March 2021

Adams Council on Aging

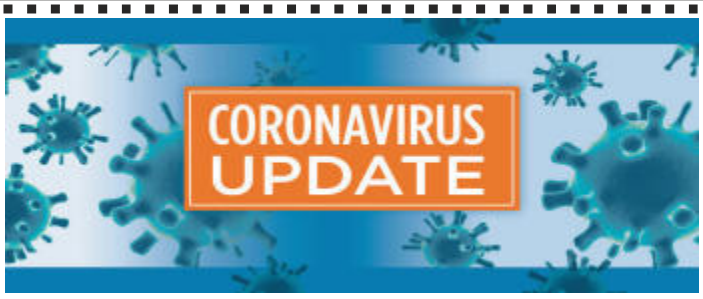
The Informer

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

AARP Tax-Aide

Free Tax Preparation & E-Filing Available at your Adams Council on Aging

As previously intended, we had hoped to do a Robo Call opening up the tax season to our previous Adams clients. Due to the volume of Covid Vaccine calls, we could not do that. Please call us to book your appointment today…..Our appointment structure will look a bit different this year so we ask that you be patient with us as we try to offer this free tax preparation program as remote as possible through our AARP Tax-Aide Volunteers!



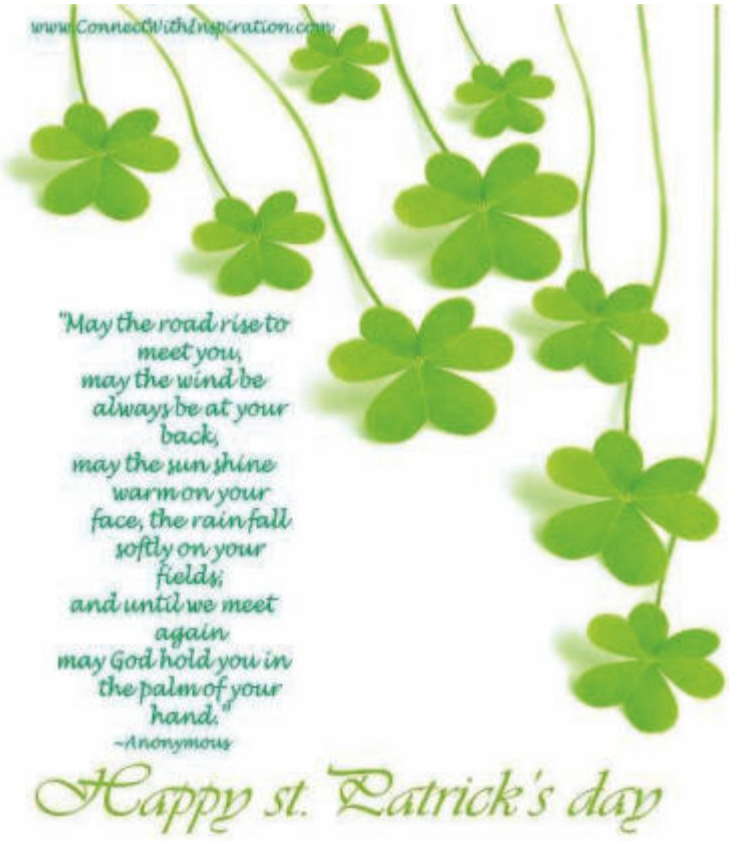
Appointments have booked fast and furious— Need Assistance try calling 2-1-1 or you may book your own appointment by logging in to this website: "maimmunizations.org" - Or you may call your local COA—

Thank you and stay safe out there.

BRAVO To Our Wonderful Volunteers:

Beverly Favreau, Liz Mach, June Samson, Louise Charron, Maureen Barar, Rachel Tomkowitcz, Kris Bona, Taylor Gibeau and Dayne Poirot…..

We have been BUSY here at the Adams COA... From January 27th—February 19th , we spoke to over 1,000 callers regarding Vaccine Information and booked over 500 appointments— that is with the help of our Awesome Volunteers— we could not have done this without them…



Adams COMMUNITY BANK

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!

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SBM

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CALL-IN BINGO??

GIVE IT A TRY …….

March 11th & 24th @ 1:00

Pick up your Bingo Card Mon—Thurs that week to play.

All info will be on your Card.

There will be a call in number on the sheet—

Prizes may be picked up the follow day!

GOOD LUCK!!

