



WELCOME MARCH 2020

Adams Council on Aging

The Informer

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

Back by popular demand:

“What’s Your Plan?”

Join us for a panel discussion about the importance of making as many legal, medical, and health care decisions as possible in advance. While no one is fully able to anticipate what their future may hold, “The Plan” will offer a practical overview of community resources and suggestions for thinking ahead about long-term care planning.

This program is a partnership with area professionals who will present proactive ways to become familiar with your rights and options, and to become comfortable with initiating discussions and making key decisions regarding family, health, and future matters.

Presentation Panelists

- Elder Law:** St. John Law Office
- Downsizing/Moving:** Caring Transitions
- Home Care:** Home Instead Senior Care
- Home Health / Visiting Nurses:** Amedisys
- Dementia Day Program:** Friend’s Club at Home Instead
- Hospice:** Hospice of Western & Central MA
- Care Coordination:** Oasis Senior Advisors
- Funeral Home:** Paciorek Funeral Home

At the Adams Council on Aging
March 19th from 4pm—6pm

Light refreshments provided/
RSVP not necessary but appreciated
413-743-8333

FEDERAL 2020 CENSUS



**NEW THIS YEAR IS A ‘DIGITAL’ RESPONSE
PAY CLOSE ATTENTION TO YOUR MAIL
A POST CARD SIZE MAILING WILL GO
OUT WITH A PERSONALIZED ID #**

**WHEN
ROUGHLY MARCH 12—20**

An invitation to respond will be mailed out and the Town of Adams has set up stations to help you respond the requested digital way.

**LEARNING INFORMATIONAL SESSIONS:
MARCH 9TH AT THE VISITOR CENTER 11AM
MARCH 12TH AT ADAMS LIBRARY AT 6PM**

**FEDERAL CENSUS HELPS TO FUND MUNICIPAL AIDE,
INCLUDING BUT NOT LIMITED TO OUR SCHOOLS, HEAD
START, SENIOR CENTERS, LIBRARIES, AND ROAD
CONSTRUCTION, TO NAME A FEW.**

**TOWN OF ADAMS
IS HERE TO HELP
YOU FILE!**

MILLHOUSES
April 1st 9am—11am

BARRETT HOUSE
April 2nd 9am—10am

**ADAMS HOUSING
AUTHORITY**
April 3rd 9am—11am

VISITOR CENTER
April 7th 1:30pm—3pm
April 14th 9am—11am
Mobile Food Bank Day! ↻

ADAMS LIBRARY
April 9th 5:30pm—7:30pm

CHARITY CENTER
April 8th 11am—1pm

**RESPOND ANYTIME ON
YOUR OWN VIA PUBLIC
COMPUTERS LOCATED AT:
Adams Library
Visitor Center/COA 2nd floor
(At both locations you
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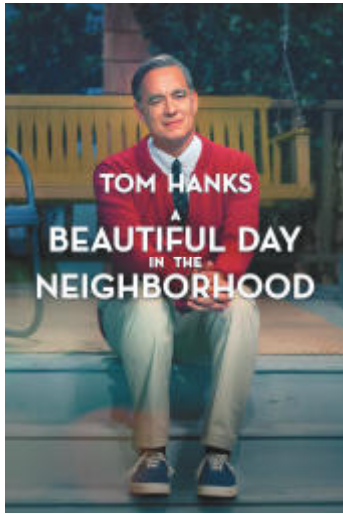
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MOVIE OF THE MONTH

March 12 at 12:30

PG 2019 · Drama · 1h 49m



Tom Hanks portrays Mister Rogers in *A Beautiful Day in the Neighborhood*, a timely story of kindness triumphing over cynicism, based on the true story of a real-life friendship between Fred Rogers and journalist Tom Junod. After a jaded magazine writer (Emmy winner Matthew Rhys) is assigned a profile of Fred Rogers, he overcomes his skepticism, learning about kindness, love and forgiveness from America's most beloved neighbor.

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, \$20 food), then Buddy Holly & Friends Show @ the Majestic Theatre 2-3:15, home by 5:30 p.m. \$65 pp
Friends members have a chance to win this trip "free".

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



October 2020 -Fall Foliage Cruise on the Hudson – 1st week in October! Bus/Cruise/Lunch—Details to come!

Travel w/us twice – \$20 off 3rd trip this year!

Payment is required when reservation is made—No Exceptions!

COA Board Members

Pam St. John, Chairperson
Aleta Moncecchi, Vice Chair
Bob Joppich

Bruce Shepley, R.N.

