



November 2019

Adams Council on Aging

The Informer

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



Oh No! Clocks go back
November 3rd, and I can't
remember where
I bought mine from!

Daylight Savings Time Ends

Sun, November 3. at 2:00 A.M.

Remember to set your clocks back 1 hour before going to bed on Saturday!



Nov 11 - Veterans Day
Nov 28 - Thanksgiving
Nov 29 - Day After

We'd like to keep the families and friends of

Jeff Lefebvre
Dan LaPlante &
Ernest Jodoin Sr.

In our thoughts.
They will be missed and remembered.

Did you Know?

Veterans Day does NOT have an apostrophe. The day is not a day that “belongs” to one veteran or multiple veterans, which is what an apostrophe implies. It’s a day for honoring ALL veterans - so no apostrophe is needed!



Veterans Day is not the same as Memorial Day. Memorial Day is a time to remember those who gave their lives for our country. Veterans Day honors all who have served in war or peace.

CELEBRATE ADAMS VETERANS WITH US!

Mark your calendars and join us on **NOV 8th** to celebrate our veterans! Starting at 10 a.m., Sheila Scott will once again entertain us with her sweet voice, singing tunes that hopefully will bring back wonderful memories. Following Sheila, we will share a special lunch, catered by Sweetwood Independent Living, with dessert provided by Bane Care. To conclude the festivities, American Legion Post #160 will perform a flag raising and a gun salute. Remember to salute the flag as it is hoisted!

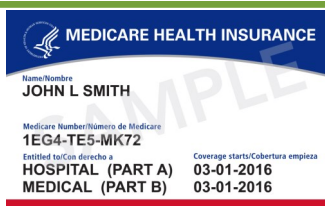
We just ask you to let us know you’re coming! Call 743-8333, this is a great event to join us if you’ve never been before. Especially if you’re a veteran!

VETERANS DAY



HONORING ALL WHO SERVED

Flu season is just around the corner! Stay one step ahead of the flu by getting your flu shot. Flu viruses change quickly, and new vaccines come out each year — so **it's important to get a flu shot each year.**



The flu shot is **free for people with Medicare**, once per flu season, as long as you get it from a doctor or from other health care providers (like senior centers and pharmacies) that accept Medicare.



Could you be at risk for a heart attack or a stroke? The high stress holidays are quickly approaching, so, why not visit the COA and have COA Board Member Bruce Shepley, RN check your blood pressure. By the way, **Check your Blood Pressure Day** is celebrated on November 4th, but Bruce can't be here at that day...

but, he WILL BE here on Nov 28th at 10:30 a.m. !

Call now for an appointment.

100 CUP COFFEE CHALLENGE almost complete...



but only two months to go! Barb needs you to meet her goal. Don't disappoint her. Call her today! She may be reached at 743-8333. Come and visit for a while, and have a cup of your favorite beverage. Van transportation available, but if you would prefer, she is willing to visit you.

MOVIE OF THE MONTH NOVEMBER 14th 12:30 p.m.

PG | 1h 31min | Comedy



Thanksgiving is usually a happy time, but ad executive Jack (Adam Sandler) dreads the holiday because his twin sister, Jill (also Sandler), makes her annual visit. When Jack and his sister get off on the wrong foot, the only way to make it right is to invite her to stay through Hanukkah. But, when actor Al Pacino (Al Pacino), whom Jack desperately needs to star in a commercial, takes a shine to Jill, Jack may be forced to extend his sister's visit even longer.

Thanksgiving is usually a happy time, but ad executive Jack (Adam Sandler) dreads the holiday because his twin sister, Jill (also Sandler), makes her annual visit. When Jack and his sister get off on the wrong foot, the only way to make it right is to invite her to stay through Hanukkah. But, when actor Al Pacino (Al Pacino), whom Jack desperately needs to star in a commercial, takes a shine to Jill, Jack may be forced to extend his sister's visit even longer.

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 (pending)
Selectman Jim Bush, Liaison
Next Meeting: November 25th at 2pm

COA Director

Erica Girgenti

Outreach Worker

Barbara Proper

Administrative Assistant

Vacant

Van Drivers

John Naughton, Chuck Gebauer,
Joe Sloane & Bruce Shepley

Custodian

Kyle Wilson

Community Lunch Volunteers

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

SHINE Counselor (Medicare)

Karen DeOrdio

THE INFORMER Editor

Unedited this month & late
Bare with us.. We're understaffed! .

Need Legal Advice?



