



October 2019

Adams Council on Aging

# The Informer

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

## Memorial Donation Gratitude

Thank you to Ken Lefave for your donation in memory of your beloved wife,

**Joanne Lefave**

Additionally, we'd like to thank Florence Romaniak for her donation in memory of her loved ones,

**Wanda Midura & Ally Basel**

## Tai Chi Classes have Relocated

Tai Chi Classes have moved to the Memorial School with lots of room to spread out!

Tuesdays at 9:15am with Youlin Shi

The COA will have limited services available on October 1, 2, 3, and 4. Erica and Barbara are off to see the wizards at the Annual COA Conference!



## Don't miss our annual Halloween Costume Party!



October 31st!

Join us for a goulash event of costumes, prizes, movie and more!

10:30 Rhythm Rhyme Pre-School (3yr—5yr olds) will walk over in costume to have an early trick or treat from our lunch participants COA will provide the sweets for you to hand out.

11:15 BART Charter Students judge best costume and most creative costume each for a **\$50 prize**

11:30 Linen Lunch: Turkey Dinner!

12:30 Halloween Movie!

Practical Magic (1998) with Sandra Bullock & Nicole Kidman



## Join us for a special lunch on

October 16th at 11:30am  
Homemade Butternut Squash Soup  
Bread & special desserts  
RSVP to 743-8333



Donations accepted for lunch but not required



**We will be closed on  
Columbus Day,  
October 14th!**

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## Medicare and YOU, Knowing YOUR Options

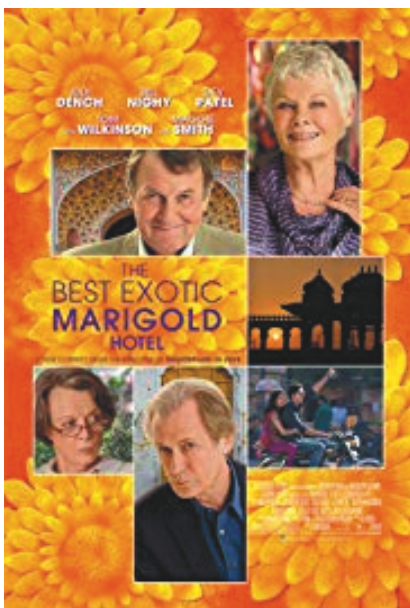
Are you or a loved one approaching Medicare eligibility, already have Medicare, or curious about how Medicare will work for you? We can help you understand the different parts of Medicare, and the different health insurance options within Medicare: enrollment periods A, B, C and D and what these mean for you; Medigap and how these plans function; the pros and cons for Medicare Advantage Plans; and other Massachusetts benefit insurance/health costs related information. Karen, a state certified SHINE counselor, is an unbiased source of Medicare health insurance information, can answer other Medicare related questions.

Your local Adams Council on Aging has a volunteer SHINE coordinator that can help you. Karen DeOrdio is available on **Monday, Wednesday, and Friday, at 9:30, 10:30, or 12:00 noon.** Call 743-8333 for an appointment.



## 100 CUP COFFEE CHALLENGE CONTINUES...

We are officially over the 50 cup mark!! Don't hesitate! Have questions? Want to just talk? Barb is here to hear you. Come, sit and visit with her, and have a cup of coffee or tea with her. If you would prefer, she is willing to visit you. Call Barb today...743-8333...she's waiting for YOUR call and needs YOUR help to complete this challenge! And don't forget...a special momento is waiting for YOU!



## MOVIE OF THE MONTH

### The Best Exotic Marigold Hotel

October 10th - 12:30

PG-13 | 2h 4min May 2012

Comedy, Drama, Romance.

"British retirees travel to India to take up residence in what they believe is a newly restored hotel. Less luxurious than advertised, the Marigold Hotel nevertheless slowly begins to charm in unexpected ways."

