



JUNE 2019

Adams Council on Aging

The Informer

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



Protect Yourself Against Deceptive Marketing

- ◆ DO NOT provide your Medicare ID or Social Security Number to anyone, except your trusted medical providers
 - ◆ Medicare and Social Security will NOT call you and ask for personal info
 - ◆ Hang up if anyone calls offering you free products
 - ◆ Do not reply to any postcards you receive in the mail or any deceptive TV ads, etc. offering free braces, creams, pain medication, or other products
- REMEMBER NOTHING IS FREE!**
Contact the Mass Senior Medicare Patrol Call 1-800-892-0890 or your local COA 743-8333

Memorial Donations

Pat Boisvert

Forever in our hearts and greatly missed by way of her community support and volunteerism.

Thank you for your memorial donations:

Todd & Ellen Presnick, Shirley Dill, Barbara Michaud, Nancy Lanski, Joann Gagne, Mary and Bernard Belding, Barbara Feakes, and the family of Pat Boisvert.

To date, we've been gifted \$275 in her honor.



alzwalkMANH.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 alzwalkMANH.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.

2019 NATIONAL, PRESENTING SPONSOR
Edward Jones



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!**

Let's *Paint the Town Purple* and show them we support an **END to Alzheimer's!**

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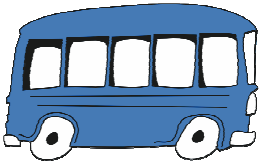
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Let Rita do the Driving!

A little shopping, and then eating,
what a combo!

Kohl's & Olive Garden

Wednesday, June 12th, \$15/per person

Leaves the COA @ 8:00 am returns about 5:00 pm

Any interest for a trip to the Norman Rockwell
Museum in Stockbridge on June 28?
Please call Barb and let her know!

Ticks are projected to be plentiful this year. They hide out in high grass, bushy vegetation, and leaf litter throughout the warm season. Make sure to take precautions when hiking, doing yard work or just playing around.



I have a tick bite...What do I do now?

Presented by Elizabeth Kulas

Find out the answers on

Friday, June 21th, @ 12:30 pm

Movie of the Month



June 13th at 12:30PM
THE MUSTANG
R | 1h 36min | Drama |

The story of Roman Coleman, a violent convict, who is given the chance to participate in a rehabilitation therapy program involving the training of wild mustangs. The film is compelling with great acting, beautiful scenes of the real west.

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: 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

Community Lunch Volunteers

BFAIR, Louise Charron, Barb Zimba

SHINE Counselor (Medicare)

Karen DeOrdio

THE INFORMER Editor

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



Do you attend our **Blood Pressure Clinic** or want to? Please call in this month to schedule a reading. We'll have to arrange for appointments for a few months. Thank you for understanding.

JUNE

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 visit the back page of ESBC's
Berkshire Senior Newspaper

- 6/3 - Veal w/peppers & onions, mashed potatoes
- 6/4 - Swedish Meatballs, brown rice, orange
- 6/5 - Greek Chicken Stew, noodles, fruit cocktail
- 6/6 - Jack Cheese omelet, potatoes, peach crisp
- 6/7 - Beef Stew, potatoes, strawberry cup
- 6/10 - Oriental Beef Casserole, rice, pineapple bits
- 6/11 - Curry Chicken, mashed potatoes, squash
- 6/12 - Mac & Cheese, tomatoes, diced pears
- 6/13 - **Linen Lunch**—Chicken Cordon Bleu w/
gravy, potatoes, Lemon Bavarian
- 6/14 - Shepherd's Pie, mashed potatoes, banana
- 6/17 - Chicken Almondine, boiled potatoes, pear
- 6/18 - Salisbury Steak, noodles, mixed fruit
- 6/19 - Roast Pork w/gravy, O'Brien potatoes
butternut squash, mandarin oranges
- 6/20 - Hot Dog, baked beans, apple cherry crisp
- Lunch with Selectmen Jim Bush**
- 6/21 - Vegetable Lasagna Roll-up, fruit compote
- 6/24 - Baked Pollock Loin, scalloped potatoes
- 6/25 - Shredded Turkey/gravy, mashed potato
- 6/26 - Meatball Grinder, roasted potatoes
- 6/27 - Sweet n Sour Pork, brown rice, diced pears
- 6/28 - Chicken Cacciatore, noodles, applesauce

BINGO / \$1 per Card

Wednesday, June 26th @ 12:30

Transportation available



Hospitality is our Obligation!

The COA is a great place to meet with friends while sharing an affordable nutritious lunch. It also is a place to meet new friends and to provide a welcome atmosphere for new attendees and members. Please be watchful for new people and help us welcome them into our center at lunchtime.

