg, mandarin oranges
- 2/27 Moroccan Beef Stew, mashed, butternut squash, applesauce
- 2/28 Mac & Cheese, tomato soup, green beans, apple

## Mobile Food Bank

February 11th & 25th  
10am - 11am

Questions? Contact 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

Do you like Scrabble? Are you up for a challenge? We have a few people who have been playing before lunch and would love to challenge you! Come on over!

W, E, L, C, O, M, E



### Get you're Blood Pressure Checked!

We welcome local registered nurse, Luanne Rose who will be coming every 2nd Tuesday of the month from 10:30—11:30 to host our blood pressure clinic. Stop in and get your BP taken each month! Next screening is February 11th. Participate in 8 out of 12 months in 2020 and earn a prize!



Alzheimer's Caregiver  
Support Group

### Alzheimer's Info and Caregiver Support Group

Meets every 2nd Tuesday of every month from 6pm—7:30pm., upstairs in the Visitor's Center/Council on Aging. You are not alone!

Next meeting will be held on **February 11th.**

# FEBRUARY 2020

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> 11:30 Lunch: Veal w/pepper & onions	<b>4</b> 9:00 Chair Yoga <b>9:15 Tai Chi</b> 11:30 Lunch: Beef Stroganoff 1:00 Quilt, Crochet, Knit	<b>5</b> 9 - 11 SHINE Counsel 11:30 Lunch: Stuffed Shells AARP Tax Preparation	<b>6</b> 9:00 Chair Yoga 11:30 Lunch: Tuna Salad w/Potato Leek Soup 7:00 pm Quilt, Crochet, Knit	<b>7</b> 9-11 SHINE Counsel 11:30 Lunch: Chicken Almandine AARP Tax Preparation <b>National Wear RED Day!</b>
<b>10</b> 9:30 - 12:00 SHINE Counsel <b>10:30 NaviCare Benefits Presentation</b> 11:30 Lunch: Pork Roast w/gravy  <b>Chocolate Kiss day!</b>	<b>11</b> 9:00 Chair Yoga 9:15 Tai Chi 11:30 Lunch: Bone in Chicken 10:00 Mobile Food Bank <b>10:30-11:30 Blood Pressure</b> 1:00 Quilt, Crochet, Knit 6:00 Alz Support Group	<b>12</b> 9-11 SHINE Counsel 11:30 Lunch: Salisbury Steak AARP Tax Preparation	<b>13</b> 9:00 Chair Yoga 11:30 Lunch: Chicken w/gravy 12:30 MOVIE: Ghost 7:00 pm Quilt, Crochet, Knit	<b>14</b> 9-11 SHINE Counsel 11:30 Linen Lunch: Eggplant Parmesan AARP Tax Preparation
<b>17</b>  <b>CLOSED</b>	<b>18</b> 9:00 Chair Yoga 9:15 Tai Chi 11:30 Lunch: Meatloaf w/gravy 1:00 Quilt, Crochet, Knit <b>Foot Clinic by App</b> <b>Call 743-8333 to Book</b>	<b>19</b> 9-11 SHINE Counsel 11:30 Lunch: Chicken Bruschetta AARP Tax Preparation	<b>20</b> 9:00 Chair Yoga 11:30 Lunch: Swedish Meatballs 7:00 pm Quilt, Crochet, Knit	<b>21</b> 9-11 SHINE Counsel 11:30 Lunch: Sliced Turkey w/gravy AARP Tax Preparation
<b>24</b> 9:30 - 12:00 SHINE Counsel 11:30 Lunch: Meatball Grinder	<b>25</b> 9:00 Chair Yoga 9:15 Tai Chi 10:00 Mobile Food Bank 11:30 Lunch: Chicken Cordon Bleu w/ Gravy	<b>26</b> 9-11 SHINE Counsel 11:30 Lunch: Baked Breaded Pollock AARP Tax Preparation	<b>27</b> 9:00 Chair Yoga 11:30 Lunch: Moroccan Beef Stew 7:00 pm Quilt, Crochet, Knit	<b>28</b> 9-11 SHINE Counsel 11:30 LEAP Year PARTY Macaroni & Cheese 12:30 Brown Bag AARP Tax Preparation
Call 743-8333 for our locations of chair yoga and tai chi class.	Did you know we provide TRANSPORTATION Monday– Friday? Tell us about your transportation needs!			