### 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  
1 Vacant Position  
Selectman Jim Bush, Liaison  
Next Meeting: October 22nd at 2pm

### COA Director

Erica Girgenti

### Outreach Worker

Barbara Proper

### Administrative Assistant

Cindy Fletcher

### Van Drivers

John Naughton,  
Chuck Gebauer & Joe Sloane

### Custodian

Kyle Wilson

### Community Lunch Volunteers

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

### SHINE Counselor (Medicare)

Karen DeOrdio

### THE INFORMER Editor

Unedited this month .

## Need Legal Advice?



Attorney Edmund St. John III continues to donate some of his valuable time at the COA 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 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, obtain a menu at the Council on Aging

- 10/01 Veggie Wheat Chili, Brussels Sprouts, Carrots
- 10/02 Beef Stew, Mashed Taters, Green Beans
- 10/03 Salisbury Steak, Boiled Tater, Spinach
- 10/04 Chicken Curry, Wild Rice Pilaf, Mixed Veggies
- 10/07 Pulled Pork Sandwich, Sweet Tater, Veggies
- 10/08 Beef Burgundy, Egg Noodles, Broccoli
- 10/09 Veal Piccata, Pea Soup, Tuscan Style Veggies
- 10/10 Chicken Marsala, Mashed Taters, Carrots
- 10/11 Hot Dog, Baked Beans, Sauerkraut
- 10/14 COLUMBUS DAY - CLOSED
- 10/15 Baked Pollock, Boiled Taters, Green Beans
- 10/16 **COA Staff's Homemade Soup w/ bread and dessert**
- 10/17 Macaroni & Cheese, Tomato Soup, Peas
- 10/18 Goulash, Mixed Greens, Waxed Beans
- 10/21 Swedish Meatballs, Red Taters, Veggies
- 10/22 Chicken Broccoli, Pasta with Alfredo Sauce
- 10/23 Calico Beans and Sausage, Brown Rice
- 10/24 Chicken Patty w/Tomato and Honey Mustard Sauce, Spiced Beets. Tater Tots
- 10/25 Roast Pork, Sweet potatoes, Brussels Sprouts
- 10/28 Chicken Puttanesca, Noodles, Carrots
- 10/29 Beef and Cabbage Casserole, Rice, Peas
- 10/30 Stuffed Shells w/Marinara, Mixed Greens
- 10/31 Turkey w/Cranberry Glaze, Mashed Taters, Winter Squash

## Free Tech Day for Seniors

At the Cheshire Senior Center 119 School Street  
Monday, October 7th at 12:15 PM



Be a phone & device savvy user

Trouble with apps on your phone, loading pictures from your camera to your computer, can't find your WiFi signal, new computer confusion?

All are welcome to attend.

Questions call 743-9719

Plenty of time for your questions.  
Barry Emery is there to help you along.

## Rita's Up Coming Trips

October's Trip

Yankee Candle & Perkaski's (\$15/pp)

November's Trip

Vermont Country Store (\$20/pp)

Call for dates and details call 743-8333

**Must pay when booking**






**Lunch not included**

## Alzheimer's Info and Caregiver Support Group

Offered right here at the Adams Council on Aging, within the Visitor's Center, on the 2nd floor every 2nd Tuesday of every month from 6pm—7:30pm. You are not alone! Come this is open and supporting group.  
Next meeting is October 8th

