

COA

COUNCIL ON AGING
NORTH ADAMS, MA 01247

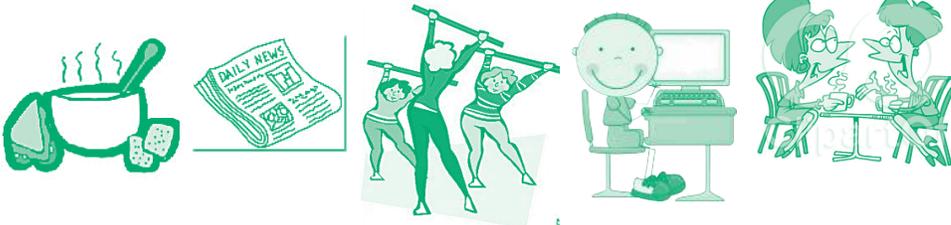
Spitzer Center Gazette

MARY SPITZER CENTER
116 ASHLAND STREET
HOURS: 8:30 am - 3:30 pm
North Adams Council on Aging
Editor Peg Christiansen
413-662-3125 spitzerctr@yahoo.com



AUGUST 2016

Summer is winding down, and much as we've enjoyed the sunshine and warm weather, we look forward to the cool breezes of autumn here in the Berkshires. Fall brings tourists, lots of activities, both here in North Adams and in our own homes, and back-to-school planning. We here at the Spitzer Center are planning many new programs, and we invite all our local elders to join us in whatever interests you. Enclosed is our monthly schedule, with dates and times for you. Please take a minute to look at it, and maybe write a few ideas on your calendar.



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We need to change the date of our "Dessert in the Garden" event from August 3rd to Wednesday, August 17th at 1:30. You must sign up for this program by Friday, the 12th at our office.



The Spitzer Center will be hosting a program on Wednesday, September 27th at 3 p.m. on making plans for Medicare coverage. If you're about to reach that age, a representative from Blue Cross-Blue Shield of MA will be here to address your concerns about types of Medicare coverage.

Included in the discussion will be Medicare Parts A, B, and C, and Medicare Advantage plans, as well as Medicare supplemental plans. This is a good chance for you to get reliable advice about insurance coverage. Sign up at 662-3125. Hope to see you there!

OUR OUTREACH WORKER

We've recently welcomed our new outreach worker here at the Center, Pat Lescarbeau. She's a pleasant and helpful addition to the staff here.

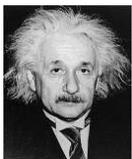
She will be providing referrals and assistance to elders in North Adams and Clarksburg. She'll be planning and informing our seniors of programs held here. If you'd like to talk with her, please call the Center at 662-3125 for a day and time.

She'll be our community outreach person as well, attending pertinent meetings and representing us within the city.

She's also planning to send out our monthly bulletins to those elders who would like to receive the bulletins by e-mail on their computers. If you are unable to pick up our bulletins and have a computer at home, please e-mail Pat at spitzercntr4@google.com.



"The ideals which have lighted my way, and time after time have given me new courage to face life cheerfully, have been Kindness, Beauty and Truth."



*Albert Einstein (1879-1955)
American physicist, Nobel Laureate*



BUGS, BUGS, BUGS

Before buying expensive and sometimes toxic insect repellents for those pesky outdoor bugs, try these ingredients that you have at home:

- For ants, spray vinegar along their routes.*
- For mosquitoes, burn sage or rosemary on the hot coals after barbecuing and run a fan nearby.*

WE HAVE AIR!! If the heat of this summer has bothered you, please remember that the Spitzer Center has air-conditioning for your comfort whenever the temperature climbs. We're open from 8:30 to 3:30 every weekday, and have plenty of activities for you to enjoy. Come have a coffee, sit and read a book or magazine, attend an event or an exercise class or just enjoy the social atmosphere. All Seniors are welcome!



OH, MY ACHING BACK!!!

