

# COA

COUNCIL ON AGING  
NORTH ADAMS, MA 01247

# Spitzer Center Gazette

MARY SPITZER CENTER  
116 ASHLAND STREET  
HOURS: 8:30 am - 3:30 pm  
North Adams Council on Aging  
Editor ..... Peg Christiansen

413-662-3125



**OCTOBER 2014**

“October gave a party;  
The leaves by hundreds came -  
The Ashes, Oaks, and Maples,  
And leaves of every name.  
The Sunshine spread a carpet  
And everything was grand;  
Miss Weather led the dancing;  
Professor Wind, the band...  
The sight was like a rainbow  
New-fallen from the sky...”

*George Cooper*  
*American poet (1838-1927)*  
*From “October’s Party”*



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## Time for the Spitzer Halloween Party !!

**SAVE THE DATE** - Thursday, October 30th at 11:30. Wear a costume or a wig or mask, and join us for Sally and Sandy’s famous Halloween lunch. Good company and good food!! Call 662-3125 for a seat.



## PUBLIC FLU CLINIC

*The Berkshire Public Health alliance will sponsor a flu clinic at the Center on Thursday, October 16th from 9 to 11. Walk-ins welcome. This clinic is open to the public.*

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

TO ALL YOU SMOKERS OUT THERE

*Maybe you've tried to quit before and weren't successful. But every time you try to quit, you learn; and pretty soon you quit for good!*

*Here's a plan:*

- 1. Pick a "quit" date.*
- 2. Think about your earlier attempts to quit, and do things differently to be successful.*
- 3. Know what makes you want to smoke, your "triggers". Avoid them.*
- 4. Plan ahead for withdrawal symptoms, perhaps using available medications.*

*Write down your reasons for quitting. Get through one day at a time without smoking. If you fail, start again the next day and keep moving forward.*

*Support may be found with your doctor, family, friends and co-workers. You can also get free help through the Massachusetts Smokers' Helpline at 1-800-QUIT-NOW. Some health insurances also cover medicines and counseling help.*

*Get healthy - Stay healthy !!*



## NEWS FROM ELDER SERVICES

They have a new office in Pittsfield at 877 South Street, Suite 4. And they're having an Open House on Wednesday, October 1st from 4 to 6 p.m.

Members of the Spitzer Center and their families are invited. Light refreshments will be served, and parking and entrance are in the rear of the building.

## FEMA'S EMERGENCY KIT CHECKLIST

We hope you've already prepared for any possible emergencies this winter. The Federal Emergency Management Agency has given us some guidelines, just in case the worst scenario happens.

You should have:

- 3 days of nonperishable and non-cook food
- 1 gallon of water per day per person
- all necessary medication for a minimum of 3 days.
- a working flashlight
- a battery-operated radio
- extra batteries for both



You may need:

- a first aid kit
- some cash
- a cell phone and charger
- ID cards
- lists of information, such as doctors, meds, and allergies, family and friends contact information

Don't forget the following necessities:

- toothbrush and toothpaste
- blanket
- washcloth
- a change of clothes
- pet supplies, if you need them

One good way to have all these things handy is to pack them into a small bag or suitcase, just in case you have to leave home in a hurry.

This is a starting point, but add to this list as you need to. Let's hope we never need to use these supplies, but planning ahead can help us all avoid a disaster.





THE FLU SEASON COMETH !!

*And we all need to be prepared for it. There are lots of things we can do to cut down our chances of getting the flu. An annual flu shot (check with your health care provider first), lots of hand washing, and avoiding obviously sick people are good ways to start.*

*Where are the worst, germiest places to catch the flu? Start with home and keep everything, especially the kitchen and bathroom, as clean as possible. If you share your home, be especially vigilant. The shopping mall and their public restrooms, escalators, grocery shopping carts, and the groceries themselves can spread germs quickly. Using a hand sanitizer after visiting any of these places, and washing your hands and any purchased items after you get home will help. Lastly, handshakes, while friendly, can be very germey! Use soap and warm water and scrub!*

“An occasional lucky guess as to what makes a wife tick is the best a man can hope for. Even then, no sooner has he learned to cope with the tick....than she tocks.”



*Ogden Nash  
American poet and humorist  
(1902-1971)*

THE BRIDGE

A man was walking along a California beach, deep in thought. Suddenly God appeared to him and said, “Because you have tried to be faithful to me in all ways, I will grant you one wish.”

The man said, “Build a bridge to Hawaii so I can drive there.”

God said, “Your request is very materialistic. I can do it, but it’s hard for me to justify your desire for worldly things. Take a little more time and think of something that will honor me.”

The man thought about it and finally said, “God, I wish that I could understand my wife and know how she feels inside, why she gives me the silent treatment, what she means when she says “nothing’s wrong”, and how I can make a woman truly happy.”

God replied, “You want two lanes or four lanes on that bridge?”



“There is only one way to achieve happiness on this terrestrial ball, and that is to have either a clear conscience or none at all.” *Ogden Nash, poet (1902-1971)*

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

If you would like to become a member or keep your membership current, the dues are \$5.00 a year. Thank you for your continued support.

You will receive a membership card.

Please mail to:

**North Adams Council on Aging  
116 Ashland Street  
North Adams, MA 01247**

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

## FROM HEALTH NEW ENGLAND

If you're new to Medicare, come hear about Health New England's Medicare Advantage Plans! A representative from HNE will be available here at the Center on Friday, October 31st from 10 to 12 and from 1 to 3.

Call 1-877-443-3314 to sign up, or TTY/TDD 1-800-439-2370. Information and applications will be available for these plans.

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“May the sun  
Bring you new energy by the day.  
May the moon  
Softly restore you by night.  
May the rain  
Wash away your worries.  
May the breeze  
Blow new strength into your being.  
May you walk  
Gently through the world  
And know its beauty all the days of  
your life.”

*Apache blessing  
(seen on the internet)*



## Volunteers, mark your calendars!!

Brown Bag Days for the holidays will be on Monday, November 24th and Monday, December 22nd.

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“Thousands of candles can be lit from a single candle, and the life of the candle will not be shortened. Happiness never decreases by being shared.”

*The Buddha  
Religious leader from Nepal  
who lived about 500 B.C.*



## OUTREACH COORDINATOR

*This position is being made possible by a grant from the Executive Office of Elder affairs. Karman Field Mitchell, outreach coordinator, will be here at the Spitzer Center on the 2nd, 3rd, and 4th Tuesday of each month, assisting with SHINE (serving health information needs of everyone), fuel assistance, SNAP (food stamps), transportation issues, etc.*

*For the month of October, she will be here on October 14th, 21st and 28th from 12 p.m. to 4 p.m. She can be reached at 1-413-464-2055, or by calling the Center at 413-662-3125.*

## OCTOBER'S OUTSTANDING OPTIONS

Foot Nurse Clinic on Tuesday, October 7th.

Dinner Club on Thursday, October 16th - place to be announced.

Blood Pressure Clinic on Tuesday, October 21st.

Coffee and Muffins on Wednesday, October 22nd.  
(Please note date change.)

Triad Meeting on Wednesday, October 22nd at noon at the American Legion.

## **PROTECT YOURSELF FROM MEDICARE FRAUD**

*We'll be holding a workshop here at the Spitzer Center on Tuesday, October 28th from 1:00 to 2:00 p.m. This is a free and very informational Medicare workshop to help us all be better informed about our health care coverage, and fraud and deceptive marketing tactics. Call the Center at 413-662-3125 to sign up for the program, presented by the Senior Medicare Patrol.*

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