

May
2012

The Informer

Adams Community Center ~ Council on Aging 20 East Street, Adams MA 743-8333

Celebrating May

Kentucky Derby Party!

Friday, May 4th @ 11:00 -12:30

Tai Chi (FREE)

Monday @ 9:30

Computer Classes

See Insert for details

Informative Friday & Pizza Party

Bi-Monthly 10:30 – 1:00

Friday, May 11

Food & Fuel Fridays

Fridays 8:30 – 11:30

By appointment only

Senior Club & Bingo

May 3rd & May 17th @ 1:00

Quilting Club

Tuesdays @ 1:00 & Thursdays @ 7:00

Cards & Coffee

Monday – Friday 9:30 – 11:00

Nail Care @ the Foot Clinic \$25

May 22nd 8:30 – 12:30

Call for appointment space limited

Brown Bag Program

May 25th @ 1:00

Hot Meals

Monday-Friday @ 11:30

Suggested \$2.00 donation

Mandatory RSVP

SHINE Counseling

By appointment

“Get Cuffed”

May 31st 1:30 – 4:30

See insert

Free Hearing Clinic

5/24/12 @ 10:00 – 12:00

Must register

BINGO for ALL

With Sheehan Health Group

6/28/12 @ 12:00

Gift Card Prizes To Win

Pet Therapy w/ Williamstown Commons

May 23rd @ 11:00

Desserts Provided



Kentucky Derby Party!

Friday, May 4th

11:00 – 12:30

Lunch hosted by Sugar Hill
Senior Living Community

Enjoy a delicious lunch
Mixed beverages

Best Hat Contest!
Vote for your favorite horse
Surprise guest appearance!

Raffle Prize for
best hat & winning horse
Please RSVP to 743-8333 by May 2nd

Informative Friday & Pizza Gathering

Health & Wellness Awareness

Bone Density & Hyper tension

Friday, May 11, 2012

10:30 – 1:00

Linda Ballot from North Adams Regional Hospital, Kim Kelly from Berkshire Health Systems, and other health care providers
Other information provided on skin cancer, health stroke, Lyme disease, hydration, etc.

Pizza (.50/slice) / Please RSVP to 743-8333



“Get Cuffed”

**Blood Pressure Education Class
Provided by Berkshire Health
Systems**

Thursday, May 31st from 1:30 – 4:30

During this class you will receive a free
automatic blood pressure cuff and learn how
to use the cuff properly. Classes are offered
at 20 minute intervals.

Please call 743-8333 to reserve your slot.

HAPPY Mother's DAY

MAY 13, 2012

Your Mother is Always With You

When you need mom most, don't forget she's still a part of you.

Your mother is always with you...
She's the whisper of the leaves
as you walk down the street.
She's the smell of bleach in
your freshly laundered socks.
She's the cool hand on your
brow when you're not well.
Your mother lives inside
your laughter. She's crystallized
in every tear drop...
She's the place you came from,
your first home.. She's the map you
follow with every step that you take.
She's your first love and your first heart
break....and nothing on earth can separate you.
Not time, Not space...
Not even death....
will ever separate you
from your mother....
You carry her inside of you....

— Anonymous

Dear Mama,

My love goes without mention, I'll tell you every day for the rest of my days. But never have I had the opportunity to publicly tell you how much I appreciate you. You've always believed in me, even when I didn't; you've never tried to fight my battles but instead taught me how to by using respect and dignity; you've let me cry even when I didn't have a reason to and you've laughed with me for no reason. I look forward to growing old with you. One day I might have to take care of you, like you did for your mom and like you did for me, so thank you for showing me what love feels like and looks like. Memère would be proud of the mom you exemplify yourself to be, the mom she showed you how to be through her own selfless love. So I appreciate you Mom, for all that you do and all that you don't realize you're doing. Happy Mother's Day.

XoXo, Erica

(don't worry Dad, I love you too)

“How to buy a computer”

Tuesday, May 8th

With Lou Yarter

12:30 – 2:00

FREE informational/educational class

Medical Reassurance Services

Offered by Berkshire Community Action Council

The **FREE** Medical Reassurance Service provides,
via phone call:

- ✚ Daily contact with caring and empathetic peers.
- ✚ Reminders to take necessary medications, perform routine tasks, or prepare meals
- ✚ Checks on well-being, safety, and overall health
- ✚ A response to emergency personnel is indicated after “no response” procedures have been followed.

Medication reminder calls can be made up to three times a day, seven days a week. The service is also offered on a temporary period to cover for family or caregivers who may go away on vacation.

For more information or referrals please call the Adams CoA at 743-8333 (Ask for Erica or Linda)

Free Nutritionist Consulting Available



Through a grant provided by Elder Services of Berkshire County & the Executive Office of Elder Affairs

The Council on Aging from Adams, North Adams, & Williamstown are in the position to provide two one-hour sessions with a Nutritionist from the Northern Berkshire Health System, call 743-8333 and ask for Erica.

Learn about health eating habits, the nutritionist is even willing to go to the market with you the show you some new alternatives to your favorite meals.
It's FREE, try it while the funds last.



To the McCann Students

For building the Council on Aging a suggestion box (located in the Main hall of the community center) and two raised newsletter stands (located at the Baer's Den & McDonalds)

Looking for Day Trip Opportunities?...
To reserve a seat & inquire about prices, call the
Adams COA 743-8333

Trip Opportunities to come...
NYC-on your own; Turning Stone Casino; Bronx Zoo; Saratoga
Racetrack; Orioles vs. Yankees; The Big E, Lake George
Brunch Cruise; Haunted Footsteps Ghost Tour in Salam MA;
Holiday Shopping in NYC
Call for prices, dates and other inquiries.