This is a ailment familiar to many of us. From 20-somethings right up to us Seniors, back pain causes distress. Regardless of the cause, there are several simple but often helpful remedies available to us:

1. Stretch - *if the muscles and ligaments in your neck and back are tight, move these ways - bend your head slowly back, forward and to each side 3 times a day. Shrug your shoulders slowly up and down, then relax them. Stand tall and keep your head, shoulders and hips aligned when you're upright and walking.*
2. Relax - *if you're stressed, you may be tightening your muscles unconsciously, which will make your back pain worse. Figure out what relaxes and distracts you from your stress, like favorite mellow music. Use this de-stresser whenever you have negative and upsetting thoughts.*
3. Exercise - *A regular exercise routine is helpful in treating back problems. Exercise strengthens the muscles that support the back. It can also reduce depression, sleep problems and fatigue, all of which can contribute to back pain issues.*



A LITTLE FOOD TALE

A doctor was addressing a large audience. He told them "The material we put into our stomachs is enough to have killed most of us years ago. Red meat is awful. Soft drinks corrode your stomach lining."

He continued, "Chinese food is loaded with MSG. High fat diets can be disastrous, and there are millions of germs in our drinking water. But there is one thing that is the most dangerous of all. Can anyone here tell me what food it is that caused the most grief and suffering for years after eating it?"

After several seconds of quiet, a 75-year old man in the front row raised his hand, and softly said, "Wedding Cake."



IF YOU'RE A CARETAKER.....

Don't forget to take care of yourself! Spend time on your interests - exercise, read, visit friends, listen to music or get a massage! You need peace and relaxation to be an effective caretaker.

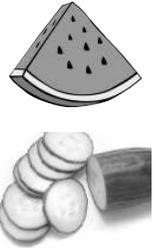
You may also find a caregivers' support group to give advice and assistance. You may need help in your home, at an adult day care center or in a nursing home or assisted living facility. And don't forget to talk with your doctor about your loved one's needs.....and your own.



A SUMMER HEALTH TIP

Know how your doctor or health care provider is always telling you to hydrate? Sick of drinking so much water? Try eating these fruits and veggies:

1. Watermelon
2. Peaches
3. Strawberries
4. Sliced cucumber
5. Tomatoes
6. Raw zucchini
7. Cooked corn on the cob



All of these foods contain lots of fluids which help in hydration. AND they're good for you!

SAVE THE DATE.....

Our North Adams Public Library will be holding its annual Book Sale on Friday, September 23rd and Saturday, September 24th at St. Elizabeth's parish center. Lots of books, puzzles, baked goods - come and support your local library. It's a real treasure!



'WARNING! My mouth is a bit like a magician's hat - you just never know what's gonna come out of it!'

From Facebook

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.

You will receive a written receipt from us.

Please mail to:

North Adams Council on Aging

116 Ashland Street

North Adams, MA 01247

Name _____

Address _____

Date _____

Amount _____

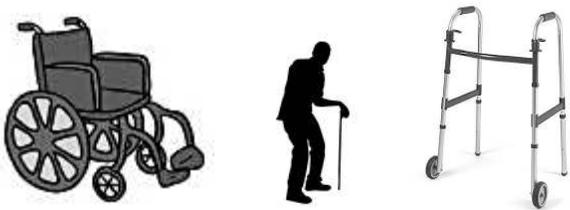
UNITED CEREBRAL PALSY NOW PARTNERS WITH MEDICAL EQUIPMENT RE-USE PROGRAM

Berkshire County UCP has joined REquipment, a non-profit program funded by the Massachusetts Rehabilitation Commission.

REquipment provides gently used, refurbished durable medical equipment free of charge to seniors and people with disabilities in this state. It accepts donations of such medical equipment which is no longer needed.

These items of durable medical equipment are distributed freely to people who cannot afford it or do not have insurance which will cover it. UCP in North Adams will serve as a reuse center for the program locally.

