

# COA

**COUNCIL ON AGING  
NORTH ADAMS, MA 01247**

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



# Spitzer Center Gazette

**FEBRUARY 2022**

Our staff would like to wish everyone a **Happy, Healthy and Safe New Year.**

And speaking of the New Year, we would like to welcome and extend our best wishes to our new Mayor Jennifer Macksey. We look forward to working with her on behalf of all our senior citizens.

### Other news from our center.

During our closure for the 2nd phase of our renovations, we would like to remind you that the staff will still be working and van transportation will continue. To reach Sandy or Pat, please call 413-652-1526. To reach Kevin call 413-652-1525.

Please be advised that if we encounter bad weather conditions and you have a scheduled van ride that day, Kevin will call and advise you of the cancellation.

As a reminder, don't forget to read and like our new Facebook page listed under North Adams Council on Aging.

The center will be closed on Monday, February 21st in honor of President's Day.

### COUNCIL ON AGING BOARD MEMBERS

Norman Antonio  
Lisa Bassi  
Nancy Canales  
Margaret Christiansen  
Julie Hanify  
Mary Molleur  
Stephen Smachetti  
Sarah Vallieres  
Beth Wiggers  
Rev Mary Frances Curns  
Heather Boulger

### COUNCIL ON AGING DIRECTOR

Sandra Lamb

### ADMINISTRATIVE ASSISTANT

Brenda Zappone

### OUTREACH WORKER

Pat Lescarbeau

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

Norman Antonio

### VAN DRIVERS

Kevin Hempstead

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## 3 Tips to Avoid Elder Abuse

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- 2: Get to KNOW your banker
- 3: INFORM your attorney of suspicious behavior

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North Adams Council on Aging, North Adams, MA 06-5145

A note from our Friends of the North Adams COA. Memberships to the Friends of the Council On Aging begin in January and end in December.

We're starting a new tradition called **"From Your Kitchen to Our Readers"**.

If you would like to share your favorite recipes which will be posted in our monthly Gazette, please send them by mail or email to [spitzerctr4@yahoo.com](mailto:spitzerctr4@yahoo.com)

### **Important Phone Numbers**

<b>City Hall—main line</b>	<b>662-3000</b>
<b>Mayor's Office</b>	<b>Ext 3001</b>
<b>City Clerk</b>	<b>Ext 3015</b>
<b>Treasurer's Office</b>	<b>Ext 3044</b>
<b>Veteran's Office</b>	<b>Ext 3040</b>
<b>Assessor</b>	<b>Ext 3012</b>
<b>Water Dept</b>	<b>Ext 3157</b>
<b>Library</b>	<b>662-3133</b>
<b>Fire Dept</b>	<b>664-4922</b>
<b>Police Dept</b>	<b>664-4944</b>
<b>Council on Aging</b>	<b>662-3125</b>

AARP Income Tax appointments at our center will **not** be available this year due to the closure of our building. You may contact the Harper Center in Williamstown at 458-8250 or the Adams Council on Aging in Adams at 743-8333

If you are still in need of a Covid 19 vaccine or booster shot, the phone number at the site is 1-855-262-5465. The location for this site is located at 98 Church Street, North Adams. The clinic is open seven days a week from 8:30am to 4pm. Registration is required.

The Berkshire Public Health Alliance is providing replacement cards to those who may have lost or misplaced their cards and who received their vaccine at BCC, St. Elizabeth's or W.E.B. Dubois Middle School. Contact Kate Hill Tapia via phone or email (name and phone number only, do not send personal data via email) to request a card. Cards may be mailed or picked up. Messages 24/7, pick up hours: Mon-Fri 8:30-4:00. Call 413-442-1521 Ext 10 or Email: [officeassistant@berkshireplanning.org](mailto:officeassistant@berkshireplanning.org),

BCAC's Heating Fuel Assistance Program  
The program began Nov 1st and ends April 30th. Applications are now being accepted. All heating types may be eligible for assistance: oil, propane, kerosene, coal, cord wood, wood pellets, natural gas, electric and even some households who have heat included in their rent. Homeowners and tenants are both eligible to receive fuel assistance. For more information call BCAC in North Adams at 413-663-3014 Monday-Friday from 9-3pm.

