



WELCOME September 2020

Adams Council on Aging

# The Informer

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

**SEPTEMBER 1, 2020 7am - 8pm**

**STATE PRIMARY ELECTION**

DPW GARAGE, SUMMER ST

Transportation Available call 743-8333



#MaskUpMA

**CHAIR YOGA RETURNS!**

Outdoors under the big tent

Space is limited to 10 people, plus instructor Maryann Kufs, distantly placed.

Masks and pre-registration are required.

**Mondays & Wednesdays 9am—10am**

**Tuesdays & Thursdays**

**8:30-9:30 & 10-11:00 am**



**A MATTER OF BALANCE**

MANAGING CONCERNS ABOUT FALLS

Classes are co-led by:

Amanda Chilson & Bret Beattie

Northern Berkshire Community Coalition

Room Still Available!

Pre-registration is required as class size is limited.

Please call Adams COA:

413-743-8333



Northern Berkshire Community Coalition

A MATTER OF BALANCE is an award-winning lay leader program designed to manage falls and increase activity

**FREE CLASS!**

A series of 8 classes that include tips to reduce fear of falling and increase strength and balance

Dates:

September 9,16,23,30

October 7,14

10:30-12:00 Pm.

The Adams Council on Aging

3 Hoosac St. Adams

Outside Under Large Tent, Rain or Shine

\*Subjective to change based on guidelines

Berkshire Medical Center set up a toll-free Hotline for the community to call if you have any questions or concerns about the Coronavirus (COVID 19).

The phone number is available 7 days a week from 7am—7 pm. **1-855-262-5465**



### 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

Call  
413-743-0001

When in doubt check with your bank!



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

## MidTown TAX & BOOKKEEPING CO., INC

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## SBM

Dave Bissaillon, President

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

## North Adams Commons

Nursing & Rehabilitation Center



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Managed by an Affiliate of Berkshire Health Systems

175 Franklin Street • North Adams, MA 01247

413-664-4041

[www.northadamscommons.org](http://www.northadamscommons.org)

## EDMUND R. ST. JOHN, III

Attorney-At-Law

2 Center Street / P.O. Box 228 / Adams, MA

413.743.0990

[estjohn1@albany.twcbc.com](mailto:estjohn1@albany.twcbc.com)

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# HAPPY GRANDPARENTS DAY



## Happy Grandparent's Day Sunday, September 13th



Do you know of a friend, neighbor or family member who is raising a grandchild? Or who might be helping to watch their grandchildren so their parent can work? We'll if you do, call us and let us know. We'd like to show our appreciation to them and recognize them in their efforts to support the ones they love. 743-8333 When calling, reference the "Grandparent Program" or email us at [egirgenti@town.adams.ma.us](mailto:egirgenti@town.adams.ma.us)

### 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: Sept. 28 @ 2pm

### COA Director ext. 201

Erica Girgenti  
[egirgenti@town.adams.ma.us](mailto:egirgenti@town.adams.ma.us)

### Outreach Worker ext. 205

Barbara Proper  
[Bproper@town.adams.ma.us](mailto:Bproper@town.adams.ma.us)

### Administrative Assistant ext. 208

Elizabeth "Liz" Chapman  
[echapman@town.adams.ma.us](mailto:echapman@town.adams.ma.us)

### Van Drivers ext. 210

John Naughton, Chuck Gebauer,  
Jolene Droschen, Neal Crosier  
Joe Sloane & Bruce Shepley

### Custodian

Kyle Wilson & Ray Keele

### SHINE Counselor (Medicare)

Karen DeOrdio

### Foot Nurse:

Lynette Dukehart, RN

## How to Safely Wear and Take Off a Cloth Face Covering

Accessible: <https://www.cdc.gov/coronavirus/2019-nCoV/prevent-getting-sick/diy-cloth-face-coverings.html>

### WEAR YOUR FACE COVERING CORRECTLY

- Wash your hands before putting on your face covering
- Put it over your nose and mouth and secure it under your chin
- Try to fit it snugly against the sides of your face
- Make sure you can breathe easily
- Do not place a mask on a child younger than 2



### USE THE FACE COVERING TO HELP PROTECT OTHERS

- Wear a face covering to help protect others in case you're infected but don't have symptoms
- Keep the covering on your face the entire time you're in public
- Don't put the covering around your neck or up on your forehead
- Don't touch the face covering, and, if you do, clean your hands

