



JULY 2019

Adams Council on Aging
The Informer

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

THE NUMBERS ARE RISING

TODAY AN ESTIMATED
5.4 MILLION
 AMERICANS
 ARE LIVING WITH
 ALZHEIMER'S DISEASE

SOMEONE DEVELOPS IT EVERY
00:68
 SECONDS

ALZHEIMER'S DISEASE
 IS THE **6TH** LEADING
 CAUSE OF DEATH
 IN THE **U.S.**

THERE IS **YOU**
 SOMETHING **CAN DO**

**WALK TO
 END
 ALZHEIMER'S**

alzheimer's association

SAVE THE DATE!

**WALK TO
 END
 ALZHEIMER'S**

alwalkMANH.org

**ALZHEIMER'S IS RELENTLESS.
 SO ARE YOU.**

Thank you for contributing to the success of the Walk to End Alzheimer's®! You are making a difference in this fight.

Continue the momentum and mark your calendar for the 2019 Berkshire County Walk. Now is the time to start making plans for building your team and fundraising.

DATE: Saturday, September 21, 2019

TIME: Registration begins at 8:30 a.m.

**LOCATION: Adams Visitors Center
 3 Hoosac Street
 Adams, MA 01220**

Registration is open at alwalkMANH.org
 We've got a giveaway for our early birds!
 Earn a Walk to End Alzheimer's baseball hat when you register and raise \$50 or more by May 1, 2019.

Join team Adams Council on Aging and walk with us, or just attend the ceremony on September 21st. Registration forms are at the COA Office and staff can help you complete them. Let's fight this together, support each other, and feel the love of our community. This is the first year we're hosting the **Walk at the Visitor Center in ADAMS!**

2019 NATIONAL PRESENTING SPONSOR
Edward Jones

- ◆ No art classes during July and August
- ◆ No Friends Meeting this month

LET'S END ALZHEIMER'S.

CARE RESEARCH ADVOCACY

alzheimer's association

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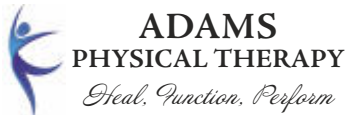


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www.Greylock.org



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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

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The Fourth of July has been a federal holiday in the U.S. only since 1941, but the Independence Day celebrations go back to the 18th century and the American Revolution. On July 2nd, 1776, the Continental Congress voted in favor of independence, and 2 days later, delegates from the 13 colonies adopted the Declaration of Independence, drafted by Thomas Jefferson. Since 1776, this day has been celebrated with festivities, parades, and concerts, and less formal family gatherings.

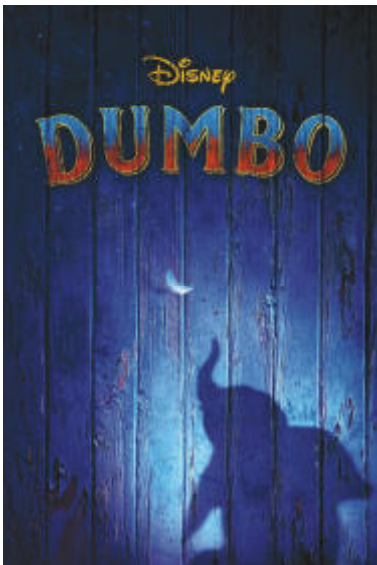


Trekking Pole Demo and Guided Walks. We'll be incorporating some components of Matter of Balance exercises as well. Come to 1 or all 4 sessions: Mondays — 8/12, 8/26, 9/9 and 9/16 from 9-11 a.m. Sign up for 1 or all 4 classes. Call the Adams COA- office today at 743-8333 to sign up as we have a limited number of trekking poles.

Movie of the Month

PG 2019 · Fantasy/Adventure · 1h 52m

July 11th at 12:30pm



Struggling circus owner Max Medici enlists a former star and his two children to care for Dumbo, a baby elephant born with oversized ears. When the family discovers that the animal can fly, it soon becomes the main attraction -- bringing in huge audiences and revitalizing the run-down circus. The elephant's magical ability also draws the attention of V.A. Vandevere, an entrepreneur who wants to showcase Dumbo in his latest, larger-than-life entertainment venture.

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

Selectman Jim Bush, Liaison
Next Meeting: July 22nd 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

Community Lunch Volunteers

BFAIR, Louise Charron, Barb Zimba
Kathy Jordan, Joseph Mouller,
Bob Joppich

SHINE Counselor (Medicare)

Karen DeOrdio

THE INFORMER Editor

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

Need Legal Advice?

Attorney Edmund St. John III will be donating a few hours of his time at the COA on **JULY 19th** to offer free counsel. Call 743-8333 to make your appointment.



