



December 2021

Adams Council on Aging

The Informer

3 Hoosac Street • (413) 743-8333 • Open Monday-Friday



*It's coming up to Christmas,
We have been blessed with the things we need...
I'd like to set a challenge,
For us all to do a good deed...*

*Donate a 'Toy' to a charity,
Some 'Pet Food' to the pound...
Some clothing to a charity store,
There are so many to be found...*

*There are many things that we can do,
At this special time of Year...
To reach out to other's,
And just show them that we care...*

*Don't think 'it won't make a difference',
Whether your act is big or small
It will bring such joy to 'Someone'
There's a 'SANTA' in us all Mary G*

Alzheimer's Support Group

Are you a caregiver or have a loved one who has Alzheimer's, dementia or related disorder? Join us for our Alzheimer's support group offering emotional, educational and social support in a non-judgmental setting.

Second Tuesday of every month

Pre-registration is unnecessary but welcomed.

Questions can be answered at 743-8333

December 14th 3:00 - 4:30pm

January 11th 3:00- 4:30 pm

Coming This Month:

- Daily Lunch
- Chair Yoga Group
- Drumming w/Aimee
- Mobile Food Bank
2nd & 4th Tuesday
- CHP Van to Visit Adams
- Brown Bag, note date
- Linen Lunch

CLOSED: 23rd, 24th, 31st!



I'd like to start by thanking all who have stepped up and continue to do so during our ongoing transition. When the going gets tough, we get tougher... The Pandemic has been very trying to all of us and we've held tight! Now our Council on Aging is going through some additional transitions that we will welcome and work through. My sincere gratitude to all the wonderful folks that have stepped up to help keep us moving forward.

It's an exciting time with a new Director and Administrative Assistant coming on board as well as moving into our new home on Valley Street where we will have much more room as we continue to grow. Our Chair Yoga folks won't have to stay outside in the wind, rain, and cold/heat as they will have access to a beautiful big gymnasium. We will have more space for our beautiful kitchen (our work in progress) and super dining area that will accommodate larger groups as our numbers grow.

Kudos to the Adams COA Board member for their support and assisting when needed in the many areas as we transition. As a Team ANYTHING is possible.

We look forward to your positive input, suggestions, ideas, and comments for our upcoming work in progress Facility

With all that being said....

I'd like to wish everyone a Very Happy, Peaceful, Healthy Holiday and look forward to the New Year of Change, Possibilities, and opportunities that await our Council on Aging!

Barb



COA Board Members

Barbara Lagowski Chairperson
Bruce Shepley, R.N., Vice Chair
Bob Joppich
Pam St. John
Mary Whitman
Leona Meczywor
Barbara Fiske
Aleta Moncecchi
(one vacancy)
Next Meeting: December 6th @
3pm

Interim COA Director

Barbara Proper

Outreach Worker

Barbara Proper
Bproper@town.adams.ma.us

Administrative Assistant

Vacant

Van Drivers

John Naughton, Joe Sloane,
John Bianchi

Custodians

Kyle Wilson & Ray Keele

SHINE Counselor (Medicare)

Karen De'Ordio

Foot Nurse:

Lynette Dukehart, RN

**Check us out on Facebook
Adams.Council.on.Aging**

**CHAIR YOGA w/
Maryanne
NOW INSIDE!**



Call to let us
know your
coming!