Day Trip Opportunity
Barbara & Frank
The Concert that Never Was...
Tuesday, June 5th

The Log Cabin in Holyoke, MA transforms into the Sands Hotel
for the powerhouse combo of Sinatra and Streisand. Enjoy an
afternoon of great music with a tribute to two icons as you've
never seen them before.

\$80/per person

Includes lunch and transportation
Lunch at 12pm followed by show at 1:30pm
Pick Up on Main Street in North Adams @ 10am

Make checks payable to Clarksburg Travel, 56 Horrigan Rd,
Clarksburg, MA 01247. For more information call 664-7350 or
Ed Morandi at 663-9263



Adams Agricultural Commission
community garden has **FREE** space available at the
Community Center, if interested
call Erica at 743-8333.



May 7th
Van Transportation Available to the polls
Call to schedule a ride.

Day Trip with Rita



To The Botanic Gardens
of Smith College Northampton, MA
Wednesday, April 30th

Cost / \$6.00 for Transportation & Admission
Call to Inquire / Space limited

"Informative Friday & Pizza Gathering"

Don't miss the COA's **Fraud Forum!**

Come and share your concerns and questions, or just listen and
learn how *you* can recognize and prevent fraud, and economic
crime that occurs in all ways, shapes, and forms.
Representatives from three local financial institutions will lead
the forum on the topic of fraud prevention.



Friday, July 13, 2012
11:00 a.m. to 12:30 p.m.
Adams Community Center
20 East Street in Adams

Enjoy pizza at the Community Center
during the forum –
At only .50 cents a slice!

Call to register for the forum at (413) 743-8333.
Don't miss this opportunity to attend!

Make Checks Payable to: Adams Council on Aging/Gift Account, 20
East Street, Adams MA 01220

Newsletter: ____
General Gift Account: ____

This donation is in memory ____ honor ____
of ____

Please send an acknowledgement to:

Please check here if you **DO NOT** want your name published in our
newsletter ____

Come have lunch with us!!



\$2 Donation to Elder Service nutrition program

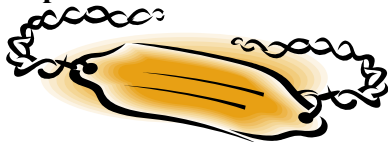
Monday – Friday @ 11:30 20 East Street Adams
Call Dee Dee O'Bryan @ 743-8333

Mandatory 24hrs in advance to reserve a meal
Transportation Available

For a full listing, see the 'Berkshire Senior.'

5/1 Ham Salad, pasta salad & tossed salad
5/2 Baked Chicken, roasted potatoes, beets
5/3 Ziti & meatballs, mixed greens
5/4 **No Meal Site- Lunch Provided by Sugar Hill Senior Living**
5/7 Goulash, green beans, carrots
5/8 Oriental chicken with mushrooms, brown rice, spinach
5/9 Egg salad, 4 bean salad, tossed salad
5/10 **Mother's Day Menu:** Roasted turkey with gravy, garlic mashed
5/11 **INFORMATIVE FRIDAY & PIZZA GATHERING RSVP**
5/14 Hold the spice Chili, Brown rice, spinach
5/15 Tuna salad, potato salad, tossed salad
5/16 Beef Burgundy, buttered noodles, Brussels sprouts w/cheese
5/17 Roast Pork with gravy, new red potatoes, peas
5/18 Lasagna, green beans, summer squash
5/21 Chicken Divan, rice pilaf, broccoli
5/22 Stuffed cabbage casserole, buttered corn & spinach, tossed salad
5/23 Chef Salad, tortellini salad, coleslaw
5/24 Pot roast with gravy, mashed potatoes, mixed veggies
5/25 Cheese burger, rice and blacked beans, Harvard beets.
5/28 **CLOSED**
5/29 Chicken Cacciatore with mushrooms, buttered noodles, broccoli
5/30 BBQ beef, roasted potatoes, sugar snap peas
5/31 Hot dog, baked beans, sauerkraut

Special Person's Bracelet



This program is to protect your loved ones who may be in need of extra attention while you are away from home. Do you or your loved one wander off? Have dementia? Might wander in the future? Then these are all good reasons to get the 'special person's bracelet' **FREE of charge** from the Adams Police Station.

The bracelet has an ID# that tells the Police Station who the bracelet belongs to and most importantly any medical and emergency information. For more information call the Adams Council on Aging at 743-8333 (ask for Erica or Linda) or the Adams Police Station at 743-1212.



Are you okay? Program With the Adams Police Department

The 'Are you Okay?' program is a program for homebound and seniors-in-need. Every day at a specific time a recording will call you at home asking if you are okay.

How it works:

- If you say 'yes' then the phone call ends and emergency services are not alerted.
- If you do not answer after two phone calls, the Adams Police station will call the emergency contact that you gave to them when you signed up to check on your where-about/well-being. If they do not know where you are a dispatcher is sent to your home.
- If you answer and say 'no, I am not okay' a dispatch is immediately sent to your home.

This program gives our older adult community the security of someone checking in on them. Give yourself some piece of mind and sign up today. **It is FREE to sign up.** More information can be offered by calling the Council on Aging at 743-8333 (ask for Erica or Linda) or by calling the Adams Police Station at 743-1212.

- ✚ If you are already utilizing this service, please remember to call the Police Station and let them know if you will out of the house during the set time frame that the call comes through. This helps in avoiding any unnecessary emergency dispatches.

Has the fear of falling changed your life?!



"Move in Time"

A Fall Prevention Program

Join the Lee Regional Visiting Nurse Association and "Move In Time"... a FREE six-week falls, balance, and educational experience!

Adams Council on Aging
Community Center
20 East Street, Adams

Coming in June... call Erica or Linda at 743-8333
To Register, space limited.