



MARY SPITZER CENTER
116 ASHLAND STREET
HOURS: 8:00 am - 4:00 pm
North Adams Council on Aging
413-662-3125
spitzercentr@yahoo.com



JANUARY 2023



**WISHING EVERYONE A
 VERY HAPPY, HEALTHY,
 PEACEFUL NEW YEAR**

GREAT NEWS

We're pleased to announce that we have hired a 2nd full-time van driver. This will allow time for trips to resume travelling to Pittsfield as well as North Adams, Adams and Williamstown. We've received our new van from the BRTA. Call the center at 413-662-3125 to schedule your ride.

And another piece of great news.

Starting on Thursday January 5th, we will be celebrating January birthdays with a slice of cake for anyone that attends lunch. Once again, please contact Norman to schedule your lunch.



COUNCIL ON AGING DIRECTOR

Sandra Lamb
 slamb@northadams-ma.gov

ADMINISTRATIVE ASSISTANT

Brenda Zappone
 spitzercentr2@yahoo.com

OUTREACH WORKER

Pat Lesarbeau
 spitzercentr4@yahoo.com

**NUTRITION SITE AND MEALS-ON-WHEELS
 CO-ORDINATOR**

Norman Antonio

Van Driver

Kathy LaCasse

Mary Molleur has been voted in as President of the North Adams Council on Aging. Please join us in congratulating **MARY**



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

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COUNCIL ON AGING

BOARD MEMBERS

Norman Antonio

Nancy Canales

Margaret Christiansen

Julie Hanify

Mary Molleur

Stephen Smachetti

Beth Wiggers

Rev Mary Frances Curns

Heather Boulger

Jonna Blair

Patricia Flaherty

The Spitzer Center will be closed on Monday January 16th in honor of Martin Luther King, Jr.. Doctor King was born on January 15, 1929 in Atlanta Georgia. His original birth name was Michael. He was a Baptist minister and social activist who led the civil rights movement in the United States from the mid-1950s until his death by assassination in 1968. His leadership was fundamental to that movement's success in ending the legal segregation of African Americans in the South and other parts of the U.S. King rose to national prominence as head of the Southern Christian Leadership Conference, which promoted nonviolent tactics, such as the massive march on Washington (1963), to achieve civil rights. He was awarded the Nobel Peace Prize in 1964.

ATTENTION KNITTERS

Nancy Y. Lescarbeau, President of The Williamstown Grange #366 is seeking assistance with a Home and Community Service Project: Knitted/Crocheted scarves for the Military. Project Operation Gratitude is a nationwide entity accepting items for enlistees and their families.

Yarn is available for interested parties. Please contact Pat @ 413-662-3125 for more information.

Unfortunately the AARP Tax-Aide Program was unable to find a Local Coordinator to oversee tax preparation, therefore, we're sorry to announce that the AARP income tax program will not be available at the Spitzer Center. Tax-Aide will be held at both the Williamstown Senior Center (Harper Center) Ph. #458-8250 and Adams Senior Center Ph. #743-8333. The Volunteer Income Tax Assistance (VITA) program sponsored by Habitat for Humanity and MCLA is expected to be available in 2023 for those 60 years of age or older, or individuals who make \$57,000 or less. Call Habitat for Humanity Ph #413-442-3181 to schedule your appointment. Habitat's appointments will be held on Monday & Wednesday from 4pm-8pm starting February 6, 2023.

Laughs for the New Year

As my husband read his post-op instructions, one directive stood out: "You must sleep without pillows for 48 hours." He was appalled, protesting, "I'm not sleeping that long!"

I went to Macy's to buy something. As I pulled out my parking ticket, I asked the lady behind the counter to validate me. She hugged me and said, "You're a good person."

Weekly

Monday Jan 9th, 23rd, 30th Cribbage 10AM
Monday's Bridge 12:30PM
Tuesday & Thursday Bingo 12:10PM
Wednesday's Tai Chi 9:30AM
Wednesday's Chair Yoga 1PM
Thursday's Balance Class 1PM

Monday January 2nd CLOSED - New Year's Day

Thursday January 5th Men's Retirement Meeting 10AM
Thursday January 5th Fallon Health Bingo 12:10PM Prizes will be awarded

Monday January 9th Caregiver Support Group 1PM-2PM

Tuesday January 10th Massage Therapy. Appointments are required. Call 413-662-3125 to reserve your appointment. Chair massage -15 minutes (\$20.) Table - 30 minutes (\$40.)

Thursday January 12th Navicare Fallon Health Navigator 10AM-12PM

Monday January 16th CLOSED - Martin Luther King, Jr. Day

Tuesday January 17th Foot Nurse Clinic 9:30AM Appointments are required. \$25.

Friday January 20th REIKI 9AM-1PM. Appointments are required. \$20. Call 413-662-3125 to make your reservation.

Friday January 20th Stamford Seniors Meeting 12:30PM

Tuesday January 24th Snowman Craft Day 10AM. Come and join us in making your own glass snowman decoration. You will need to bring your own jar (Walmart's Great Value spaghetti sauce jar is the perfect size. It retails for \$1.99.) We will supply the other materials needed. Registration is required. Call 413-662-3125 The cost of the class is \$2.