Great Social Connection—Fun and Prizes TOO:)

Your "Friends" of Adams Council on Aging are Always doing for our Community—They write Birthday Cards each month and mail them to the seniors in our system as well as calling folks on their Birthday!

SHOUT OUT…..We need Birthday Cards If you have some you'd like to donate, please drop them off.

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.

If you need a bucket of sand for your walkway or stairs….we can deliver some to you when available. You will need your own bucket——

Please call 413-743-8333 to request!

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)
Next Meeting: March 22nd @ 2pm

COA Director ext. 201
Erica Girgenti
egirgenti@town.adams.ma.us

Outreach Worker ext. 205
Barbara Proper
Bproper@town.adams.ma.us

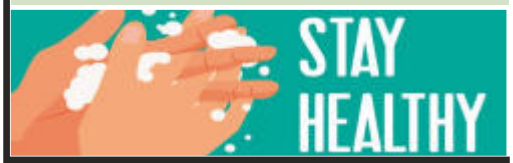
Administrative Assistant ext. 208
Elizabeth "Liz" Chapman
echapman@town.adams.ma.us

Van Drivers ext. 210
John Naughton, Jolene Droshen, Joe Sloane & Bruce Shepley

Custodian
Kyle Wilson & Ray Keele

SHINE Counselor (Medicare)
Karen De'Ordio

Foot Nurse:
Lynette Dukehart, RN



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

"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

3/1 Orange Chix, Potatoes, Pineapple Tidbits
3/2 Beef Chili, Brown Rice, Sliced Pears
3/3 Turkey & Gray, Mashed Potatoes, Banana
3/4 Chuck Wagon Stew, Noodles, Applesauce
3/5 Cheese Lasagna, Sliced Carrots, Fruit Cocktail
3/8 Salisbury Steak, Rice w/orzo, Fresh Orange
3/9 Roast Pork w/Gravy, Sweet Potatoes, Lemon Bavarian
3/10 Veal w/Peppers & Onions, Au gratin Potatoes, Beets
3/11 Broccoli & Cheese Chix, Mashed Potatoes, Pears
3/12 Lentil Stew, Mixed Greens, Sliced Peaches
3/15 Ravioli w/meat sauce, Broccoli, Fruit Cocktail
3/16 BBQ Chix Breast, Noodles, Fresh Orange
3/17 **St. Patrick's Day…**
Sliced Corned Beef, Potatoes, Green Gelatin w/Pears
3/18 Calico Beans & Sausage, Brown Rice, Apricots
3/19 Baked Pollock Loin, Potatoes, Butternut Squash
3/22 Moroccan Beef Stew, Red Potatoes, Sliced Pears
3/23 Chix Marsala, Mashed Potatoes, Sliced Peaches
3/24 Mac & Cheese, Stewed Tomatoes, Mandarin Oranges
3/25 Meatloaf w/gravy, Scalloped Potatoes, Apple
3/26 Tuna Salad, Tomato Rice Soup, Fruit Compote
3/29 Chix Piccatta, Mashed Potatoes, Diced Manos
3/30 Goulash, Spinach, Fruit Cocktail
3/31 Beef Stew, Sweet Potatoes & apples, Sliced Peaches

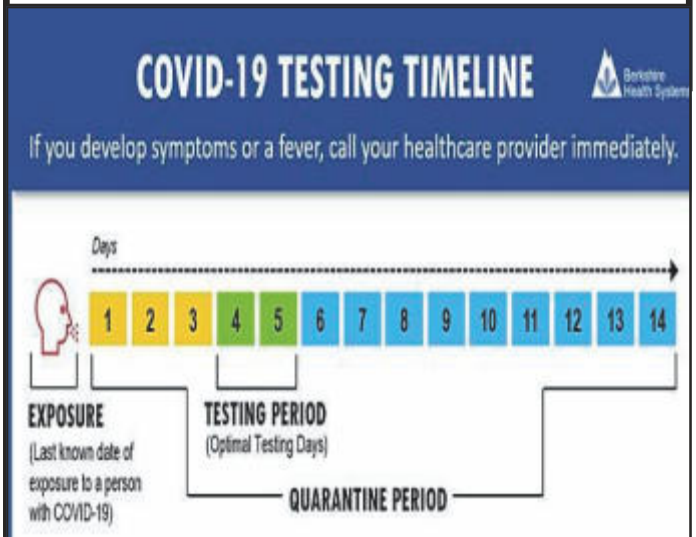
Check us out on Facebook
Adams.Council.on.Aging

Foot Care!