Help new people find a seat, meet new friends, and explain to them how everything works. Show them the newsletter and get them a copy of the menu.

Never forget your first day and how someone helped you to feel like part of the group. Remember seating has always been on a "first come, first serve basis". Saving seats happens every day, but should *NEVER* be at the exclusion of others.

**Let us make everyone's experience
a great experience!**



TOWN WIDE
TAG SALE
Applications are available at the COA. Please return applications to the Treasurer/Collector's Office. All **applications and \$1 fee must be received by JULY 18, 2019.**












This month, on JUNE 4th, Attorney Edmund St. John III of St. John Law, will be here to offer free legal counsel to Elders. Call Barb 743-8333 to make your appointment.

June 4th, 9-11 a.m.



This Month

JUNE 2019

Monday	Tuesday	Wednesday	Thursday	Friday
3 9:30 - 12:00 SHINE 11:30 Lunch 12:30 Art w/Donna	4 9:00 Chair Yoga 10:30 Left, Right, Center 11:30 Lunch 12:00 Adams Market 1:00 Quilt, Crochet, Knit 	5 9:30 - 12:00 SHINE 10:00 Transp to Wal-Mart 11:00 Transp to Farmer's Market 11:30 Lunch 3:00 Friends Meeting	6 9:00 Chair Yoga 11:30 Lunch 1:00 Senior Meeting 7pm Quilt, Crochet, Knit 	7 9:30 - 12:00 SHINE 11:30 Lunch
10 9:30 - 12:00 SHINE 11:30 Lunch 12:30 Art w/Donna 2:00 COA Board Meeting	11 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	12 8:00 Road Trip w/ Rita 9:30 - 12:00 SHINE 10:00 Transp to Wal-Mart 11:30 Lunch 	13 9:00 Chair Yoga 11:30 Linen Lunch 12:30 Movie 7pm Quilt, Crochet, Knit 	14 9:30 - 12:00 SHINE 11:30 Lunch
17 9:30 - 12:00 SHINE 11:30 Lunch 12:00 Father's Day Ice Cream Social 12:30 Art w/Donna (upstairs) 	18 9:00 Chair Yoga 10:30 Left, Right, Center 11:30 Lunch 12:00 Adams Market 1:00 Quilt, Crochet, Knit Foot Clinic by App. 743-8333 to Book	19 9:30 - 12:00 SHINE 10:00 Transp to Wal-Mart 11:00 Transp to Farmer's Market 11:30 Lunch	20 9:00 Chair Yoga 11:30 Lunch w/ Selectmen Jim Bush 1:00 Senior Meeting 7pm Quilt, Crochet, Knit	21 9:30 - 12:00 SHINE 11:30 Lunch 12:30 Tick Bite Presentation 
24 9:30 - 12:00 SHINE 11:30 Lunch 12:30 Art w/Donna 	25 9:00 Chair Yoga 10:00 Mobile Food Bank 11:30 Lunch 12:00 Adams Market 1:00 Quilt, Crochet, Knit	26 9:30 - 12:00 SHINE 10:00 Transp to Wal-Mart 11:30 Lunch 12:30 Bingo—\$1 per card 	27 9:00 Chair Yoga 11:30 Lunch 7pm Quilt, Crochet, Knit 	28 9:30 - 12:00 SHINE 11:30 Lunch 1:00 Brown Bag 
	 Mobile Food Bank Time Change: 10am—11am	<div style="border: 1px solid black; padding: 5px; text-align: center;"> Upcoming trip to either Foxwoods or Mohegan (TBD) in August. \$40pp -Call Barb to express your interest! 743-8333 </div>		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

4th Annual BERKSHIRE MOUNTAINS FAERIE FESTIVAL

“A Whimsical Fantasy Celebrating the ARTS”

JUNE 15, 2019 10am-10pm at Bowe Field Adams, MA

www.berkshireremountainsfaeriefestival.com.

The day will be packed with additional new entertainment and the Queens Quest making it our best yet!

The schedule for this year's "Whimsical Fantasy Celebrating the Arts" includes engaging activities and entertainment for all ages. Come in costume if you wish and meet the Faerie Queen and her court. Participate in a plethora of art activities, including embellishing of faerie wings, painting dragon eggs, making magical slime and more. Listen to original stories by local authors. Laugh and be drawn into classic tales imagined by the Robbins-Zust Marionette Family Theatre. Help construct a thriving Faerie Village! We provide the materials, all you need is your imagination!

