



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

## “THE BULLETIN”

## AUGUST 2024



Where has the Summer gone? How time flies!!!! The beginning of Autumn starts on Sunday September 22nd and ends on Saturday December 21st.

On **August 6th at 10:30**, we will be holding a presentation on “**Understanding Hoarding Disorder**”. If you or someone you know are struggling with clutter, disorganization or hoarding behaviors, please consider attending this important program. Call 413-662-3125.

The next Panera trip is being held on **Monday August 19th**. Registration is required. Cost for van is \$5.00

On **Tuesday August 13th**, Betty will be holding her next craft class at 10am. With her assistance, we will be designing wooden plaques with a beautiful bird decal. As most materials will be supplied, registration is required in order to ensure we have the correct amount of materials. No walk-ins.

On **Monday August 12th at 11AM**, Rondae Drafts, Ph.D.abd., will once again be presenting her “**HIP HOP CHAIR DANCE FOR SENIORS!**” This class takes about an hour and is especially designed for seniors. There is some evidence in current research that suggests that physical activity can slow down the decline of cognitive disabilities and may improve the quality of senior life. This is a fun-filled, exciting, invigorating class. **Registration is required.**

On **Wednesday August 21st starting at 5PM**, we will be hosting a safety presentation and Bingo night. The NAPD will be addressing safety tips at 5PM followed by bingo until 7PM. Bingo supplies, prizes and snacks will be provided.

On **Tuesday August 27th**, our van will be providing transportation to Pedrin’s Dairy Bar. The van will drop you off in the parking area. Your pickup time will be determined once we know the number of people going. Arrival at the dairy bar will be approximately 11:30am. There’ll be plenty of time to enjoy your lunch and have fun. **Registrations are required. No cost for the van.**

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**CONTACT ME**  
**Angela Haschka**

ahaschka@4LPi.com

(800) 477-4574 x6106

## 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

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## DO YOU HAVE SLEEP ANXIETY?

Mental Health struggles in general can keep you up at night, but sleep anxiety is when your anxious or fearful thoughts center specifically on falling asleep and staying that way, when then prevent you from getting enough zzz's. "Bedtime becomes a source of anxiety. You focus on your inability to sleep and the consequences of sleep loss, and this creates a cycle of insomnia," say Raj Dasgupta, MD, chief medical adviser for Sleepopolis. Sleep is crucial for good health, including maintaining strong heart and immune system. Make it to dreamland with these expert tips:

### KNOW THE SIGNS

Recognizing sleep anxiety is a first step toward better sleep. These symptoms can pop up at any time of day:

- Sense of dread
- Rapid heartbeat
- Digestive problems
- Muscle tension, often around the jaw
  - Poor concentration
  - Irritability
- Low energy and motivation

### KNOW YOUR RISK

Anyone can experience sleep anxiety, but certain things may increase your chances, including having a sleep disorder like sleep apnea or a mental health condition. Also, doing anything that triggers anxiety (say watching an upsetting movie or doom-scrolling on social media) near bedtime can increase your odds of experiencing sleep anxiety.

### MAKE SLEEP TWEAKS

Craft a stress-relieving routine to wind down. Progressive muscle relaxation (focusing on each muscle from head to toe) may calm you in bed. Journaling about your worries earlier in the day can prevent them from messing up bedtime. Or, ask your doc about cognitive behavioral therapy with relaxation techniques, "a cornerstone therapy for sleep anxiety", say Dr. Dasgupta.



## HEALTH HIGHLIGHTS - CUCUMBERS

Hydrating Hero - Liquid isn't the only way to get your eight glasses per day: Cucumbers are 96% water and count toward your overall fluid intake.

Antioxidant Delight—The flavonoids and tannins in cucumbers help block harmful free radicals in the body that can lead to chronic illness.

Vitamin Vessel - One unpeeled 11 oz cucumber contains almost half your daily value of vitamin, K, which helps keep bones healthy.



For Your Information

Elder Services offices has moved its office to:

**Elder Services of Berkshire County  
Clock Tower Business Center  
73 South Church Street  
Pittsfield, MA 01201**

**Main phone # 413-499-0524**

**Toll free: 800-544-5242**

**Fax: 413-442-6443**

An open house has been scheduled on  
Thursday, September 12th from 4:00-6:00pm

LET'S LAUGH

A girl at Starbucks complimented my lip gloss. I didn't have the heart to tell her it was grease from the rotisserie chicken I just ate in the parking lot.