**FEBRUARY 2020**

**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](mailto:careers@4LPi.com)  
[www.4LPi.com/careers](http://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](http://www.adamscommunity.com)



## Aside from routine event's here is a look ahead into 2020...

### February:

- NaviCare Presentation
- Leap Year Party

### March:

- National Potato Chip Day: Blind Tasting
- MEGA Right, Left, Center Event
- Celtic Music by Davis Bates St. Patty's Day Celebration
- What's Your Plan? Presentation
- Spring Fling Event
- Thunderfest

### April:

- Volunteer Appreciation Luncheon
- Art Classes Resume
- Pizza Lunch Party
- Which Fall Button is right for you? Presentation
- Matter of Balance
- Health New England Programs Presentation
- Start of Popular Netflix Series Grace & Frankie
- Bus Trip: Holyoke's Log Cabin– Country Legends of the Past

### May:

- Kentucky Derby Party
- Paint & Sip
- Health New England Presentation
- Planning for Medicare Presentation

### June:

- Comedy Show and Catered lunch provided by Bane Care

### July:

- Ice Cream Social
- How to Prepare for a hospitalization Presentation by Bane Care

### August:

- Rock of Ages Show McHayden Theatre
- Pancakes & Ice Cream for Breakfast event
- Polish Picnic
- Susan B Food Truck Festival
- Unveiling of Statue, Parade & Fireworks
- National Dog Lover Day– Celebrated by sharing pictures of dogs and have baby dogs for lunch
- Annual Lions Club Picnic

### September:

- Live Well Expo!

### October:

- Alzheimer's Walk
- Bus Trip: Cruise on the Hudson
- Halloween Party w/ Davis Bates
- Ramble & Ramblefest

### November:

- Bus Trip: Vermont
- Veteran's Day Celebration

### December:

- Holiday Party
- Holiday Lunch w/Santa
- Ukulele Group
- Bart Children

**More events will be added with the passing days! Always check back and look more closely to the specific details in each month's newsletter!**

# 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



Call today to connect with a **SENIOR LIVING ADVISOR**

INDEPENDENT LIVING • ASSISTED LIVING • MEMORY CARE



A Place for Mom has helped over a million families find **senior living solutions** that meet their **unique needs**.

 **aPlace  
forMom.**

◀ **Joan Lunden**, journalist, best-selling author, former host of *Good Morning America* and senior living advocate.

*There's no cost to you!*

**(888) 672-0689**

We're paid by our partner communities



► Reach the Senior Market  
**ADVERTISE HERE**

CONTACT

Kathy Buck to place an ad today!  
kbuck@lpieniors.com or (800) 477-4574 x6346

THIS SPACE IS  
**AVAILABLE**

**HELP PROTECT  
YOUR FAMILY & HOME**  
CALL NOW! 1-888-862-6429



# NEVER MISS A NEWSLETTER !

Sign up to have our newsletter emailed  
to you at [www.ourseniorcenter.com](http://www.ourseniorcenter.com)





**Meet and Greet  
nbCC Staff!**

**Adams Residents! We'll be in your town!**

The Northern Berkshire Community Coalition would like to get to know you better and hear about your concerns and interests!

We'll be at **The Daily Grind** from  
12:00 to 1:00pm on:

**Wednesday, February 19 and  
Wednesday, March 18  
Wednesday, April 15**

Stop in and chat with some of our friendly, (and funny) staff!  
**No brochures, no flyers, just talk!**  
Join Us, It's nice to meet you!



Northern Berkshire Community Coalition  
Community Empowerment • Prevention & Wellness

nbCC's mission is to empower the Northern Berkshire region to enhance the quality of life through our efforts at connecting, convening, and supporting all facets of the community. We serve the seven towns of North Berkshire including Adams!



DO YOU HAVE **concerns**  
**about falling?**

Back by popular demand, **“MATTER OF BALANCE”** will once again be presented at the Adams 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:

Wednesdays - 9 a.m. - 11 a.m.  
March 4th - April 15th

Please call 743-8333 to register;  
Class size is limited!

**Become “Friends of the Adams  
Council on Aging”**

Annual Membership is \$10 and in itself is a fundraiser for the Council on Aging and it's programming. The Friend Group can help to raise the dollars needed for programming that the Center isn't allowed to generate. Did you know that municipal departments cannot fundraise? Well the Friends can! Support your senior center TODAY and become a “Friend” by mailing check (made out to “Friends of Adams COA”) to 3 Hoosac St, Adams MA.—Or stop in to pay cash. Being a Friend can get you discounts on COA programming throughout the year.

**WINTER IS UPON US!! BRRRR...**

When school is closed due to bad weather, the COA is closed. We will not offer transportation, meals or programming. You'll find staff snuggled into their office still but we'd like our community to stay safe indoors. This allows Town staff an opportunity to get the streets and sidewalks clear.

**STAY SAFE! WHATEVER IT IS CAN WAIT!**

The Coffee Challenge continues.....book your coffee time w/Barb— her mission is 100 cups!!



‘Adams COA Friends’ are seeking donations in the form of stamps or unused birthday cards.