For more information call UCP @413-664-9435 or visit www.dmeREquipment.org on your computer.



Our popular program Standing Yoga will be returning on Tuesday afternoons at 3 p.m. from September 6th until October 11th.

We have to limit the size of this class to fit our room space, so don't hesitate to sign up now!



“Sometimes silence is better than being right.”

From the internet



REFLEXOLOGY WORKSHOP

Sandy Mackey, certified Reflexologist/Reiki Master, is planning to hold a workshop to demonstrate Reflexology and Reiki and their health benefits. This will include a demonstration of self-care techniques.

We'll be scheduling this for late August or early September. Watch our notices and bulletin for the date. If there is an interest, Sandy will come monthly and offer her services at a reduced rate.



“If your religion requires you to hate someone, you need a new religion.”

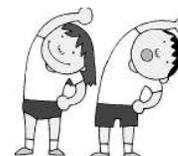
From the Internet



MEMORY PROBLEMS??

Most of us have them, sometimes from the aging process alone. Scientists recommend memory games (like crossword or jigsaw puzzles), as well as exercise of any kind.

You may like to walk or ride an exercise bicycle, or even dance. We have programs of all sorts here at the Spitzer Center, and we invite you to join us. Walk, or exercise, do a puzzle, play a game or just socialize with the friendly people who spend time here. We bet your concentration and memory improve!





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(855) 460-0569 or TTY 711

8 a.m. - 8 p.m., Monday through Friday

Wed., Aug. 3, 10:00 a.m.
North Adams Senior Center
116 Ashland Street
North Adams, MA 01247

Mon., Aug. 8, 10:00 a.m.
Pittsfield Senior Center
330 North Street
Pittsfield, MA 01201

Wed., Aug. 31, 10:00 a.m.
Fairview Hospital – 4th Floor
29 Lewis Street
Great Barrington, MA 01230

Plans not available to Group Insurance Commission (GIC) members. Health New England (HNE) Medicare Advantage is an HMO Plan with a Medicare contract. Enrollment in HNE Medicare Advantage depends on contract renewal. *Licensed Medicare sales representatives. A sales person will be present with information and applications. For accommodation of persons with special needs at sales meetings call (877) 443-3314 or, for TTY users, (800) 439-2370. Both Medicare Advantage and Medicare Supplement plans may be discussed. Coverage for HNE Medicare Supplement plans is underwritten by HNE Insurance Company, an affiliate of Health New England, Inc.

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www.berkshirehousing.com



Capital Square, Pittsfield



Epworth Arms, Pittsfield



Holy Family Terrace, North Adams



Proprietors Fields, Williamstown

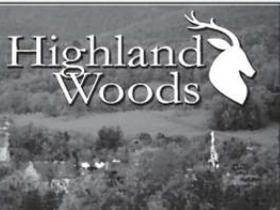
Now Leasing

Newly constructed senior housing property. One and two bedroom apartments for seniors at Highland Woods in beautiful Williamstown, MA.

The property is located on a four acre site within walking distance of the Williamstown Council on Aging, close to downtown & Williams College.

Parking, electricity, heat & hot water are all included in the rent. There will be 32 one bedroom apartments and 8 two bedroom apartments with four units fully accessible for those with physical disabilities.

Small pets allowed in accordance with pet policy.



Rents:

One Bedroom - \$733-\$842
Two Bedroom - \$836-\$1,011

Income cannot exceed:

1 Person- \$34,980
2 People-\$39,960
3 People-\$44,940
4 People-\$49,920

For information and an application,
Call 413-499-1630 x150 or email leasing@berkshirehousing.com.

Or pick up an application at:
Williamstown Council on Aging 118 Church Street, Williamstown
Williamstown Town Hall 31 North Street, Williamstown
Berkshire Housing One Fenn Street, 3rd Floor, Pittsfield

Or download one from our website: www.berkshirehousing.com



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