Our goldfish died. When I told my five-year-old son we had buried it in the garden, he burst into tears. I was trying to think of how to explain how all living things die when he tearfully said, "I wanted to eat it!"



TAX FREE HOLIDAY

This year, the tax free holiday weekend will be held on Saturday August 10th & Sunday August 11th. Most retail items of up to \$2,500 purchased in MA for personal use on these 2 days will be exempt from sales tax. **YIPEEEEEEEEE**



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On **Wednesday August 14th**, the City of North Adams will be celebrating its **26th Annual Downtown Celebration** from **5:30-9:30PM..**

Enjoy the wonderful food and incredible music along with contests and giveaways.

**"Thank You Mayor Macksey"**

# AUGUST 2024

Monday	Tuesday	Wednesday	Thursday	Friday
			<p style="text-align: right;"><b>1</b></p> <p>10:00 <b>Northern Berkshire Retirees Club</b></p> <p>10:15 Meals on Wheels 11:30 Hot Lunch 12:10 Bingo 1:00 Balance Class</p>	<p style="text-align: right;"><b>2</b></p> <p>9:00 <b>Video - "Walking in Place"</b> 10:00 Pitch 10:15 Meals on Wheels 11:00 –12:00 Western Mass Food Truck 11:30 Hot Lunch</p>
<p style="text-align: right;"><b>5</b></p> <p>10:00 Cribbage 10:15 Meals on Wheels 11:30 Hot Lunch 12:10 <b>Bingo</b> 12:30 Bridge</p>	<p style="text-align: right;"><b>6</b></p> <p>10:15 Meals on Wheels 10:30 <b>Understanding Hoarding Disorder</b> 11:30 Hot Lunch 3:00 <b>Zumba Gold</b></p>	<p style="text-align: right;"><b>7</b></p> <p>9:30 Tai Chi 10:15 Meals on Wheels 11:30 Hot Lunch 1:00 Chair Yoga 1:30 <b>Mountain Girl Farm Farmstand</b></p>	<p style="text-align: right;"><b>8</b></p> <p>10:15 Meals on Wheels 11:30 Hot Lunch 12:10 Bingo 1:00 Balance Class</p>	<p style="text-align: right;"><b>9</b></p> <p>9:00 <b>Video - "Walking in Place"</b> 10:00 Pitch 10:15 Meals on Wheels 11:30 Hot Lunch</p>
<p style="text-align: right;"><b>12</b></p> <p>10:00 Cribbage 10:15 Meals on Wheels 11:00 <b>Hip Hop Dance</b> 11:30 Hot Lunch 12:30 Bridge 1:00 <b>Elder Services Caregiver Meeting</b></p>	<p style="text-align: right;"><b>13</b></p> <p>10:00 <b>Craft Class</b> 10:15 Meals on Wheels 11:30 Hot Lunch 12:10 Bingo 3:00 <b>Zumba Gold</b></p>	<p style="text-align: right;"><b>14</b></p> <p>9:30 Tai Chi 10:15 Meals on Wheels 11:30 Hot Lunch 1:00 Chair Yoga 1:30 <b>Mountain Girl Farm Farmstand</b> 5:30 <b>Annual Downtown Celebration</b></p>	<p style="text-align: right;"><b>15</b></p> <p>10:00 <b>Fallon Health Navigator</b> 10:15 Meals on Wheels 11:30 Hot Lunch 12:10 Bingo 1:00 Balance Class</p>	<p style="text-align: right;"><b>16</b></p> <p>9:00 <b>Video - "Walking in Place"</b> 10:00 Pitch 10:15 Meals on Wheels 11:00 –12:00 Western Mass Food Truck 11:30 Hot Lunch</p>
<p style="text-align: right;"><b>19</b></p> <p>9:00 <b>Panera Trip</b> 10:00 Cribbage 10:15 Meals on Wheels 11:30 Hot Lunch 12:10 <b>Bingo</b> 12:30 Bridge</p>	<p style="text-align: right;"><b>20</b></p> <p>9:00 <b>Foot Nurse by Appointment</b> 10:15 Meals on Wheels 11:30 Hot Lunch 3:00 <b>Zumba Gold</b></p>	<p style="text-align: right;"><b>21</b></p> <p>9:30 Tai Chi 10:15 Meals on Wheels 10:45 <b>Reiki by Appt.</b> 11:30 Hot Lunch 1:00 Chair Yoga 1:30 <b>Mountain Girl Farm Farmstand</b> 5:00 <b>Safety Presentation &amp; Bingo</b></p>	<p style="text-align: right;"><b>22</b></p> <p style="text-align: center;"><b>Popcorn Day</b></p> <p>10:15 Meals on Wheels 11:30 Hot Lunch 12:10 Bingo 1:00 Balance Class</p>	<p style="text-align: right;"><b>23</b></p> <p>9:00 <b>Video - "Walking in Place"</b> 10:00 Pitch 10:00 <b>Reflexology by Appt.</b> 10:15 Meals on Wheels 11:30 Hot Lunch 12:30 <b>Brown Bag</b></p>
<p style="text-align: right;"><b>26</b></p> <p>10:00 Cribbage 10:15 Meals on Wheels 11:30 Hot Lunch 12:30 Bridge 1:00 <b>Elder Services Caregiver Meeting</b></p>	<p style="text-align: right;"><b>27</b></p> <p>10:15 Meals on Wheels 11:00 <b>Pedrin's Dairy Bar</b> 11:30 Hot Lunch 12:10 Bingo 3:00 <b>Zumba Gold</b></p>	<p style="text-align: right;"><b>28</b></p> <p>9:30 Tai Chi 10:15 Meals on Wheels 11:30 Hot Lunch 12:30 <b>Triad Meeting</b> 1:30 <b>Mountain Girl Farm Farmstand</b> 1:00 Chair Yoga</p>	<p style="text-align: right;"><b>29</b></p> <p>10:15 Meals on Wheels 11:30 Hot Lunch 12:10 Bingo 1:00 Balance Class</p>	<p style="text-align: right;"><b>30</b></p> <p>9:00 <b>Video - "Walking in Place"</b> 10:00 Pitch 10:15 Meals on Wheels 11:30 Hot Lunch</p>

