

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 spitzercentr@yahoo.com

Spitzer Center Gazette



MARCH 2020

*"May you always walk in sunshine.
May you never want for more.
May Irish angels rest their wings
Right beside your door."*

Traditional Irish blessing



We're holding a lap quilt raffle for the beautifully made one displayed at our Center. This was donated to us by a local professional seamstress, and we thank her most sincerely!

Raffle tickets are \$5.00 per ticket or \$8.00 for 2 tickets, and are available at our office or see Pat.

We'll be pulling the winning ticket at the Mothers' Day banquet in May. All proceeds go to the Friends' fund to benefit our Center. Buy a couple of chances!



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Sunday, March 8th is the beginning of Daylight Savings Time. Remember to turn your clocks ahead Saturday night so you'll be on the correct time!!



Mailing of this newsletter is made possible by a grant from the MA Executive Office of Elder Affairs.

SPREAD THE WORD

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3 Tips to Avoid Elder Abuse

- 1: PLAN ahead to protect your assets
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- 3: INFORM your attorney of suspicious behavior

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

Some notes from Sandy:

Here's a reminder that our van hours have changed slightly. We can now pick up riders at 8:30 a.m. and also return them as late as 3:15 p.m.

This should make it a little easier for you to get to appointments. 662-3125



And another reminder about the federal census taking place on April 1st. You'll be able to respond to the census on-line, by phone or by mail.

It's important to count everyone living in your home, even if they're not related to you. The Center will have computers available if anyone wants to respond on-line.

You can also apply for census jobs at www.2020census.gov/jobs.

"There are many good reasons for drinking. One has just entered my head. If a man doesn't drink when he's living, How the heck can he drink when he's dead?"



Did you see and enjoy the movie, "Buttons - a Christmas Tale" here at the Center? We received a note from the producer Tim Janis, asking all of the audience to please write a nice review on Amazon.

A NEW EXERCISE PROGRAM !

The Center is proud to host Jane Jezouit who will be instructing a new 45-minute exercise program beginning on Wednesday, March 11th through Wednesday, April 15th at 2 p.m. This program is designed with seniors in mind, and will be directed at upper and lower body parts.

The program is free and open to all seniors. All classes will begin with a 5-minute warm-up session. Participants may choose to either sit or stand or do both during class. All equipment consisting of weights and bands will be supplied. Music will also be provided. Call the Center at 662-3125 to enroll in this class.



We still have appointments available for Income Tax Assistance during March and April on Mondays and Tuesdays. Let us help you! Call us at 662-3125 soon.

Here's another poem from our Senior files:

*Just a line to say I'm living,
That I'm not among the dead,
Though I'm getting more forgetful
And so rattled in the head.*

*I got used to my arthritis;
To my dentures I'm resigned.
I can manage my bifocals
But, oh God, I miss my mind.*

*For sometimes I can't remember
When I stand at the foot of stairs,
If I must go up for something
Or I just came down from there.*

*And before the fridge so often
My poor mind is filled with doubt,
Have I just put food away, or
Have I come to take some out?*

*And there're times when it is darkened
And my night cap's on my head,
I don't know if I'm retiring
Or just getting out of bed.*

Seen on Facebook



BLOOD PRESSURE CLINIC

Stop in and see Toni from North Adams Commons to have your blood pressure taken by a professional! She's a pleasant and helpful visitor to our center.

She's here this month on Monday, March 9th from 9-11 a.m. And she always comes in with a few goodies.



*Are you a well-known chili maker??
Would you be interested in cooking
for a chili contest in April?
We're trying something new. We'll
be awarding prizes for the most
original, the best overall and the
spiciest!
Call 662-3125 and leave your name
and phone number for us.*