Wednesday January 25th TRIAD Meeting 12:30PM

Thursday January 26th We're bringing a touch of Las Vegas by booking Master Singer Impressionist/Comedian Joey Voices to the center on January 26, 2023. His performance will begin at 1PM. A list of his voices include Frank Sinatra, Elvis Presley, Bobby Darin, Cher, Louis Armstrong, Rod Stewart, Johnny Mathis, Ray Charles, Tom Jones, Neil Diamond, Rodney Dangerfield, Robert Deniro and many more. The performance will last approximately one hour. Dessert will be served following his performance. Better still, come to lunch on that day and be here for his performance. Call Norman at 413-664-9826 to make your lunch reservation. \$3.00 donation.

Friday January 27th Brown Bag 12:30-1:30PM

JANUARY 2023

Monday	Tuesday	Wednesday	Thursday	Friday
2 Closed for New Year's Holiday	3 10:15 Meals on Wheels 11:30 Hot Lunch 12:10 Bingo	4 9:30 Tai Chi 10:15 Meals on Wheels 11:30 Hot Lunch 1:00 Chair Yoga	5 10:00 Men's Retirement Meeting 10:15 Meals on Wheels 11:30 Hot Lunch 12:10 Fallon Health Bingo 1:00 Balance Class	6 10:00 –11:00 Western Mass Food Truck 10:15 Meals on Wheels 11:30 Hot Lunch
9 10:00 Cribbage 10:15 Meals on Wheels 11:30 Hot Lunch 12:30 Bridge 1:00 Caregiver Support Group	10 9:30 Massage Therapy 10:15 Meals on Wheels 11:30 Hot Lunch 12:10 Bingo	11 9:30 Tai Chi 10:15 Meals on Wheels 11:30 Hot Lunch 1:00 Chair Yoga 1:00 COA Board Meeting	12 10:00 Fallon Health Navigator 10:15 Meals on Wheels 11:30 Hot Lunch 12:10 Bingo 1:00 Balance Class	13 10:15 Meals on Wheels 11:30 Hot Lunch
16 Closed for Martin Luther King Jr. Day	17 9:30 Foot Nurse Clinic 10:15 Meals on Wheels 11:30 Hot Lunch 12:10 Bingo	18 9:30 Tai Chi 10:15 Meals on Wheels 11:30 Hot Lunch 1:00 Chair Yoga	19 10:15 Meals on Wheels 11:30 Hot Lunch 12:10 Bingo 1:00 Balance Class	20 9:00 Reiki 10:00 –11:00 Western Mass Food Truck 10:15 Meals on Wheels 11:30 Hot Lunch
23 10:00 Cribbage 10:15 Meals on Wheels 11:30 Hot Lunch 12:30 Bridge	24 10:00 Snowman Craft Day 10:15 Meals on Wheels 11:30 Hot Lunch 12:10 Bingo	25 9:30 Tai Chi 10:15 Meals on Wheels 11:30 Hot Lunch 1:00 Chair Yoga	26 10:15 Meals on Wheels 11:30 Hot Lunch 12:10 Bingo 1:00 Balance Class 1:00 Joey's Voices Vegas Show	27 10:15 Meals on Wheels 11:30 Hot Lunch 12:30 Brown Bag
30 10:00 Cribbage 10:15 Meals on Wheels 11:30 Hot Lunch 12:30 Bridge	31 10:15 Meals on Wheels 11:30 Hot Lunch 12:10 Bingo			

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FREE IN-HOME COVID-19 VACCINATIONS

Massachusetts offers in-home vaccinations for anyone who has difficulty getting to or using a community vaccination location, including children 6 months and older.

- ♦ All vaccine types (Pfizer, Moderna, Novavax and J&J) and boosters are available.
- ♦ Sign up for an appointment by phone at (833) 983-0485 or online.

Learn more at mass.gov/vaccinesathome

THE BRAIN'S POWER OVER PAIN

How patients talk to themselves about their chronic pain can either increase or diminish their suffering, according to new research from the University of Colorado. For the study, some participants with back pain underwent eight one-hour sessions of pain reprocessing therapy (PRT), a method that helps patients to parse the difference between pain hurting and causing harm. They then learn to replace the message that pain is dangerous, which immobilizes them and worsens symptoms, with the message that pain can be OK—and gentle physical movements can heal rather than harm. In the end, 66% of the people who received the treatment became totally or nearly pain-free.

HOW MUCH VITAMIN C IS BEST FOR YOU

To determine your optimal dose of vitamin C, it's best to take your weight into account. Researchers in New Zealand recommend that a person weighing 60 kilograms (132 pounds) consume 110 milligrams of Vitamin C per day through a balanced diet, while someone weighing 90 kilograms (198 pounds) needs an additional 30 milligrams to achieve their optimal dose of 140 milligrams a day.