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## Get Help Paying Medicare Costs

Apply to the Medicare Savings Program (MSP) Now to save up to \$3,000 a year on Medicare costs.

### What is the Medicare Savings Program?

Medicare Savings Programs (MSP) will pay for some or all of Medicare premiums, deductibles, copayments and co-insurance. Depending on your income, MSP will pay for your Medicare Part A & B premiums and cost sharing, or Medicare Part B premium, as well as lower your prescription costs. **This is not an insurance plan.**

### Who Qualifies?

Medicare beneficiaries who meet the following income limits:

#### You Are

#### Your Income is at or below:

Single  
Married

\$2,824 per month  
\$3,833 per month

**As of March 1, 2024:  
There is no asset limit.**

Call **1-800-841-2900** to receive an application. Learn more at [Mass.gov/MedicareSavings](http://Mass.gov/MedicareSavings).

This fall we will begin offering our next Drawing Class. It will be held every Wednesday from 10:45-11:45am. There will be altogether 9 classes starting September 4th and ending October 30th. Some materials will be provided but every student should have a sketchpad or drawing paper, pencil, ballpoint pen or a Sharpie and a set of colored pencils. Feel free to attend all classes or as many as possible.



## **Friends of the North Adams Council on Aging**

If you would like to become a member or keep your membership current, the dues are \$10.00 a year (or more if you're able). Thank you for your continued support.

Please mail to:

Friends of the N. Adams Council on Aging  
116 Ashland Street  
North Adams, MA 01247

Name \_\_\_\_\_

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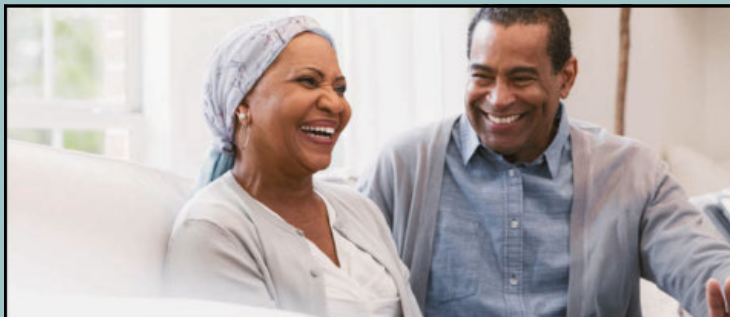
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## Do you need help paying your heating bills?