Mary Whitman

Leona Meczywor

Barbara Fiske

Barbara Lagowski

(one vacancy)

Selectman Jim Bush, Liaison

Next Meeting: March 23, 2020 @ 2pm

COA Director

Erica Girgenti

Outreach Worker

Barbara Proper

Administrative Assistant

John Naughton

Van Drivers

John Naughton, Chuck Gebauer,

Jolene Droshen, Neal Crosier

Joe Sloane & Bruce Shepley

Custodian

Kyle Wilson & 'Fi Fi' Culverwell

Community Lunch Volunteers

BFAIR, Louise Charron, Barb Ziemba

Kathy Jordan, Joseph Mollieur,

Don & Corey Prosser, Bob Joppich,

Linda Kupiec

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

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

- 3/2 Orange Chix, Peas, Red Potatoes, Pineapple
- 3/3 Beef Chili, Brown Rice, Pears
- 3/4 Turkey & Gravy, Mashed potatoes, Squash, Banana
- 3/5 Chuckwagon Stew, Minestrone Soup, Applesauce
- 3/6 Lasagna, Beans, Carrots, Fruit Cocktail
- 3/9 Salisbury Steak w/gravy, Rice, Carrots, Orange
- 3/10 Roast Pork w/gravy, Sweet potatoes, Fruit Mix
- 3/11 Veal w/Peppers & Onions, Au Gratin Potatoes, Beets, Pineapple chunks
- 3/12 Broccoli/Cheese stuffed Chicken, mashed, Pears
- 3/13 Lentil Stew, Peas, Greens, Sliced Peaches
- 3/16 Ravioli w/ meat sauce, Broccoli, Fruit Cocktail
- 3/17 Linen Lunch—Corned Beef & Cabbage, Green Jello w/Pears—Celtic Celebration w/Davis Bates
- 3/18 BBQ Chix Breast, Noodles, Mandarin Oranges
- 3/19 Calico Beans & Sausage, Brown Rice, Apricots
- 3/20 Pollock Loin, Potatoes, Butternut Sq., Applesauce
- 3/23 Moroccan Beef Stew, Red Potatoes, Sliced Pears
- 3/24 Chix Marsala, Mashed potatoes, Fresh Orange
- 3/25 Macaroni & Cheese, Stew tomatoes, Sliced Peaches
- 3/26 SPRING FEVER DAY—Picnic Day!
- 3/27 Tuna Salad, Tomato Rice Soup, Fruit Compote
- 3/30 Chix Piccata, Mashed potatoes, Broccoli, Fig Bar
- 3/31 Goulash, Spinach, Carrots, Tossed Salad, Fruit cocktail

Alzheimer's Info & Caregiver Support Group

Meets every 2nd Tuesday of every month from 6pm—7:30pm., upstairs in the Visitor's Center/Council on Aging. Next meeting will be held on **March 10th**.

“It took several years for me to go and when I finally did I hadn't realized how much I needed it.”

- Erica Girgenti

NATIONAL POTATO CHIP DAY!

March 13 @ 11am

Chip Lovers from around town can gather to try a variety of flavors. Think you know your flavors? Participate or watch a blind taste testing challenge!



Bring your \$1 Scratch Tickets and participate in a large game of Right, Left, Center

- 3 Tickets per game
- Winner takes the pot
- No sore losers



March 13th - After Lunch -12:30PM

Flavored Chips available in honor of National Potato Chip Day

A CELTIC CELEBRATION

Tuesday, March 17th, 10:45

Join us for a Celtic celebration as we begin the day with a lively participatory program by Davis Bates, Parents' Choice Award-winning singer & storyteller—Celebrate St. Patrick's Day & the coming of Spring!

HAPPY
ST. PATRICK'S
DAY

Followed by a Corn Beef and Cabbage Lunch!

RSVP required 413-743-8333

Funded in part by the Cultural Council of Northern Berkshire!