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 _____

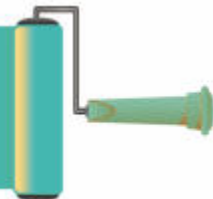
Address _____

Date _____

Amount _____

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>10:00 Taxes by Appt. 11:30 Hot Lunch 12:30 Bridge 1:00 Knitting Class</p>	<p>3</p> <p>8:30 Community Legal Aid 9:15 Big Y 10:00 Taxes by Appt. 10:30 Chair Aerobics 11:30 Hot Lunch 12:10 Bingo</p>	<p>4</p> <p>9:30 Massage by Appointment 9:30 Tai-Chi - Armory 9:45 Stop & Shop 11:30 Hot Lunch</p>	<p>5</p> <p>11:30 Hot Lunch 12:10 Bingo 1:00 Chair Yoga</p>	<p>6</p> <p>10:00 Food Bank Truck 10:15 Walmart Trip 11:30 Hot Lunch</p>
<p>9</p> <p>10:00 Taxes by Appt. 11:30 Hot Lunch 12:30 Bridge 1:00 Knitting Class</p>	<p>10</p> <p>9:15 Big Y 10:00 Taxes by Appt. 10:30 Chair Aerobics 11:30 Hot Lunch 12:10 Navi Care Bingo</p>	<p>11</p> <p>9:30 Coffee & Muffins 9:30 Tai-Chi - Armory 9:45 Stop & Shop 11:30 Hot Lunch 2:00 Aerobic Exercise Class</p>	<p>12</p> <p>9:30 Stroke Prevention 11:30 Hot Lunch 12:10 Bingo 1:00 Chair Yoga</p>	<p>13</p> <p>10:15 Walmart Trip 11:30 Hot Lunch 12:00 Reflexology By Appt.</p>
<p>16</p> <p>9:00 N.A. Commons Blood Pressure 10:00 Taxes by Appt. 11:30 Hot Lunch 12:30 Bridge 1:00 Knitting Class</p>	<p>17</p> <p>9:15 Big Y 9:30 Foot Nurse by Appointment 10:00 Taxes by Appt. 10:30 Chair Aerobics 11:30 St. Patrick's Lunch w/Crème de Menthe Sundaes 12:10 Bingo</p>	<p>18</p> <p>9:30 Tai-Chi - Armory 9:45 Stop & Shop 11:30 Hot Lunch 2:00 Aerobic Exercise Class</p>	<p>19</p> <p>10:00 Hospice - Understanding Grief & Depression 11:30 Hot Lunch 12:10 Bingo 1:00 Chair Yoga</p>	<p>20</p> <p>10:00 Food Bank Truck 10:15 Walmart Trip 11:30 Hot Lunch</p>
<p>23</p> <p>8:30 Second Shingles Shot Discussion 10:00 Taxes by Appt. 11:30 Hot Lunch 12:30 Bridge 1:00 Knitting Class</p>	<p>24</p> <p>9:15 Big Y 10:00 Taxes by Appt. 10:30 Chair Aerobics 11:30 Hot Lunch 12:10 Bingo</p>	<p>25</p> <p>9:30 Tai-Chi - Armory 9:45 Stop & Shop 11:30 Hot Lunch 12:30 Triad Meeting 2:00 Aerobic Exercise Class</p>	<p>26</p> <p>11:30 Hot Lunch 12:10 Bingo 1:00 Chair Yoga 1:00 Caregiver Support Group</p>	<p>27</p> <p>10:15 Walmart Trip 11:30 Hot Lunch 1:30 Brown Bag</p>
<p>30</p> <p>10:00 Taxes by Appt. 11:30 Hot Lunch 12:30 Bridge 1:00 Knitting Class</p>	<p>31</p> <p>9:15 Big Y 10:00 Taxes by Appt. 10:30 Chair Aerobics 11:30 Hot Lunch 12:10 Bingo</p>	<p>HAPPY MARCH!</p>		

**SUPPORT THE ADVERTISERS
THAT SUPPORT OUR COMMUNITY**



Here are the latest menus for the month of March, fresh from the Council on Aging:

- 3/2 Orange chicken, peas & onions
- 3/3 Beef chili, rice, greens, pears
- 3/4 Sliced turkey, gravy, potatoes, squash
- 3/5 Chuckwagon stew, minestrone soup
- 3/6 Cheese lasagna, marinara, carrots
- 3/9 Salisbury steak, rice, carrots
- 3/10 Roast pork, gravy, sweet potatoes
- 3/11 Veal, peppers & onions, potatoes
- 3/12 Broccoli & cheese, stuffed chicken
- 3/13 Lentil stew, greens, peas, mushrooms
- 3/16 Ravioli, meat sauce, broccoli, veggies
- 3/17 Sliced corned beef, O'Brien potatoes
- 3/18 BBQ chicken breast, noodles, carrots
- 3/19 Calico beans, sausage, rice, cauliflower
- 3/20 Pollock, potatoes, butternut squash
- 3/23 Moroccan beef stew, potatoes, greens
- 3/24 Chicken marsala, potatoes, veggies
- 3/25 Mac & cheese, stewed tomatoes, beans
- 3/26 Meatloaf, gravy, scalloped potatoes
- 3/27 Tuna salad, tomato rice soup, peas
- 3/30 Chicken piccata, potatoes, broccoli
- 3/31 Goulash, spinach, carrots, fruit