JULY

Community Lunches

Catered by ESBC

A \$2.00 Donation per meal for 60 yr old and up

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 get your menu at the Council on Aging

- 7/1 Beef Stew, parsley buttered noodles, green beans
- 7/2 Italian Meatballs, shells w/sauce, ratatouille
- 7/3 Chicken Breast w/gravy, mashed potatoes, peas
- 7/4 CLOSED
- 7/5 CLOSED
- 7/8 Spanish Rice, steamed cabbage, green beans
- 7/9 Shredded Turkey w/gravy, boiled red potatoes, greens
- 7/10 Swedish Meatballs, egg noodles, Lyonnaise carrots
- 7/11 Pollock Loin, sweet potatoes, winter blend veggies
- 7/12 Oriental Pork, mashed potatoes, zucchini & squash
- 7/15 Breaded Chicken Drumstick, lentil stew, spinach & tomato blend
- 7/16 Sloppy Joes, mashed potatoes, French cut green beans
- 7/17 Cheese Lasagna, summer squash, Italian bread, salad
- 7/18 Beef burgundy, buttered egg noodles, peas and carrots
- 7/19 **Summer Time Picnic! Our own Hot Dog Lunch!**
- 7/22 Fiesta omelet w/salsa, O'Brien potatoes, broccoli florets
- 7/23 Chicken Fajita, black beans & rice, warm spiced beets
- 7/24 Pork Roast w/gravy, mashed potatoes, spinach
- 7/25 Mac & Cheese, stewed tomatoes, Italian beans
- 7/26 Chicken Marsala, boiled gold potatoes w/butter, carrots
- 7/29 Meatloaf w/gravy, mashed potatoes, peas & mushrooms
- 7/30 Salmon boat w/newburgh sauce, rice, veg, orange
- 7/31 Beef Stroganoff, rotini noodles, broccoli & cauliflower, Key Lime Bavarian Creme

BINGO

Wednesday, July 24th @ 12:30

\$1.00 per card

Transportation available



We Will Be Closed

Thursday July 4th & Friday July 5th

TOWN WIDE TAG SALE



SATURDAY, AUGUST 10TH

8:00AM-4:00PM

RAIN OR SHINE

Yard Sale



Expanded Medical Transportation

for Adams and Cheshire community members age 60+










743-8333

3 Hoosac Street, Adams

Includes trips to Baystate, Albany, Vermont, Boston and more.

Call Adams Council on Aging at 743-8333 for more details.

Funding for this program is brought to you by the Towns of Adams and Cheshire, Fallon Health, Adams Community Bank and Elder Services of Berkshire County.

Monday	Tuesday	Wednesday	Thursday	Friday
1 9:30 - 12:00 SHINE 10:00 Walking Group 11:30 Lunch	2 9:00 Chair Yoga 10:30 Left, Right, Center 11:30 Lunch 12:00 Adams Market 1:00 Quilt, Crochet, Knit 	3 9:30 - 12:00 SHINE 10:00 Walking Group 10:00 Transp to Wal-Mart 11:00 Transp to Farmer's Market 11:30 Lunch	4 	5 
8 9:30 - 12:00 SHINE 10:00 Walking Group 11:30 Lunch	9 9:00 Chair Yoga 10:00 Mobile Food Bank 11:30 Lunch 12:00 Adams Market 1:00 Quilt, Crochet, Knit 6:00 Alzheimer's Support & Information Grp	10 9:30 - 12:00 SHINE 10:00 Walking Group 10:00 Transp to Wal-Mart 11:30 Lunch	11 9:00 Chair Yoga 11:30 Lunch 12:30 Movie DUMBO! 7pm Quilt, Crochet, Knit 	12 9:30 - 12:00 SHINE 11:30 Lunch
15 9:30 - 12:00 SHINE 10:00 Walking Group 11:30 Lunch	16 9:00 Chair Yoga 10:30 Left, Right, Center 11:30 Lunch 12:00 Adams Market 1:00 Quilt, Crochet, Knit Foot Clinic & Att St. John by Appt call 743-8333 to Book	17 9:30 - 12:00 SHINE 10:00 Walking Group 10:00 Transp to Wal-Mart 11:00 Transp to Farmer's Market 11:30 Lunch	18 9:00 Chair Yoga 11:30 Lunch w/ Selectmen Jim Bush 1:00 Senior Meeting 7pm Quilt, Crochet, Knit 	19 9:30 - 12:00 SHINE 9-11:00 Att. St. John 11:30 Summer Time Picnic! Our own Hot Dog Lunch! 11:45 UKE Entertainment 
22 9:30 - 12:00 SHINE 10:00 Walking Group 11:30 Lunch	23 9:00 Chair Yoga 10:00 Mobile Food Bank 11:30 Lunch 12:00 Adams Market 1:00 Quilt, Crochet, Knit	24 9:30 - 12:00 SHINE 10:00 Walking Group 10:00 Transp to Wal-Mart 11:30 Linen Lunch 12:30 Bingo	25 9:00 Chair Yoga 11:30 Lunch 7pm Quilt, Crochet, Knit	26 9:30 - 12:00 SHINE 11:30 Lunch 1:00 Brown Bag 
29 9:30 - 12:00 SHINE 10:00 Walking Group 11:30 Lunch	30 9:00 Chair Yoga 11:30 Lunch 12:00 Adams Market 1:00 Quilt, Crochet, Knit	31 9:30 - 12:00 SHINE 10:00 Walking Group 10:00 Transp to Wal-Mart 11:30 Lunch	Free Wi-Fi Computer Lab Open 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!

www.adamscommunity.com



GET HELP WITH GRIEF

GRIEVING THE DEATH OF A CHILD

Monday, July 1 • 6:00 – 7:30 PM

Hospice Care in the Berkshires

877 South Street • Pittsfield, MA

Drop-in support group for those whose children have died before age 30.