### FOLLOW EVERYDAY HEALTH HABITS

- Stay at least 6 feet away from others
- Avoid contact with people who are sick
- Wash your hands often, with soap and water, for at least 20 seconds each time
- Use hand sanitizer if soap and water are not available



### TAKE OFF YOUR CLOTH FACE COVERING CAREFULLY, WHEN YOU'RE HOME

- Untie the strings behind your head or stretch the ear loops
- Handle only by the ear loops or ties
- Fold outside corners together
- Place covering in the washing machine
- Wash your hands with soap and water



Cloth face coverings are not surgical masks or N-95 respirators, both of which should be saved for health care workers and other medical first responders.

For instructions on making a cloth face covering, see:

[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)



## 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](http://www.ourseniorcenter.com/find/friends-of-adams-coa)

## “Grab n Go” Community Lunches

Catered by ESBC

Monday – Friday

Pick up Time: 11—11:30 AM

Adams Council on Aging/Visitor Center

**A \$2.00 Donation per meal for 60+ yrs old**

***To order/cancel meals, call 48 hours in advance 743-8333.***

For a full listing, obtain a menu at the Council on Aging

9/1 Cheese Lasagna, Mixed Greens, Fruit Crisp

9/2 Beef Stroganoff, Mashed Potatoes, Sliced Peaches

9/3 Cheeseburger, German Potato Salad, Watermelon

9/4 Chicken Piccata, Mashed, Butterscotch Pudding

9/7 Labor Day—Closed

9/8 Teriyaki Beef w/Broccoli, Brown Rice,  
Applesauce

9/9 Turkey w/Gravy, Mashed Potatoes, Fr. Cocktail

9/10 Orange Chicken, Noodles, Diced Pears

9/11 Baked Breaded Pollock, Rice Pilaf, Fresh Orange

9/14 Beef Burgundy, Mashed Potatoes, Fruit Salad

9/15 Chicken Almandine, Au gratin Potato, Peaches

9/16 Ravioli w/Marinara, Vegetables, Banana

9/17 Oriental Pork Casserole, Orzo, Applesauce

9/18 Apricot Pineapple Chicken, Spicy Rice, Fruit

9/21 Stuffed Chicken, O’Brien Potatoes, Man Oranges

9/22 Mac & Cheese, Beans, Fresh Apple

9/23 Chicken Puttanesca, Boiled Potatoes, Jell-O

9/24 Swedish Meatballs, Noodles, Sliced Pears

9/25 Port Roast w/Gravy, Sweet Potatoes, Applesauce

9/28 Vegetable Pinwheels, Tuscan Veg, Fruit Crisp

9/29 BBQ Chix Breast, Mashed, Blueberry Yogurt

9/30 Stuffed Peppers, Broccoli, Beets, Fresh Pear

**We’re still here for your  
transportation need!**



Currently still providing rides to grocers, well visits, prescription pick ups, hair salons, take out (without delivery) and more. You won’t know if we can take you if you don’t ask. While our transportation is limited right now we ARE STILL PROVIDING it, with increased safety provisions.

Do you have a need during this challenging time? Call us and help us better understand how we can assist you. If we can find a way, we will! We’re here for you! You can call us or email us

413-743-8333 or

[echapman@town.adams.ma.us](mailto:echapman@town.adams.ma.us)