*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

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**8/5** Meatballs & Penne w/Marinara Sauce, Cauliflower, Italian Bread, Fruit Cocktail  
**8/6** Beef Fajita, Black Beans & Rice, Corn w/Pimentos, Flour Tortilla, Melon Cubes  
**8/7** Chicken Cauliflower Curry, Green Beans, Carrots, Oat Nut Bread, Banana  
**8/8** BBQ Pulled Pork, Sweet Potatoes, Brussel Sprouts, Hot Dog Bun, Applesauce  
**8/9** Soy Ginger Salmon, Rice Salad, Marinated cucumbers, Wheat bread, Apricots  
**8/12** Chicken Divan, Au Gratin Potatoes, French Green Beans, 12 Grain Bread, Raisins  
**8/13** Beef Spanish Rice, Zucchini & Squash, Dinner Roll, Mandarin Oranges  
**8/14** Sweet & Sour Pork, Rice Pilaf, Green & Wax Beans, Wheat Bread, Pineapple  
**8/15** Beef Burgundy, Warm Barley, Asparagus Cuts, Oat Nut Bread, Pear  
**8/16** Chicken Burger w/ Tomato, Baked Beans, Lyonnaise carrots, Bun, Fruit cocktail  
**8/19** Veal w/pepper & onions, Buttered egg noodles, Pea & carrots, Oat Bread, Plum  
**8/20** Egg Salad, Mulligatawny soup, Herb Summer blend, 1/2 Pita, Fruit Crisp  
**8/21** Chicken Cacciatore, Wild rice pilaf, Steamed cabbage, 12 grain bread, Apricots  
**8/22** Turkey & Gravy, Stuffing, California blend Vegetables, Dinner roll, Craisins  
**8/23** Meatloaf w/ gravy, Mashed potatoes, Capri vegetables, Wheat bread, Mangoes  
**8/26** Chicken w/BBQ Sauce, Buttered noodles, Squash, Wheat bread, Mixed Fruit  
**8/27** Southwest Salad, Carrot raisin salad, Pasta salad, Dinner roll, Applesauce  
**8/28** Oriental Beef, Rice, Oriental vegetables Fortune Cookies, Sliced Melon  
**8/29** Cheeseburger, German potato salad, Fiesta corn, Bun, Chocolate Chip Cookie,  
**8/30** Chicken Picatta, Mashed potatoes, Sonoma vegetables, 12 Grain bread, Peaches

### BBQ CHICKEN AND CORN SALAD

1lb boneless, skinless chicken thighs  
 1/4 cup barbecue sauce, plus more for basting  
 2 tbsp olive oil, divided  
 4 ears corn, shucked  
 2 ripe avocados  
 1 pint grape tomatoes  
 1/2 (10oz) bag chopped romaine lettuce  
 1 (15.5oz) can low-sodium black beans, drained and rinsed  
 1/4 cup sweet onion salad dressing

**Step 1.** Set grill or grill pan to medium-high. Pat the chicken dry with paper towels and season with salt and pepper. In a medium bowl, toss chicken with the barbecue sauce until coated.

**Step 2.** Brush 1 tbsp oil on the corn. Transfer chicken and corn to grill. Cook chicken 12-14 minutes, flipping halfway through until chicken has reached an internal temperature of 165 degrees F. Baste with more barbecue sauce, if desired. Cook corn 8-10 minutes until charred in spots, turning occasionally and basting with barbecue sauce. Halve and pit each avocado. Brush cut sides of avocados with remaining 1 tbsp oil. Season with salt and pepper. Place avocados cut-side down on grill and cook 3 minutes until grill marks appear.

**Step 3.** When corn is cool enough to handle, cut kernels off cobs. Halve the tomatoes. In a large bowl, toss the lettuce, tomatoes, beans, corn and dressing. Cut avocados into cubes and slice chicken into strips. Divide salad among plates and top with chicken and avocados.