WORLD OF MEDICINE RUN OFF CANCER RISK

Exercise has been known to reduce the risk of developing many forms of cancer. Now, a British study has identified one reason why. Physical activity, it turns out, causes a cancer-fighting protein called interleukin-6 (IL-6) to be released into the blood stream, where it can repair cells and slow tumor growth. Study participants at higher risk of colon cancer had larger amount of IL-6 in their blood after cycling for 30 minutes than they did while resting. The conclusion: Regular exercise—such as walking, cycling or playing sports can lower colon-cancer risk by about 20%, a finding researchers believe applies to other cancers as well.

ELUDE THE FLU

Cold and flu viruses travel in airborne droplets (coughs, sneezes, heavy breaths) and can survive on hard, nonporous surfaces such as metal or plastic (door handles, light switches, faucets) for 24 hours. That's why when one person catches a bug, the rest of the household usually isn't far behind. In addition to regular hand-washing, have sick parties keep a pack of disinfectant wipes in their sweatpants pockets to give those often overlooked surfaces a quick cleanup after use. Just a few mindful seconds can drastically diminish the odds of perpetuating the infection cycle.

EXCITING NEWS

For those who attend our congregational meals Monday through Friday, feel free to invite a friend **who has never attended our lunch** and their meal will be **free** of charge.



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**Do you need help paying
your heating bills?**

*Berkshire Community Action
Council may be able to help.*

BCAC Fuel
Assistance
Guidelines

Household Size	Gross Annual Income
1	\$42,411
2	\$55,461
3	\$68,511
4	\$81,561
5	\$94,610
6	\$107,660
7	\$110,107
8	\$112,554



If you are eligible for fuel assistance,
you may qualify for more helpful programs.

**To learn more about what BCAC
can do for you, contact us:**
Central / South County | 413-445-4503
North County | 413-663-3014

bcacinc.org

1/2 CLOSED—NEW YEAR'S DAY
 1/3 Chicken Strips, pasta alfredo, broccoli florets, whole wheat bread, fruit crisp
 1/4 Salmon Newburg sauce, steamed brown rice, mixed greens, 12 grain bread, orange
 1/5 Eggplant Parmesan, buttered noodles, winter veg, whole wheat bread, peaches
 1/6 Chicken w/Gravy, mashed pot, green beans, roll, apricot halves

1/9 Turkey Medallions w/gravy, sliced potatoes, peas & carrots, bread, sliced pears
 1/10 Chef Special, Lentil stew, steamed rice, butternut squash, bread, diced mangos
 1/11 Chicken on a biscuit, buttered noodles, broccoli florets, whole grain biscuit, lemon bavarian
 1/12 Beef stew, roasted root vegetables, dinner roll, mixed fruit
 1/13 Swedish meatballs, gold pot, brussel sprouts, wheat bread, fresh apple

1/16 CLOSED—MARTIN LUTHER KING
 1/17 Roast pork w/gravy, sweet potato, boiled cabbage, bread, applesauce
 1/18 Butternut squash mac & cheese, tomato soup, vegetables, bread, sliced peaches
 1/19 Chicken w/apple raisin gravy, white rice, asparagus, corn bread, choc cookie
 1/20 Chinese New Year, Oriental beef, rice, sugar peas, 12 grain bread, pineapple

1/23 Chicken curry, coconut rice, green beans, oat bread, apricot halves
 1/24 Cheese lasagna, greens, minestrone soup, whole wheat bread, sliced apples
 1/25 Chicken Cacciatore, rice pilaf, peas & pearl onions, 12 grain bread, banana
 1/26 Beef stroganoff, buttered noodles, vegs, ancient whole grain bread, sliced pears
 1/27 Meatloaf & gravy, lyonnaise potatoes, sliced beets, dinner roll, mandarin orange

1/30 Penne w/Bolognese sauce, capri blend, bread, peaches
 1/31 Chicken bruschetta, rice, vegs, pears



EASY CHICKEN & SPINACH TORTELLINI SOUP

Ingredients:

1 tbsp. olive oil
 1 medium onion, chopped
 2 cloves garlic, minced
 1 (14-oz) can fire-roasted crushed tomatoes
 6 cups chicken stock
 1 (9oz) package fresh cheese tortellini
 1 (5oz) package fresh baby spinach
 2 1/2 cups rotisserie chicken, shredded (about 10 ounces)
 1/2 to 1 teaspoon crushed red pepper
 1 tbsp fresh lemon juice
 Grated Parmesan, torn basil leaves, and pesto for serving.

Directions:

1. Heat oil in a large pot over medium heat, add onion and cook, stirring occasionally, until fragrant, 1 to 2 minutes. Add tomatoes and stock. Bring to a boil over high heat. Reduce to a simmer and cook 5 to 6 minutes.
2. Add tortellini and cook 5 minutes. Add spinach and cook until wilted, 4 to 5 minutes. Reduce heat to low and add chicken, red pepper and lemon juice. Cook until warm, 1 to 2 minutes. Serve immediately garnished with Parmesan, basil and a drizzle of pesto.

Yields 4—6 servings
 Prep Time: 5 minutes
 Total Time: 30 minutes