Attorney Edmund St. John III will be at the Council on Aging on November 18th to offer free counsel. Call 743-8333 to make your appointment

Community Lunches

Catered by ESBC

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

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

- 11/01 Beef Chili, Brown Rice, Steamed Cabbage
- 11/04 Swedish Meatballs, Egg Noodles, Veggies
- 11/05 Chicken Brunswick Stew, Brussels Sprouts
- 11/06 Baked Pollock Loin, Roast Potatoes, Peas
- 11/07 Lentil Stew, Broccoli, Beets
- 11/08 Lunch provided by Sweetwood Independent Living, Dessert provided by Bane Care
- 11/11 VETERANS DAY - CLOSED
- 11/12 Beef Stroganoff, Egg Noodles, Carrots
- 11/13 Beef w/Peppers and Onions, Baked Beans
- 11/14 Chicken Marsala, Roasted Potatoes, Spinach
- 11/15 Ravioli w/meat sauce, Veggies, Tossed Salad
- 11/18 BBQ Chicken Breast, Roasted Potatoes, Veg
- 11/19 Vegetable Lasagna, Broccoli, Wax Beans
- 11/20 Chicken Ala King, White Rice, Squash
- 11/21 Linen Holiday Meal: Turkey, Mashed Potatoes, Peas, Cranberry Sauce, Pumpkin Pie
- 11/22 Salisbury Steak. Au Gratin Potatoes, Mixed Greens
- 11/25 Macaroni & Cheese, Stewed Tom, Broccoli
- 11/26 Chicken Cacciatore, White Rice, Veggies
- 11/27 Beef Stew, Mashed Potatoes, Turnip
- 11/28 THANKSGIVING DAY - CLOSED
- 11/29 CLOSED

Mobile Food Bank

2nd and 4th Tuesday of EVERY MONTH

Questions? Contact the Adams COA 413-743-8333.

THIS MONTH

10am - 11 am

November 12th & 26th

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.



Town of Adams

Department of Public Works

Leaf Pickup Schedule

November 1st to December 1st

Please rake leaves from street with Town Trees to the edge of the property, not into the street. The DPW will pick up the leaves during this timeframe.



Town of Adams Parking Ban

No Parking on Town Streets

NOVEMBER 1st - April 15th

12:00 A.M. - 6:00 A.M.

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 **November 12th**. See you there.

NOVEMBER 2019

Monday	Tuesday	Wednesday	Thursday	Friday
				1 9:30-12:00 SHINE Counsel 11:30 \$2 Lunch 12:00 Halloween Night Court Pop-up Comedy Show
4 9:30 - 12:00 SHINE Counsel 11:30 \$2 Lunch 12:30—Art w/Donna	5 9:00 Chair Yoga 9:15 Tai Chi 11:30 \$2 Lunch 12:00 Adams Market Transport 1:00 Quilt, Crochet, Knit	6 9:30 - 12:00 SHINE Counsel 10:00 Transport to Wal-Mart 11:30 \$2 Lunch 12:30 Bingo 	7 9:00 Chair Yoga 11:30 \$2 Lunch 1:00 Senior Club Meeting 7:00 pm Quilt, Crochet, Knit 	8 9:30-12:00 SHINE Counsel 11:30 Veteran's Celebration Lunch being catered
11 CLOSED 	12 9:00 Chair Yoga 9:15 Tai Chi 10:00 Mobile Food Bank 11:30 Lunch 12:00 Adams Market Transport 1:00 Quilt, Crochet, Knit Foot Clinic by App Call 743-8333 to Book 6:00 Alz Support Group	13 9:30 - 12:00 SHINE Counsel 10:00 Transport to Wal-Mart 11:30 \$2 Lunch	14 9:00 Chair Yoga 11:30 \$2 Lunch 12:30 Movie: 7:00 pm Quilt, Crochet, Knit VT Country Store w/Rita 	15 9:30-12:00 - SHINE Counsel 11:30 \$2 Lunch
18 9:30 - 12:00 SHINE Counsel 11:30 \$2 Lunch 12:30—Art w/Donna 2:00 COA Board Meeting	19 9:00 Chair Yoga 9:15 Tai Chi 11:30 Lunch 12:00 Adams Market Transport 1:00 Quilt, Crochet, Knit	20 9:30-12:00 - SHINE Counsel 10:00 Transport to Wal-Mart 10:30 Blood Pressure Clinic 11:30 \$2 Lunch	21 9:00 Chair Yoga 11:30 \$2 Lunch 7:00 pm Quilt, Crochet, Knit	22 9:30-12:00 - SHINE Counsel 11:30 \$2 Lunch 1:00 Brown Bag 
25 9:30 - 12:00 SHINE Counsel 11:30 \$2 Lunch 12:30—Art w/Donna	26 9:00 Chair Yoga 9:15 Tai Chi 10:00 Mobile Food Bank 11:30 \$2 Lunch 12:00 Adams Market Transport 1:00 Quilt, Crochet, Knit	27 9:30 - 12:00 SHINE Counsel 10:00 Transport to Wal-mart 11:30 \$2 Lunch	28 	2nd 
NOVEMBER 2019			The INFORMER 4	



SAVE THE DATE

ANNUAL HOLIDAY PARTY

50/50 * TABLE AUCTION * DJ FOR YOUR MUSICAL ENTERTAINMENT * CASH BAR

Before you know it...chestnuts will be roasting on an open fire, Jack Frost will be nipping at your nose, Yuletide carols will be sung, and folks will be dressed up like Eskimos... Our 2018 Holiday Gathering was such a success, we want to have another one, and we invite you to join us!