Alzheimer's Caregiver  
Support Group

# OCTOBER 2019

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> 9:00 Chair Yoga 9:15 Tai Chi 11:30 \$2 Lunch 12:00 Adams Market Transport 1:00 Quilt, Crochet, Knit	<b>2</b> 9:00-12:00 SHINE Counsel 11:30 \$2 Lunch  3:00 PM Friends Meeting	<b>3</b> 9:00 Chair Yoga 11:30 \$2 Lunch 1:00 Senior Meeting 7:00 pm Quilt, Crochet, Knit  	<b>4</b> 9:30-12:00 SHINE Counsel 11:30 \$2 Lunch
<b>7</b> 9:30 - 12:00 SHINE Counsel 11:30 \$2 Lunch 12:30—Art w/Donna	<b>8</b> 9:00 Chair Yoga <b>9:15 Tai Chi</b> <b>10:00 Mobile Food Bank</b> 11:30 \$2 Lunch 12:00 Adams Market Transport 1:00 Quilt, Crochet, Knit 6:00 Alz Support Group	<b>9</b> 9:30 - 12:00 SHINE Counsel 10:00 Transport to Wal-Mart 11:30 \$2 Lunch	<b>10</b> 9:00 Chair Yoga 11:30 \$2 Lunch <b>12:30 Movie: The Best Exotic Marigold Hotel</b> 7:00 pm Quilt, Crochet, Knit  	<b>11</b> 9:30-12:00 SHINE Counsel 11:30 \$2 Lunch
<b>14</b>  CLOSED  	<b>15</b> 9:00 Chair Yoga 9:15 Tai Chi 11:30 \$2 Lunch 12:00 Adams Market Transport 1:00 Quilt, Crochet, Knit Foot Clinic by App Call 743-8333 to Book	<b>16</b> 9:30 - 12:00 SHINE Counsel 10:00 Transport to Wal-Mart 11:30 Special COA Girls Homemade Soup w/Bread & Dessert  “National Bosses Day”	<b>17</b> 9:00 Chair Yoga 11:30 \$2 Lunch 7:00 pm Quilt, Crochet, Knit	<b>18</b> 9:30-12:00 - SHINE Counsel 11:30 \$2 Lunch
<b>21</b> 9:30 - 12:00 SHINE Counsel 11:30 \$2 Lunch 12:30—Art w/Donna 2:00 COA Board Meeting	<b>22</b> 9:00 Chair Yoga 9:15 Tai Chi <b>10:00 Mobile Food Bank</b> 11:30 \$2 Lunch 12:00 Adams Market Transport 1:00 Quilt, Crochet, Knit	<b>23</b> 9:30-12:00 - SHINE Counsel 10:00 Transport to Wal-Mart 10:30 Blood Pressure Clinic 11:30 \$2 Lunch 12:30 Bingo  	<b>24</b> 9:00 Chair Yoga 11:30 \$2 Lunch 7:00 pm Quilt, Crochet, Knit	<b>25</b> 9:30-12:00 - SHINE Counsel 11:30 \$2 Lunch <b>1:00 Brown Bag</b>  
<b>28</b> 9:30 - 12:00 SHINE Counsel 11:30 \$2 Lunch 12:30—Art w/Donna	<b>29</b> 9:00 Chair Yoga 9:15 Tai Chi 11:30 \$2 Lunch 12:00 Adams Market Transport 1:00 Quilt, Crochet, Knit	<b>30</b> 9:30 - 12:00 SHINE Counsel 10:00 Transport to Wal-mart 11:30 Lunch	<b>31</b> 9:00 Chair Yoga 11:30 Halloween Linen Lunch 12:30 Halloween Movie: “Practical Magic” 7:00 pm Quilt, Crochet, Knit	




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## 3 Tips to Avoid Elder Abuse

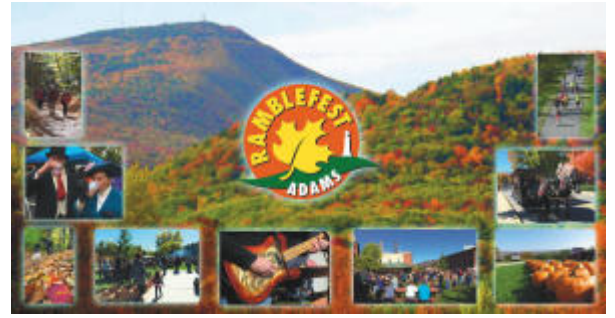
- 1: PLAN ahead to protect your assets
- 2: Get to KNOW your banker
- 3: INFORM your attorney of suspicious behavior

When in doubt check with your bank!

[www.adamscommunity.com](http://www.adamscommunity.com)

## Party on Sunday, Hike on Monday!

**RambleFest** combines an awesome street festival with the Annual Greylock Ramble, a hike to the summit of Mount Greylock.