Tues & Thurs - 9am - 10am
RSVP to reserve seating

413-743-8333

Community Lunches

Catered by ESBC

Monday – Thursday Indoor Dining @ 11:30am

Friday ONLY is Grab & Go @ 11am

Adams Council on Aging 743-8333

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

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

- 12/1 Chix Marsala, Mashed Sweet Potatoes, Pears
- 12/2 Veal Parmesan, Penne, Mandarin Oranges
- 12/3 Oriental Port Casserole, Steamed Rice, Applesauce
- 12/6 Beef Burgundy, Mashed Potatoes, Apricots
- 12/7 Chix & Gravy, Red Potatoes, Fruit Cocktail
- 12/8 Beef Chili, Steamed Rice, Corn Bread, Peaches
- 12/9 Baked Pollock Loin, Noodles, Tropical Fruit Mix
- 12/10 Greek Chix Casserole, Potatoes, Clementine
- 12/13 Chix Cacciatore, Brown Rice, Sliced Pears
- 12/14 Shepherd's Pie, Mashed Potatoes, Applesauce
- 12/15 Egg & Turkey Taco, O'Brien Potatoes, Banana
- 12/16 Holiday Dinner: Roast Beef w/Gravy, Mashed Potatoes, Cheesecake
- 12/17 Ravioli w/Meat Sauce, Spinach, Sliced Peaches
- 12/20 Baked Breaded Pollock, Scalloped Potatoes, Fruit
- 12/21 Beef Stew, Boiled Potatoes, Diced Pears
- 12/22 Butternut Mac & Cheese, Tomato Soup
- 12/23 CLOSED
- 12/24 CLOSED
- 12/27 BBQ Chix, Mashed Potatoes, Sliced Peaches
- 12/28 Beef Spanish Rice, Beef Taco Soup, Fruit Mix
- 12/29 Chix Salad Sandwich, Italian Wedding Soup
- 12/30 Turkey w/glaze, Red Potatoes, Spiced Apples

Art Classes!

Local accomplished artist, Donna Loncto, brings us mixed media art classes. Supplies provided by the COA. Suggested \$5/per class
Mixed Media, such as pastels & drawing



Mondays @ 1pm
All levels welcome.

LET EVERY DAY BE CHRISTMAS

*Christmas is forever, not for just one day,
for loving, sharing, giving, are not to put away
like bells and lights and tinsel, in some box upon a shelf.
The good you do for others is good you do yourself.*

Norman Wesley Brooks

SayingImages.com



CHPs Mobile Health Unit

**NEED A VACCINE? COVID-19 TEST?
CHP IS COMING TO A NEIGHBORHOOD
NEAR YOU!**

Cheshire Council on Aging - Dec. 1st 9:30-11:30

Adams Council on Aging/Visitor Center

December 15th 10am - 12pm

Appointment required. For more schedule information or questions: (413) 528-0457

Double your SNAP \$\$
at the *Winter* Farmers Markets
SUN. NOV 21
SUN. DEC 19
10am - 2pm
Greylock WORKS
508 State Rd., North Adams
for more info, go to berkshiregrown.org

Monday	Tuesday	Wednesday	Thursday	Friday
		1 12: SHINE 11:30 Lunch 3:00 Friends of COA	2 9 - 10 Chair Yoga 11:30 Lunch	3 11:00 Lunch Grab n Go North Adams Mobile Food Bank 10
6 9-12: SHINE 11:30 Lunch 1:00 Art Class 2:00 COA Board Meeting	7 9 - 10 Chair Yoga 11:30 Lunch 1:00 Crafters	8 9-12: SHINE 11:30 Lunch	9 9 - 10 Chair Yoga 11:30 Lunch	10 11:00 Lunch Grab n Go
13 9-12: SHINE 11:30 Lunch 1:00 Art Class 11:00 Brown Bag	14 <u>Mobile Food Bank</u> Bring your own bag! 9 - 10 Chair Yoga 11:30: Lunch 1:00 Crafters Foot & BP Clinic 3 - 4:00 Alzheimer Support Group	15 9-12: SHINE 11:30 Lunch 1:00 Drumming Class	16 9 - 10 Chair Yoga 11:30 Linen Lunch	17 11:00 Lunch Grab n Go North Adams Mobile Food Bank 10
20 9-12: SHINE 11:30 Lunch 1:00 Art Class	21 9 - 10 Chair Yoga 11:30: Lunch 1:00 Crafters	22 11:30 Lunch 1:00 Drumming Class	23 Closed	24 Closed
27 9-12: SHINE 11:30 Lunch 1:00 Art Class	28 <u>Mobile Food Bank</u> Bring your own bag! 9 - 10 Chair Yoga 11:30 Lunch 1:00 Crafters	29 11:30 Lunch	30 9 - 10 Chair Yoga 11:30 Grab & Go Lunch Closing at 12:00	31 Closed

**West African & Caribbean
Hand-Drum Class w/Aimee Gelinas
From The Tamarack Hollow Nature and Cultural
Center**

Join cultural educator Aimee Gelinas M.Ed, co-founder and Director of the Tamarack Hollow Nature and Cultural Center in a dynamic, hands-on participatory class focusing on folkloric and contemporary West African & Caribbean drumming, percussion and singing. Students will learn hand and instrument technique, an understanding of how drum patterns fit together, the cultural context of the music, fun and challenging drum patterns and exercises and accompanying songs in many languages. Traditional instruments such as the conga, djembe, clave, bell, and maraca provided for student use.