Wheels for Wellness: If you're elderly, there's a way you can get a free lift from a neighbor for health-related activities. Priority will be given to medical appointments (including counseling, prescriptions and Covid 19 vaccinations) then access to food and to human/social services, and then to other activities that promote wellness. You must be able to get in and out of the car yourself, book each ride at least 2 working days in advance. For more information to sign up for a ride or to learn about how to volunteer call 413-395-0109.



HEALTH CORNEROver caffeinating Could Raise Glaucoma Risk

If you have a family history of glaucoma, a leading cause of vision loss, you may want to go easy on caffeine suggests a study published in Ophthalmology. Among subjects with a strong genetic risk for glaucoma, a habit of drinking more than three cups of coffee per day (or the equivalent amount of caffeine from other sources such as tea or energy drinks) raised the likelihood of developing the eye disease. The explanation probably lies with the fact that the caffeine drinkers also tended to have higher eye pressure, which can lead to glaucoma by damaging the optic nerves.

Morning Stretch

Performing this stretch first thing in the morning helps wake up your back.

1. Sit upright on your bed, feet flat on the floor and knees and hips bent at 90 degree angles. Roll your shoulders back and look straight ahead focusing on your posture.
2. Place your left hand on the bed, behind and to the outside of your right knee.
3. Take a deep breath in, lifting and expanding your chest and creating space along your spine. As you exhale, rotate your shoulders to the left and look behind you, twisting your spine while keeping your hips steady.
4. Hold the position for five seconds. Release and return to center before repeating the movement to the right. Perform a total of five twists to each side.

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

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

Your name will be listed in a future bulletin.

Please mail to:

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

Name \_\_\_\_\_

Address \_\_\_\_\_

Date \_\_\_\_\_

Amount \_\_\_\_\_



2022



Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> 10:15 M.O.W. 11:30 Hot Lunch 12:10 Bingo	<b>2</b> 9:30 Tai Chi 10:15 M.O.W. 11:30 Hot Lunch	<b>3</b> 10:15 M.O.W. 11:30 Hot Lunch 12:15 Bingo	<b>4</b> 10:00-11:00 Western Mass Food Truck 10:15 M.O.W. 11:30 Hot Lunch
<b>7</b> 10:15 M.O.W. 11:30 Hot Lunch	<b>8</b> 10:15 M.O.W. 11:30 Hot Lunch 12:10 Bingo	<b>9</b> 9:30 Tai Chi 10:15 M.O.W. 11:30 Hot Lunch	<b>10</b> 10:15 M.O.W. 11:30 Hot Lunch 12:15 Bingo	<b>11</b> 10:15 M.O.W. 11:30 Hot Lunch
<b>14</b> 10:15 M.O.W. 11:30 Hot Lunch	<b>15</b> 9:00 Foot Nurse by Appt. 10:15 M.O.W. 11:30 Hot Lunch	<b>16</b> 9:30 Tai Chi 10:15 M.O.W. 11:30 Hot Lunch	<b>17</b> 10:15 M.O.W. 11:30 Hot Lunch	<b>18</b> 10:00-11:00 Western Mass Food Truck 10:15 M.O.W. 11:30 Hot Lunch
<b>21</b> Spitzer Center Closed for Presidents's Day Holiday	<b>22</b> 10:15 M.O.W. 11:30 Hot Lunch	<b>23</b> 9:30 Tai Chi 10:15 M.O.W. 11:30 Hot Lunch	<b>24</b> 10:15 M.O.W. 11:30 Hot Lunch	<b>25</b> 10:15 M.O.W. 11:30 Hot Lunch 12:230 Brown Bag
<b>28</b> 10:15 M.O.W. 11:30 Hot Lunch				

SUPPORT OUR ADVERTISERS!



*Our daily lunches will continue only until the center is closed. Meals on Wheels will continue, based in the High Rise next door.*

*2/1 Chicken bruschetta & rice pilaf, veg  
2/2 Shepherd's Pie, mashed taters, spinach  
2/3 Moroccan Beef Stew, noodles, asparagus  
2/4 Veal Marsala, potatoes, Brussel sprouts*

*2/7 Roast Pork w/BBQ, taters, butter squash  
2/8 Beef Patty w/peppers & onion, peas  
2/9 Chicken Almondine, taters, green beans  
2/10 Mac & cheese, beef barley soup, broccoli  
2/11 Oriental chicken, brown rice, mixed veg*

*2/14 Breaded Chicken/gravy, taters, beans  
2/15 Sloppy Joe/bun, brown rice, mix greens  
2/16 Breaded Catfish, pot Obrien, corn  
2/17 Chicken Puttanesca, noodles, veg  
2/18 Vegetarian Wheat Chili, lentils, beets*