We cordially invite all local seniors to enjoy a luncheon with friendly people!! Please call our jovial Kitchen Coordinator Norman at least 2 days in advance to save a seat for you. (664-9826) There is a suggested donation of \$2.00 per person.



MAD MARCH AT THE SPITZER

Tuesday, March 3rd from 10-11:30, Community Legal Aid will be presenting a free workshop on Advance Directive, including durable power of Attorney and Healthcare Proxies.

Thursday, March 12th at 9:30 we'll host a program on stroke prevention.. Stephen Pickering, PT and Sarah Kline, Care Co-Ordinator from Amedisys, a home health care center in Pittsfield, will discuss both the signs and the prevention of strokes, as well as what to do if you think you're having one.

Thursday, March 19th from 10 to 11, we'll be holding a discussion about "Living with Loss", understanding grief and depression. This will be presented by Holly Merchant, Bereavement CoOrdinator at Hospice Care of the Berkshires.

Monday, March 23rd at 8:30 Nancy Slattery from the VNA will continue her discussion on Shingles and the Shingles Shot.



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NEWS FROM THE FRIENDS

Good news from the Friends group - a whole pack of new and renewed members and donations to our Center!

<i>Jacqueline St. Pierre</i>	<i>Elizabeth Ralston</i>
<i>Marguerite Thornton</i>	<i>Joan Zablosky</i>
<i>Jane Diaz</i>	<i>Rosanne Marsh</i>
<i>John Rollman</i>	<i>Alice Rollman</i>
<i>Pat Stanislawski</i>	<i>Florence Lefebvre</i>
<i>Bob McCarthy</i>	<i>Elaine McCarthy</i>
<i>MaryAnn Carter</i>	<i>Katherine Watson</i>
<i>Gina Zauli</i>	<i>Rosemary Lane</i>
<i>Maria Craig-Williams</i>	<i>Bill Shepard</i>
<i>Fran Hendricks</i>	<i>Margaret Harwood</i>
<i>Lucille Kelly</i>	<i>Shirley Davis</i>
<i>Jane Betti</i>	<i>Nancy Patenaude</i>
<i>Joseph Domenichini</i>	<i>Mary Domenichini</i>
<i>Charlotte Cardimino</i>	<i>Betsy Bullett</i>
<i>Beth Wiggers</i>	

Thank you all so much! The Friends will be able to continue our help with social and educational functions here at 116 Ashland Street. And if you've forgotten your membership this month, we'd be happy to put your name in April's Bulletin!



"The only thing more dangerous than ignorance is arrogance."

*Albert Einstein (1879-1955)
German physicist*

PORK SPANISH RICE

(Well, let's call it IRISH RICE this month.)

1-1/4 cups chopped pork roast or tender-baked pork (either one will do)
1 medium green pepper, chopped
1 small onion, chopped
2 tablespoons butter or margarine
1 can (14-1/2 ounces) diced tomatoes, drained
1 cup chicken broth
1/2 teaspoon salt
1/4 teaspoon pepper
1-3/4 cups cubed cooked pork
1 cup uncooked instant rice
(optional: lime wedge and minced cilantro on top)

- 1. In a large skillet, sauté the green pepper and onion in butter until tender. Stir in the tomatoes, broth, salt and pepper. Bring to a boil, stir in pork and rice.**
- 2. Transfer to a greased 2-quart baking dish. Cover and bake at 350 degrees until rice is tender and the liquid is absorbed (20-25 minutes). Stir with a fork before serving.**



Makes 4 servings.

From Taste of Home magazine

"My grandmother started walking 5 miles a day when she was 60. She is now 97, and we don't know where the heck she is."



Seen on Facebook