Entertainment for the day includes performances by the raucous pub band Three Pints Shy; Mystical, soothing soundscapes created by Aura Shards; an ensemble of African and Caribbean drumming led by Aimee Gelinax; Celtic-inspired classical singer-songwriter Misty Posey; compelling Accordion/Banjo duo Slow Pony. Fire dancers from Ravenbane's Firecraft will have multiple shows throughout the day and will cap off the evening with an awe-inspiring performance at dusk near the Dragon Fire Pit.

The cost is free for children 5 and under, \$4 for ages 6-12, and \$10 for adults. Look for bookmarks at local libraries for \$2 off admission or use the secret word "unicorn" for \$1.00 off.

Sponsored by Berkshire Bank, Mountain One, Fox Tail Technologies and Cultural Council of Northern Berkshire

The Berkshire Mountains Faerie Festival is produced by the Adams Arts Advisory Board a non-profit. The festival has entertained and inspired thousands of guests since 2016. This year we are working with Linda Cernik program coordinator of Northern Berkshire Solid Waste to move our Festival to a "0 Waste Event". Special thanks to the support of a local sustainable manager.



Contact Information: Phil Sellers 243 Union St., N. Adams, MA 10247 413-664-0197

Age Friendly Municipal Walking Workshops Tuesday, June 11, 2019



The workshops will teach participants about low-cost and easy-to-implement walkability measures, including well-marked crosswalks, safe routes of travel, properly timed traffic signals and benches to provide resting spots. The Workshops will include short walks in the community, to observe and identify opportunities for improvements. Please wear appropriate clothing!



The free workshop is open to municipal staff, boards, Councils on Aging and citizen-activists, interested in working with municipal leaders to create safe, accessible and comfortable walking conditions in their hometowns.

Morning Session: 9:30-11:30 a.m.

Cheshire Community Center, 119 School St., Cheshire, MA

To register, E-Mail: agefriendlyberkshires@gmail.com and provide your name, phone and municipal affiliation or call your local Adams COA at 743-8333 and we will help you register.



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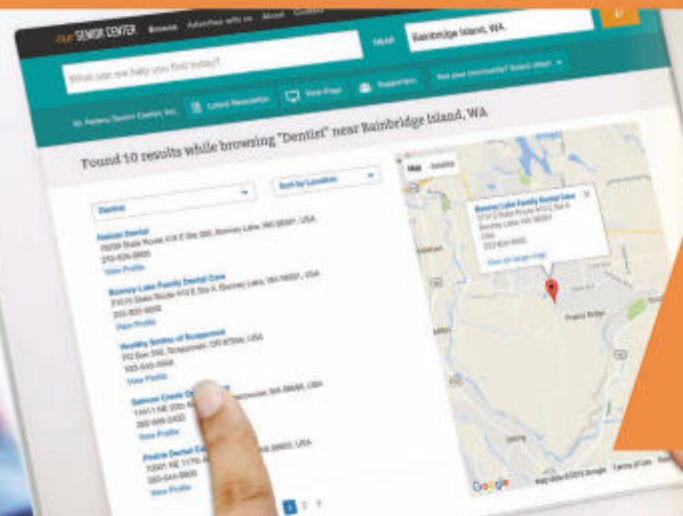
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Mobile Food Bank
2nd and 4th Tuesday of EVERY MONTH



NEW DISTRIBUTION TIME

Starting June 11th & 25th
10am - 11 am

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.



Annual Town Meeting

Monday, June 24th

@ 7:00 pm

Open to the public but only Town Meeting Members can vote.

Berkshire Housing Services, Inc.
Open Position at the Barrett House

The Resident Manager is responsible for supervising and/or performing maintenance on all apartments, common areas, grounds and additional structures at the apartment complex. The Resident Manager is required to live in the apartment provided, and the apartment is conditional on the continued employment with Berkshire Housing.

For more details about the position or if you, or someone you know, is interested, please contact: BHSI at 413-499-1630.



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.

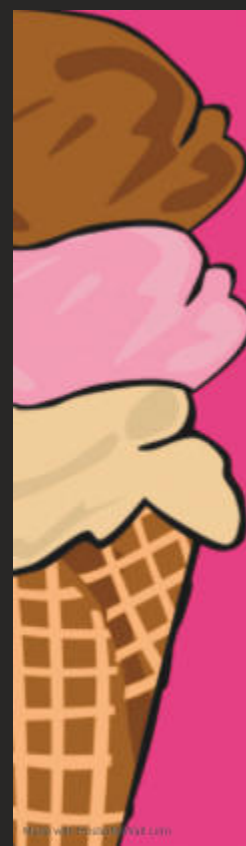


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ICE CREAM Social

Father's Day Celebration

MONDAY, JUNE 17
NOON TIME
RSVP 743-8333

Adams Council on Aging 3 Hoosac St.