"Inspiring environmental & cultural awareness, appreciation & stewardship"

www.tamarackhollow.com & www.tamarackhollow.com

Looking forward to bringing new programming
Limited seating—Please call 413-743-8333 to join us.



B L O O D P R E S S U R E C L I N I C

Every month on the 3rd Tuesday. Get your foot care done and your blood pressure read!
FREE readings between 11:00 - 11:30
Appointments & Walk-ins Welcome

December 21st

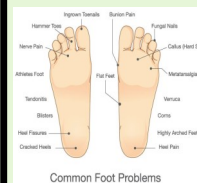
Offered by local RNs Luanne Rose & Bruce Shepley

F O O T C A R E

Get your foot care taken care of, don't delay. Book an appointment with Lynette Dukehart, RN for by calling 743-8333

Appointments available every month on the 3rd Tuesday

\$35 December 21st



10th Annual Holiday Party

50/50 * Table Auction * Cash Bar

Music by DJ Bizz

Monday, Dec. 6th— 4-7pm @ Bounti Fare

**Big Thank you to all involved that made this Successful Gathering happen:
The Adams of COA Friends members for pulling it all together and work that was put into it—**

Donations from local supporters: Tyler Bissaillon (DJ), Souliere & Zepka, Dr. Bush, Smith Bros-McAndrews Insurance Co., West Oil Co., Adams Plumbing & Heating, Health New England, Bane Care and many others that may have been missed after the printing of this issue.....

One Way to Protect Yourself As a Senior from Fraudulent Calls

I just had a friend receive a phone call from a man parading as calling on behalf of the police seeking a donation. They played along and were told they had a heart of gold. This was the first trigger of suspicion, for they knew this was not a fact. At that point, they were transferred to a lady to verify their donation. Everything was hunky dory until the lady kept pressing for credit card information versus sending in the mail a donation voucher. This is that “big red flag” the media keeps warning we seniors not to give out any personal information on the telephone. My friend wisely hung up. If as a senior you have a flip phone, just flip them off!

Another friend did one better: he consulted with legal council on a prank IRS call that was very upsetting. Since the people who called him were criminals, he reported their number to the appropriate government agency (1-800-359-3898, press option 6).

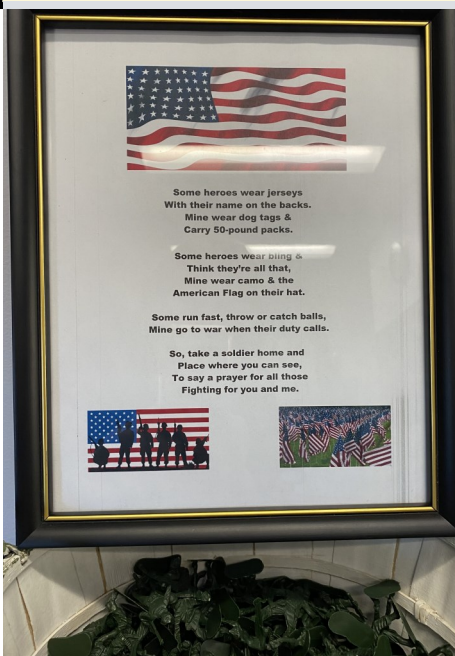
He then called these imposters back and said the following to the imposters (he waited 48 hours): “My name is David Ross. You may verify by calling 1-800-359-3898 and pressing option 6. You are being notified you and your associates are under warrant for arrest for ICC fraud among other federal and state violations. For your safety and protection as per federal law, I am advising you federal agents are currently in your vicinity to arrest you for said crimes. Please raise your hands above your head and come outside immediately. If not, we will consider you armed and dangerous. This message is to protect our agents from being falsely accused of unlawful gunshots. Thank you for your compliance. You will hear a knock at your door shortly.” My friend said you could hear a pin drop.



It is good for all we seniors to be especially aware this time of year as the dollars they scam from us annually are enormous. If you feel you are being scammed, go to the Government website: www.ic3.gov and report it. This agency actually tracks them down

Happy holidays!

Holey Moley/Jeepers



Great Turn-out for our Veteran's Celebration as we honored and remembered those who served our Country....

To speak to our local Veteran's Agent, Stephen Roy you may call him @ (413) 662-3040