Get your foot care taken care of, don't delay.
Book an appointment with
Lynette Dukehart, RN for March 16th
by calling 743-8333

Appointments available every month on the 3rd Tuesday
$35

Common Foot Problems



Call the BMC LINK LINE (855-262-5465) if you feel you have symptoms of COVID 19 to be screened for COVID 19 and scheduled for testing.

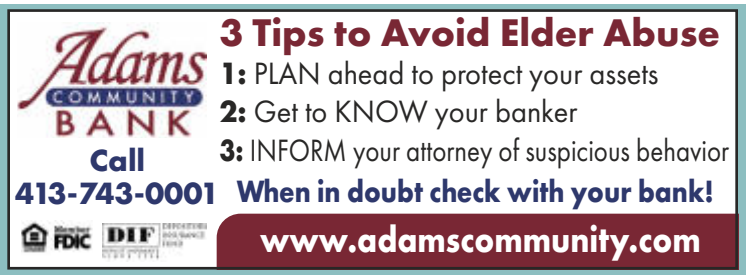
What to expect if you test positive: You will receive your results from a health care provider who will review your results and how to isolate. You will also be contacted by the Public Health Nurse to get information related to people you may have come in close contact with.

Close Contact Exposure: You will be contacted by the Public Health Nurse who will review your exposure, determine if you should be tested and instruct you on what day you need to be tested. You can schedule your test through the **BMC LINK LINE (855-262-5465)**

***Close Contact** is considered anyone who has spent **15 minutes in a day** or more at closer than **6 feet** with a known COVID positive person either while they had symptoms or 48 hours prior to their symptoms **or** in the 48 hours before their positive test was taken or anytime in the 10 days after the test (MA DPH).

March

Monday	Tuesday	Wednesday	Thursday	Friday
1 11—11:30: Lunch	2 9-12: SHINE 11—11:30: Lunch	3 11—11:30: Lunch	4 9-12: SHINE 11—11:30: Lunch	5 9-12: SHINE 11—11:30: Lunch **North Adams Mobile Food Bank**
8 9-12: SHINE 11—11:30: Lunch	9 10 -11—Mobile Food Bank 11:30: Lunch **Mobile Food Bank** **3:00pm—Alzheimer Support Group**	10 11—11:30: Lunch	11 9-12: SHINE 11—11:30: Lunch 1:00 Call In Bingo 	12 9-12: SHINE 11—11:30: Lunch
15 11—11:30: Lunch	16 9-12: SHINE 11—11:30: Lunch Foot Clinic	17 11—11:30: Lunch Could Be Your Lucky Day!! 	18 9-12: SHINE 11—11:30: Lunch	19 9-12: SHINE 11—11:30: Lunch **North Adams Mobile Food Bank**
22 9-12: SHINE 11—11:30: Lunch	23 11—11:30: Lunch 10 -11—Mobile Food Bank 2:00— **Mobile Food Bank**	24 11—11:30: Lunch 1:00 Call In Bingo 	25 9-12: SHINE 11—11:30: Lunch	26 9-12: SHINE 11—11:30: Lunch **Brown Bag**
29 11—11:30: Lunch	30 9-12: SHINE 11—11:30: Lunch	31 11—11:30: Lunch	Did you know we provide TRANSPORTATION Monday– Friday? Tell us about your transportation needs	**ALL Mobile Food Banks are from 10am—11am**



Did you know we have a Health Insurance Counselor? Elder Services of Berkshire County trains volunteers for the program called SHINE. That is how you will see it appear on our calendar. SHINE stands for Serving Health Insurance Needs for Everyone. They can assist you with enrolling in Medicare A & B, Medicare benefits and claims, Part D drug plans/Part C Medicare Advantage Plans, Supplemental Plans (Medex & Medi-gap) and public benefits related to health insurance like MassHealth, Extra Help, etc. While most appointments are currently happening over the phone due to COVID, the COA staff are here to support you and meet your needs. Our volunteer is Karen DeOrdio and she is here 3 days a week. Check our calendar to find out which dates or call us at 743-8333

SHINE
Serving the Health Insurance Needs of Everyone

Volunteers from the Northern Berkshire Vaccine Clinic: Front Row: Erica Girgenti-Adams COA Director, Sarah Kline– Adams Resident, Back Row: Peter Hoyt– Adams Board of Health, Christine Hoyt – Adams Selectman, Bruce Shepley-COA Board Member/Northern Berkshire Emergency Operations Volunteer, Jay Green– Adams Town Administrator, Barbara Proper– Adams COA Outreach Coordinator, Liz Chapman– Adams COA Administrative Assistant

Tuesday, March 2nd is National Read Across America Day in honor of Dr. Seuss's Birthday

With the help of the Council on Aging and several of our friends, we've been able to record readings for the local school to share with their students since we can't read in the classroom this year. Keep an eye our in March's newsletter to see who was able to read, what books they selected, and where you can view the reading to share with your grandchildren. Check out our local Library for some good books to read for yourself!