Ticket sales begin NOW! They are available at the COA office. The price of the ticket will be \$23.00. "Friends of the COA" receive a \$5.00 discount and only pay \$18/ticket. Transportation is available by pre-registration at 743-8333. We'll have a few different kinds of raffles, music, and a photographer to capture our holiday spirit.

When: Tuesday, December 10, 2019, 4:00 - 7:00 p.m.

Where: Bounty Fare Restaurant

Menu Choices: Sliced Roast Beef Sirloin Au Jus, Chicken Vermont,
Baked Stuffed Haddock, Eggplant Parmesan

Will you be our friend? We would love to have you participate in our meetings where we discuss the happenings at the COA, and evaluate ways to enhance all the wonderful programming already available.



Meetings are held on the 1st Wednesday of every month, at 3:00 p.m., at the COA. Membership dues are only \$10.00/yr. Hope to see you at our next meeting on November 6th!



Sponsored by Fallon Health
Wednesday, November 6th, 12:30 p.m.

Halloween Night Court Pop-Up Comedy Show

Performed by the Pittsfield Comedy Dungeon

Friday, November 1 at 12PM
Following the Beef Chili Lunch

Leaving the state for a while?

WHAT YOU NEED TO KNOW ABOUT THE U.S. 2020 CENSUS:

Do you live or sleep at more than one address?
 Are you a "snowbird" who seasonally lives at another address?
 If yes, did you know that your information should be counted at the address where you live and sleep the most?

- If you live in Massachusetts for most of the year, you need to fill out the census form for your Massachusetts address.
- The U.S. Census data is for statistical purposes only.
- Your responses on the U.S. Census will not affect your property tax or insurance premiums.
- You will be able to fill out the U.S. Census online, over the phone, or the traditional paper form.
- This information is used for data for the next 10 years, money for state and federal programs, and your political representation.
- This information is strictly confidential and will not be shared with any federal or state agency under Title 13 of the U.S. Code.



William Francis Galvin
 Secretary of the Commonwealth
 Massachusetts 2020 Census Liaison

For more information visit:
www.ma2020census.org
 Call the Secretary's Office
 1-833-MA1-2020 (1-833-621-2020)

CHRISTMAS SPECTACULAR

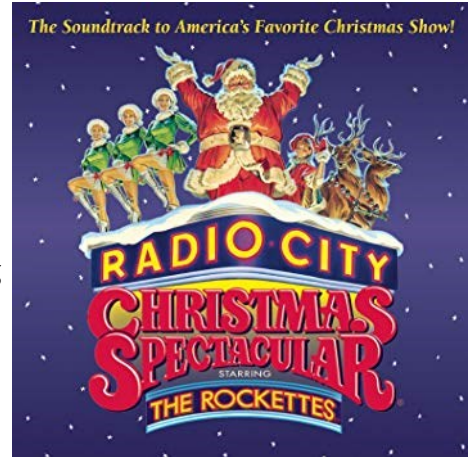
Starring The

RADIO CITY ROCKETTES™

Christmas Show Tickets Available
 \$189pp (\$60 deposit required upon booking)

Monday
 December 9th
 2:00 PM Show

Leaving St.
 Mary's Parking
 lot in Cheshire
 8am



If interested please call Mal Gwodz 743-9356 or
 Carole at the Cheshire COA 743-9719
 First Choice Bus Lines

November

Election day!!!

5

ADAMS DPW GARAGE

November 5th
 7am—7pm

Transportation Available
 Call 743-8333

ELECTION
 ★ ★ ★ ★ ★ ★ ★ ★ ★ ★
2019

The Empty Chair Prayer

The pies are in the freezer,
 the turkey's on the list,

But this Thanksgiving, oh how
 a loved one will be missed!

Lord Jesus, please hear our
 Thanksgiving prayer,

For those gathered around
 a table that has an empty chair,

Oh Lord, comfort their hearts -
 we know that you are able,

And let them know that this year,
 there's another chair at Heaven's Table!

- Erica Parkerson -