OPEN GROUP FOR ALL GRIEVERS

Monday, July 8 • 2:00 – 3:00 PM

Sheffield Council on Aging

25 Cook Road • Sheffield, MA

Open to anyone who has lost a family member or friend.

SPOUSE/PARTNER LOSS

Tuesday, July 16 • 10:00-11:30 AM

Hospice Care in the Berkshires

877 South Street • Pittsfield, MA

Open to those who have lost a spouse or partner.

NEW TO GRIEF – WHAT TO EXPECT

Tuesday, July 16 • 6:00 – 7:30 PM

Hospice Care in the Berkshires

877 South Street • Pittsfield, MA

Information for the newly bereaved on the grief process, what to expect, and how to cope. For loss within the past 6 months.

SPOUSE/PARTNER LOSS

Tuesday, July 16 • 6:00 – 7:30 PM

Lenox Community Center

65 Walker Street • Lenox, MA

Open to those who have lost a spouse or partner.

OPEN GROUP FOR ALL GRIEVERS

Wednesday, July 17 • 1:30 – 2:30 PM

Dalton Senior Center

40 Field Street Extension • Dalton, MA

Open to anyone who has lost a family member or friend.

save the date

Annual Lions Club Picnic

August 15th 4PM—6PM

For your convenience, transportation is available by calling 743-8333

Join us from some fun company under the tent! Live music and hot dog/hamburger picnic dinner, courtesy of the Lions. Also 50/50 raffle and more



Registration required
Parking options behind
5-7 Hoosac Street
(Old Waverly Building)

A vertical advertisement for a 'Casino Trip' event. The background is dark with colorful bokeh lights. The text is in large, bold, white and teal fonts. At the bottom, there are two red casino chips.

CASINO Trip
Friday, August 23rd
Foxwoods
\$20 Free Play / \$10 Food or Buffet Coupon
\$40/per person
Sponsored by the Friends of the Adams COA
Must sign up by July 31 call 743-8333

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



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YOUR FAMILY & HOME**
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CONTACT

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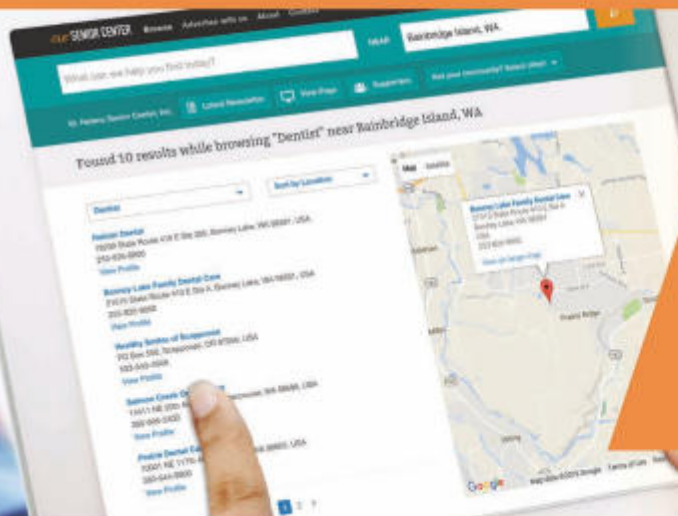
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Mobile Food Bank
2nd and 4th Tuesday of EVERY MONTH



NEW DISTRIBUTION TIME

10am - 11 am
July 9th & July 23rd

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 Programs.

Come join us in some fun!



July 19 during lunch for some live entertainment from the Northern Berkshire Ukulele Club. Did you know you can learn to play by joining the group? Come and find out more information on the 19th. Also, the Adams Library can lend you one to learn on! Exercise your brain and try something new!

Donations

Thank you to Evelyn Degan for making a donation in honor of Pat Boisvert. Additionally, thank you to Joe Havrilla for the donation, simply because he thinks we “do a good job”. Your appreciation and recognition fuel our days.

We appreciate you.

Chair Yoga has Moved!

Not far, only across the street, thanks to the Adams Housing Authority. We will now meet in their Community Room at 4 Columbia Street.

Chair Yoga is offered every

Tuesday & Thursday at 9am.



Transportation to the Lanesboro

FARMER'S MARKET



1st & 3rd WEDNESDAY
Provided by COA Van
Suggested \$6 for ride
Use your Coupons, HIP Incentive
& SNAP Benefits **HERE!**
Call 743-8333



Doug Aitken will launch a reflective hot air balloon stateside for a project entitled *New Horizon*. Mimicking a shiny marble, the suspended artwork will be on view for two weeks in July.

Stopping at Field Farm in Williamstown —July 25th
For the most up to date information please visit



www.thetrustees.org/newhorizon