MOBILE FOOD BANK
March 9th & 23rd

Mark your calendars NOW for the entire Year……Circle the 2nd and 4th Tues each month—as it does NOT change! Remember to be kind to our Faithful Volunteers—They are here to help serve you in the heat, rain, snow and cold. Be patient as we work together to bring this bountiful program to you two times each and EVERY month. We look forward to seeing you again next time—We continue to grow and serve near/over 400 families each time. Special Thanks to Our Driver "VINNY"….. He goes above and beyond every time to help us out!!

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

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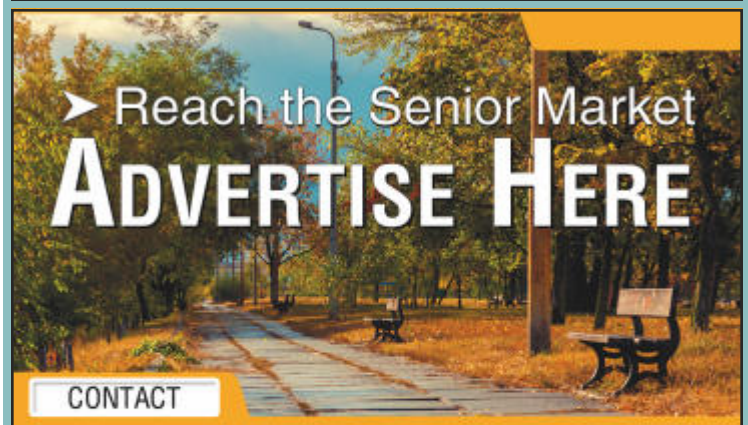

Susanne Carpenter to place an ad today!
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or (800) 477-4574 x6348

NEVER MISS A NEWSLETTER !

Sign up to have our newsletter emailed to you at www.ourseniorcenter.com

Where Your Health Matters Webinar Series

Health New England is offering a **"Where Your Health Matters"** live webinar series to educate, engage and empower our community during the pandemic. This six-part series runs from January 13 to March 24, 2021, and consists of 45-minute, bi-weekly Zoom webinars. Guest speakers will be discussing topics of immunity through nutrition, mindfulness, managing emotions and more.

Check out the lineup of speakers and topics below.

Attend one webinar or the entire series. Sessions will be recorded for future access on our YouTube Channel at youtube.com/HealthNewEngland.

Week 1	Where Health Consciousness Matters with Dr. Joel Bennett	January 13, 2021
Week 2	Where Socialization Matters with Anita Ridolfo, MA	January 27, 2021
Week 3	Where Healthy Habits Matter with Saundra Schrock, PhD	February 10, 2021
Week 4	Where Conscious Activity Matters with Mike Harris, BS, MS	February 24, 2021
Week 5	Where Caregivers Matter with Kirsten Wright-Cirit, BA, Certified Health & Wellness Coach	March 10, 2021
Week 6	Where Food & Immunity Matter with Nancy Dell, MS, RDN, LDN, CDE	March 24, 2021

Register at healthnewengland.org/Health-Webinars

Don't want to go into the store?

Contactless shopping at our Local Wal-Mart—Adams COA can assist : We have step by step directions to do it yourself - Or we can set you up so that you may call your order in to Barbara and then help you place an order. You can then drive up and have them put your groceries in your trunk or our driver can pick them up for you and drop off to you.

Call Barbara today for Details…..
743-8333 ext205

Walmart
Save money. Live better.

CHAIR YOGA UPDATE

Thanks to our incredible instructor, Maryanne Kufs, our yoga program has always been a success and a popular program for the senior center. Through March the in-person yoga is on hold but offered virtually for those who have access.

Find newly recorded classes on YouTube at
Maryanne and Adams Chair Yoga Community
And on their Facebook Page:
Adams Chair Yoga Community
New classes are recorded on
Tuesdays, Thursdays & Sundays