Sunday, October 13th:

- RambleFest 15K Two Person Relay Race will be held along the beautiful Ashuwillticook and ending at RambleFest at the Visitors Center in Adams. Details and registration information available at the [Berkshire Running Center Website](#).
- Noon to 5 - Admission is free to a festival full of music, food and fun in celebration of autumn in the Berkshires. There will be live musical acts, local craft beer and local wine, great food, produce, outdoor recreation and craft exhibitors. Activities include a toasty campfire, an appearance by the fabulous Henry The Juggler, pumpkin decorating and other activities for the kids. Historic Train Rides by Berkshire Scenic Railway will also be available, right across Hoosac Street at Adams Station.

Monday, October 14th:

The 52nd Anniversary Greylock Ramble!

- Since 1967, people that love the fall colors, fantastic views and a great hike in the woods gather at base of Mount Greylock on Columbus Day for the annual Greylock Ramble. It's the ultimate way to experience autumn in the Berkshires. Free shuttles take hikers from downtown Adams to and from the base of the Cheshire Harbor Trail from 8 am to 4 pm. Using the shuttle is strongly recommended, as parking near the trailhead is very limited.

The COA has a limited number of trekking poles available for rental to use for the ramble.  
Contact Erica for the specifics. 743-8333

# THANK YOU!

For your contributions to the Walk to End Alzheimer's. They will help provide care and support for families across the country facing Alzheimer's disease. At the same time, your donation helps to advance vital research toward methods of treatment, prevention and, one day, a cure for Alzheimer's. Our vision is a world without Alzheimer's disease. Your support of Walk to End Alzheimer's brings us closer.

alzheimer's association  
**memories in the making**  
Paintings by Berkshire artists living with Alzheimer's or other dementias  
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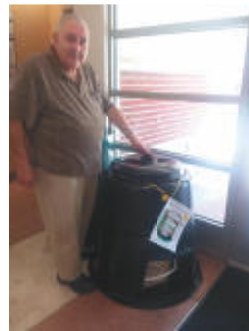
**THIS MONTH**  
**10am - 11 am**  
**October 8th & 22nd**

**Mobile Food Bank**

**2<sup>nd</sup> and 4<sup>th</sup> Tuesday of EVERY MONTH**

*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.*



Congratulations to  
**Ernie DeSanty**  
 for winning the composting bin raffled through the Northern Berkshire Solid Waste Management.

Congratulations to

**Beth Mouglin**

Our 50/50 winner during our Live Well Expo and the dozens of others who won door prizes!

**ATTENTION.**

**Attention employees & retirees of the  
 Town of Adams &  
 Adams/Cheshire School District**

**“Understanding your Retirement Benefits”**

Informational sessions will be hosted by the Adams Retirement System on Thursday,  
 October 3rd  
 2pm—3pm and 3pm—4pm

Offered for both new Members and Active Members. There will be time at the end for any questions and also to make private appointments for any additional questions you may have.

Please respond via email to [cdemarsico@town.adams.ma.us](mailto:cdemarsico@town.adams.ma.us) if you plan on attending with your name and the time you will be attending. The deadline for registering is Tuesday October 2<sup>nd</sup> at 2:00 P.M. Please note, these Sessions do not cover Part-time members working under 20 hours per week.



SilverSneakers continues to be available in Adams at Cutting Edge Fitness! Owner/Instructor, Aimee Sinopoli will introduce you to the program and help get you started. The COA sponsorship is coming to an end at this time, however, classes are continuing, and when more funds become available, we will once again help fund this wonderful activity!

**Beginners Spin/Cycle** – Wednesdays 10:00 AM...sponsorship ends 10/09

**Osteo-exercise-** Fridays at 10:15AM ...sponsorship ends 10/25

**Yoga-** Sundays at 10:00AM ...sponsorship ends 10/6

Check out Cutting Edge’s website for a full list of exercise classes at:

[www.cuttingedgefama.com](http://www.cuttingedgefama.com)

Cutting Edge is located at 73 1/2 Summer St, Adams.