## **B-I-N-G-O** on the Lawn:

Must call to sign up w/Barbara  
Limited Seats each session

Thursday—9/10

Thursday—9/24

**We use Disposable cards,  
provide Prizes,**

## **SOCIAL HOUR!**

**Join COA Staff for a conversational break and  
socialization (space limited) must RSVP**

**743-8333**

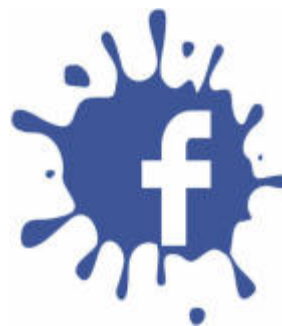
9/2 @ 9:30 Coffee & Donuts/Muffins

9/9 @ 11:30 Pizza Lunch

9/16 @ 9:30 Coffee & Donuts/Muffins

9/23 @ 11:30 Baby Dogs & Chip Lunch

9/30 @ 9:30 Coffee & Donuts/Muffins



**Check us out on  
Facebook!**

**Adams.Council.on.Aging**

# S e p t e m b e r

Monday	Tuesday	Wednesday	Thursday	Friday
<b>31</b> 9:00—Chair Yoga 11—11:30: Lunch	<b>1</b> 8:30 Chair Yoga 10:00 Chair Yoga 11—11:30: Lunch	<b>2</b> 9:00—Chair Yoga 11—11:30: Lunch 3:00 Friends Meeting	<b>3</b> 8:30 Chair Yoga 10:00 Chair Yoga 11—11:30: Lunch  Attorney St. John	<b>4</b> 11—11:30: Lunch  <b>North Adams Mobile Food Bank</b>
<b>7</b> Closed for Labor Day!	<b>8</b> 10-11 Mobile Food Bank 11—11:30: Lunch 12:30 & 2pm Chair Yoga  <b>Mobile Food Bank</b>  <b>6:00pm—Alzheimer Support Group</b>	<b>9</b> 9:00—Chair Yoga 10:30 Matter of Balance 11—11:30: Lunch	<b>10</b> 8:30 Chair Yoga 10:00 Chair Yoga 11—11:30: Lunch 12- 1 BINGO  <b>B I N G O</b>	<b>11</b> 11—11:30: Lunch
<b>14</b> 9:00—Chair Yoga 11—11:30: Lunch	<b>15</b> 8:30 Chair Yoga 10:00 Chair Yoga 11—11:30: Lunch <b>F o o t C l i n i c</b>	<b>16</b> 9:00—Chair Yoga 10:30 Matter of Balance 11—11:30: Lunch	<b>17</b> 8:30 Chair Yoga 10:00 Chair Yoga 11—11:30: Lunch	<b>18</b> 11—11:30: Lunch  <b>North Adams Mobile Food Bank</b>
<b>21</b> 9:00—Chair Yoga 11—11:30: Lunch	<b>22</b> 10-11 Mobile Food Bank 11—11:30: Lunch 12:30 chair Yoga 2:00 Chair Yoga  <b>Mobile Food Bank</b>	<b>23</b> 9:00—Chair Yoga 10:30 Matter of Balance 11—11:30: Lunch	<b>24</b> 8:30 Chair Yoga 10:00 Chair Yoga 11—1:30: Lunch 12- 1 BINGO  <b>B I N G O</b>	<b>25</b> 11—11:30: Lunch 12-1 Brown Bag Pick Up  <b>B r o w n B a g</b>
<b>28</b> 9:00—Chair Yoga 11—11:30: Lunch	<b>29</b> 8:30 Chair Yoga 10:00 Chair Yoga 11—11:30: Lunch	<b>30</b> 9:00—Chair Yoga 10:30 Matter of Balance 11—11:30: Lunch	Did you know we provide TRANSPORTATION Monday- Friday? Tell us about your transportation needs!	

**September 2020**

**The INFORMER | 4**



## WE'RE HIRING AD SALES EXECUTIVES

- Full Time Position with Benefits
- Sales Experience Preferred
- Paid Training
- Overnight Travel Required
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[www.4LPi.com/careers](http://www.4LPi.com/careers)










THE COMMONWEALTH OF MASSACHUSETTS  
EXECUTIVE OFFICE OF LABOR AND WORKFORCE DEVELOPMENT  
DEPARTMENT OF LABOR STANDARDS



**6 Feet Social Distance**



## COVID-19 Face Covering Decision Guide

Are you leaving home?

Face covering is required to be worn when you cannot maintain six feet of social distance to another person who does not live in your household. A person who cannot wear a face covering for medical reasons is not required to provide documentation. [Face covering requirement for public, Order 31](#)

Are you outdoors less than 6 feet away from someone who doesn't live with you?

Face covering is required to be worn. [Face covering requirement for public, Order 31](#)

Are you an employee or customer of grocery, pharmacy, retail, or shared transit, even if you will be more than 6 feet away from others?

Face covering is required to be worn. A business may deny service to a person who refuses to wear a mask for nonmedical reasons. [Face covering requirement for public, Order 31](#)

Are you at any indoor business or organization, less than 6 feet away from someone who doesn't live with you?