MARCH

Monday	Tuesday	Wednesday	Thursday	Friday
2 11:30 Lunch: Orange Chix, Red Potatoes	3 9:00 Chair Yoga 11:30 Lunch: Beef Chili 1:00 Quilt, Crochet, Knit	4 9 - 11 SHINE Counsel 11:30 Lunch: Sliced Turkey & Gravy AARP Tax Preparation	5 9:00 Chair Yoga 11:30 Lunch: Chuckwagon Stew 7:00 pm Quilt, Crochet, Knit	6 9-11 SHINE Counsel 11:30 Lunch: Cheese Lasagna AARP Tax Preparation
9 9:30 - 12:00 SHINE Counsel 11:00 Q&A 2020 Census 11:30 Lunch: Salisbury Steak w/Gravy	10 9:00 Chair Yoga 11:30 Lunch: Roast Pork w/gravy 10:00 Mobile Food Bank 10:30-11:30 Blood Pressure 1:00 Quilt, Crochet, Knit 6:00 Alz Support Group	11 9-11 SHINE Counsel 11:30 Lunch: Veal w/peppers & onions 12:30: Card Making with Miranda Stracuzzi AARP Tax Preparation	12 9:00 Chair Yoga 10:30 NaviCare Benefits Presentation 11:30 Lunch: Broccoli/chesse stuffed chix 12:30 MOVIE: A Beautiful Day in the Neighborhood 7:00 pm Quilt, Crochet, Knit	13 9-11 SHINE Counsel 11:00 Blind Chip Tasting 11:30 Linen Lunch: Lentil Stew 12:30 Feeling Lucky? Right, Left, Center game AARP Tax Preparation
16 9:30 - 12:00 SHINE Counsel 11:30 Lunch: Ravioli w/ meat sauce (Expect to see your 2020 Census invitation to come in the mail)	17 9:00 Chair Yoga 10:30 St. Patty's Day Celebration with Music and Corned Beef & Cabbage Lunch to follow 1:00 Quilt, Crochet, Knit Foot Clinic by App Call 743-8333 to Book	18 9-11 SHINE Counsel 11:30 Lunch: BBQ Chicken Breast AARP Tax Preparation	19 9:00 Chair Yoga 11:30 Lunch: Calico Beans & Sausage 4- 6:00 pm: What's Your Plan Panel Presentation 7:00 pm Quilt, Crochet, Knit	20 9-11 SHINE Counsel 10:30 Calming the Waters 11:30 Lunch: Pollock Loin AARP Tax Preparation
23 9:30 - 12:00 SHINE Counsel 11:30 Lunch: Moroccan Beef Stew 2:00 Adams COA Board Mtg	24 9:00 Chair Yoga 10:00 Mobile Food Bank 11:30 Lunch: Chicken Marsala	25 9-11 SHINE Counsel 11:30 Lunch: Macaroni & Cheese 12:30: Card Making with Miranda Stracuzzi AARP Tax Preparation	26 9:00 Chair Yoga 11:30 Spring Fling Picnic 7:00 pm Quilt, Crochet, Knit	27 9-11 SHINE Counsel 11:30 Lunch: Tuna Salad 12:30 Brown Bag AARP Tax Preparation
30 9:30 - 12:00 SHINE Counsel 11:30 Lunch: Chicken Piccata 12:30—10 Myths of Breast Cancer	31 9:00 Chair Yoga 11:30 Lunch: Goulash 1:00 Quilt, Crochet, Knit		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!

MARCH 2020

The INFORMER | 4

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Adams COMMUNITY BANK

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

Aside from routine events—here is a look ahead into 2020...

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

More events will be added as time goes on! Always check back and look more closely to the specific details in each month's newsletter!

Breast Cancer

Fact or Fiction?

All are welcome at a presentation on
10 Myths of Breast Cancer
Monday, March 30th at
12:30

Brought to you by the
 Berkshire Breast Health Team



Join us for a new four session series group called

Calming the Waters

3rd Friday of the next four (4) months
 10:30am—11:30am






With a new season, Spring nonetheless, we bring you a chance to look inward. Participants should engage in all sessions, as each one builds on the next. Sessions will focus on building skills in the follow areas:

- March 20th: Mindfulness
- April 17th: Emotion Regulation
- May 15th: Distress Tolerance
- June 19th: Interpersonal Effectiveness

Group is led by Jill Lebar, MH Clinician for ESBC.
 To sign up, please call 743-8333

Are you “Dually-Enrolled” in MassHealth (Medicaid) and Medicare? Do you know someone who might be?

Come to a presentation about how you or someone you know might be able to receive:

-  **FREE Rides**
-  **\$0 dental services**
-  **\$0 hearing exams**
-  **\$500 per year** on purchases certain to health-related items
-  **Earn up to \$100** per year to buy

Learn More on Thursday, March 12 at 10:30am
 At the Adams Council on Aging



Celebrate the Season at our annual Spring Fling luncheon!!

Adams Council on Aging Community Lunch

March 26th at 11:30am
 RSVP to 743-8333



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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!

Mobile Food Bank

March 10th & 24th
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

Get your 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 March 10th. Participate in 8 out of 12 months in 2020 and earn a prize!



Don't forget to set your clocks ahead on
Sunday, March 8th!
Spring is here on March 20th!

Crafty Card Making

You DO NOT have to be “crafty” to participate. Join our new Berkshire Community College intern, Miranda Stracuzzi, as she leads a hand-made card making class. Miranda is a creative young adult who would enjoy sharing her talents with others. Materials have been donated by the Stracuzzi family, all you'll need to do is sign up!

Call 743-8333 to register for the

March 11th & March 25th
Classes at 12:30