*2/21 President's Day—Closed  
2/22 Beef Stew, taters, broccoli florets  
2/23 Goulash mixed root vegetables  
2/24 Turkey Picatta, sweet pot, mixed greens  
2/25 Breaded Pollack, mulligatawny soup, veg*

*2/28 Orange Chicken, taters, peas & onions*

*These meals are now served daily at 11:30 in our Center. Nutritious and delicious, served by our genial host Norman and his volunteers Jane and Beth. Suggested donation is \$2.00 per meal. Please call Norman at 664-9826 at least one day in advance for your reservation. If you are unable to attend, please contact Norman as soon as possible.*



SHUTTERSTOCK - 161121927



### How to Get Help from Social Security

Go online to SSA.gov. The website is the best way for most people to get help.

If you cannot use our website call our National 800 Number (1-800-772-1213) or your local Social Security office for help.

They will schedule an appointment for you, if necessary to serve you by phone or in person.

### What to Know if You Must Visit an Office:

- **You must have an appointment** to visit an office.
- **Masks are required** for all office visitors and employees, regardless of vaccination status.
- **Visitor capacity is limited** to follow physical distancing requirements. This means you **may need to wait outside**, so plan for cold or bad weather.
- We ask that you **come alone unless you require help with your visit**. If you require help, we can only permit one person to accompany you.



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### Berkshire Community Action Council (BCAC) is here to help!

**YOU MAY BE ELIGIBLE FOR  
FUEL ASSISTANCE.**

BCAC Fuel Assistance Guidelines	Household Size	Gross Annual Income
	1	\$40,951
	2	\$53,551
	3	\$66,151
	4	\$78,751
	5	\$91,351
	6	\$103,951
	7	\$106,314

If eligible for Fuel Assistance, you may be eligible for weatherization & no cost products, such as energy efficient LED light bulbs, replacement washing machine, refrigerator and/or freezer, replacement window A/C unit, insulation, heating system replacement & repair ... & much more!

To learn more about what BCAC can do for you:

Pittsfield/South County: 413-445-4503

North County: 413-663-3014

Status Line, available 24/7: 1-866-216-6200  
[www.bcacinc.org](http://www.bcacinc.org)



The Friends of the North Adams Council on Aging would like extend their thanks for all who have, and continue to contribute to memberships, donations and memorial gifts.

### Memberships

Marie Harpin	Bonnie Mills
Paul Burda	Mary Thompson
Pat Tatro	Anonymous
Odilia Martin	Enid Shields
Marie Lefevre	Sandra J. Sheldon
Pat Gurney	Victoria Moncecchi
Philip & Judith Lescarbeau	
Margaret Roth	Cathy & Paul Dellea

### In memory of Helen Donega

Patricia Stanislawski	Marie Harpin
Mary Thompson	Mary Anne Carter

### In memory of Ray Piaggi

Patricia Stanislawski

We'd like to extend our wishes to everyone for a very happy Valentine's Day, so here's a special poem for you to enjoy.

### **Valentine Smile**

On Valentine's Day we think of those  
Who make our lives worthwhile.  
Those gracious, friendly people who  
We think of with a smile.

I am fortunate to know you,  
That's why I want to say,  
To a rare and special person:  
Happy Valentine's Day!

By Joanna Fuchs

### Chicken, Rice & Vegetable Soup

5 cups of water  
1 (14.5 ounce) can chicken broth  
1 skinless, boneless chicken breast  
haves cut into cubes  
3 carrots, chopped  
1 onion, chopped  
2 cubes chicken bouillon  
1/3 cup uncooked white rice  
Salt and pepper to taste



In a large saucepan over high heat, combine 4 cups water and the chicken broth and bring to a boil. Add the chicken, carrots, onion, celery and bouillon and reduce heat to low. Cover and simmer for about 15 minutes or until the vegetables are soft.

Add more water as necessary. Add the rice and allow to simmer for another 15 minutes, or until the rice is tender. Add salt and pepper to taste.

Do not add too much rice or it may become plugged. It is incidental, not essential to the outcome.



### **CONGRATULATIONS TO:**

**JONNA BLAIR** who after 28 years of driving has decided to retire. We are very happy for her and wish her the best for a happy and healthy retirement.

She will be missed by us not only here at the center but by the many seniors she has transported for many years.