Face covering is required to be worn. [Massachusetts Workplace Safety Standards, Order 33](#)

Minimize the use of confined spaces, elevators, control rooms, and vehicles, by more than one individual at a time.

All workers in such spaces at that same time are required to wear face coverings. [Massachusetts Workplace Safety Standards, Order 33](#)

Are you alone in an elevator, inside an indoor shared common area, or other indoor enclosed area?

Face covering is recommended.

Questions? Email: [safepublicworkplacemailbox@mass.gov](mailto:safepublicworkplacemailbox@mass.gov) or visit: [mass.gov/dols](https://mass.gov/dols)

Rev. 06-03-20

## 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**

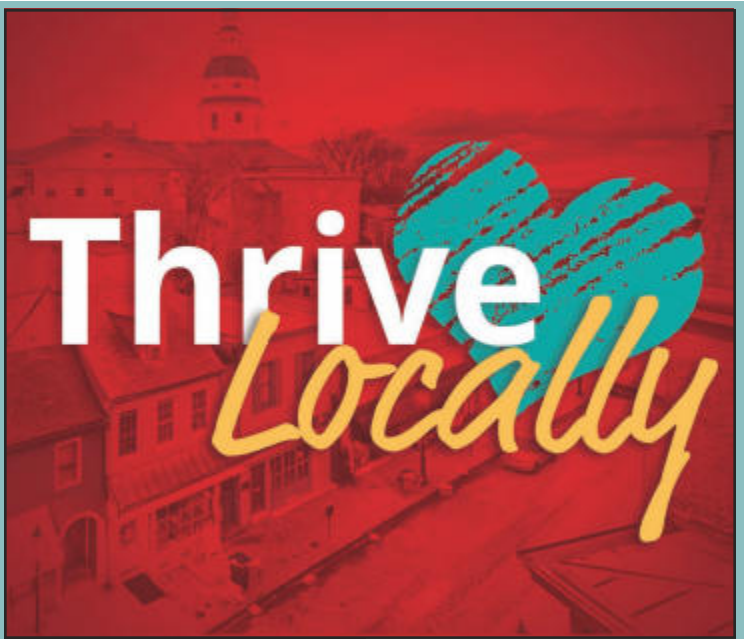
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06-5289

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413-841-0494/cuttingedgefitma@gmail.com

Check with your health insurance provider as they may cover the \$5 fee for the class.

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Call Barbara today for Details.....

743-8333 ext205

## Farmer's Market Coupons!

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Call us and see if you're eligible to receive \$25 worth of coupons to spend at local Farmers markets!

Mo. Income or below—you qualify:

- 1 \$1,968 - Annual \$23,606
- 2 \$2,658 - \$31,894

Stop by at the following times to pick yours up:  
Call for your appointment 743-8333

## Legal Counsel

Do you have questions? Free initial 15min consultation available by appointment with local Attorney Ed St. John III, via over the phone or in-person pending necessity.



Thursday, September 3rd Beginning at 9am

## DOG WALKING GROUP

Join our new walking group to promote physical and mental health wellness. Also to increase socialization in a safe fashion during these times of uncertainty.

We will have a veterinarian visit and answer general questions. The Plan is to have a physical therapist speak, Nurse Practitioner (socially distant) about the benefits of walking.

Walk Captain is Kathy Hynes BSN RN, Air Force Flight Nurse, Duke Medical center and Albany Medical Center Flight Nurse. Contributing writer in Mountain Dog Magazine. Owner of Got Spots Etc., non profit canine rescue group with a dual mission of dog rescue and promoting optimal wellness through the human animal bond.

Co-Captain for walk is Tammy Baker, Tammy is a certified veterinary technician, certified horse massage therapist and currently works at Berkshire Health System. She is married to Gene Baker and is mom to 2 girls who are EMTs for Adams Ambulance and a young son, Gene jr. Additionally a mom to 2 dogs, 3 cats, and 2 horses.



A grant has been submitted to allow the program to purchase t shirts for the walkers, bandanas for the dogs, journals to track walker progress, and prizes.  
Beginning mid-September!

The Walk to End Alzheimer's Event looks a bit different this year. Do you have someone you would like to Walk for, support, or remember? Call Erica at the COA 743-8333 and find out how we can support your team or you can join.

