

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 spitzercentr@yahoo.com



SEPTEMBER 2016

September means back to school, and the Spitzer Center is planning some classes for the local seniors as well. On our list is:

A knitting class for everyone who's interested - beginners, more experienced, and advanced. The first class on Monday, September 12th at 1 p.m., is a free teaching one, with needles and yarn provided, also free. This class and others will be taught by Peg Fortini and Mary Walden, experienced and patient knitters! Work at your own speed and on your own projects - large or small. Large finished products can be donated to local nursing homes.



Two other classes are in the tentative planning stages, both on Wednesdays at 10 a.m. The first will be a speaker on breast cancer, a problem which has affected many of us. The same speaker, Polly Macpherson, will also be here for "Patching It Forward in NA" to discuss effects of the closing of the North Adams Regional Hospital and the efforts to re-open and utilize our local facilities. If we don't have a date for these classes by printing time, we'll be posting the dates and times at our Spitzer office.



September dates to celebrate include September 11th, National Grandparents Day and September 22nd, the first day of the official Autumn season.

Can you believe the summer is almost behind us?!!!!

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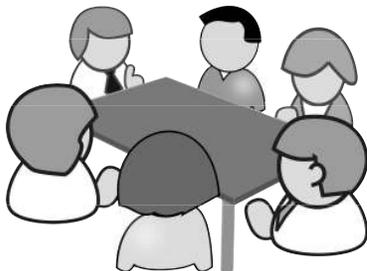
This is what we have on Ashland Street in North Adams! We Friends—volunteers and members—appreciate the work that goes into keeping our Center alive and well. Our many programs and services give our local Seniors invaluable assistance and opportunities.



Our daily weekday lunches are delicious and well-balanced, and served by a friendly crew at a very low cost. We have exercise programs geared to everyone, from the slowest to the most active Seniors. We have monthly foot nurse visits, blood pressure checks, shopping trips, help with insurance and taxes, and home delivery meal services for our shut-ins. There are many special programs during the year, including some which are informative and many which are just plain fun.



We have vans for appointments and trips. There are support groups for caregivers, stroke victims and grandparents. And we always have a tag sale table for your shopping. All of these services come with the help of our city, our state, our wonderful staff and our many volunteers. Come see what we do down here on Ashland Street!



*"May your troubles be less
And your blessings be more.
May nothing but happiness
Come to your door."*



*Susan Branch on "Facebook"
American artist and author*



SOME SECRETS TO SUCCESS

Always be prepared for the next task ahead of you.

Keep an open mind; some of the most rewarding experiences are the ones that push you outside of your comfort zone.

And, most of all, be kind to everyone you meet.

From Redbook Magazine



MAKING PLANS FOR MEDICARE

Don't forget our very important program on Wednesday, September 27th at 3 p.m. to give you information about Medicare coverage. We'll be discussing with a representative from MA Blue Cross-Blue Shield all aspects of coverage, from Medicare basic coverage to supplemental plans.

Sign up at 662-3125 today. Know what your options are.



ITALIAN FESTIVAL SPAGHETTI DINNER

North Adams Commons is celebrating our local Council on Aging groups for their service to the whole community with a spaghetti dinner on

Thursday, September 22nd from 5 to 7 p.m.

This will be held at their center at 175 Franklin Street in North Adams, with parking at the Wells Avenue entrance. The dinner will consist of spaghetti and meatballs, sausage, salad and dessert prepared by the Commons own chef, Donald Roche Jr.

There will be musical entertainment and door prizes. Dinner is free, but seating is limited. Reserve your place by responding to Linda Card at 413-664-4041 by Tuesday, September 20th. Join us!!



NEWS ABOUT MEDICARE PART D

We're getting close to that time of year when all of us Medicare recipients have a chance to change our prescription drug coverage. It's called Open Enrollment, and occurs yearly from October 15th to December 7th. Here is how it works:

Whether you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), you should expect information from your current plan by the end of September. It will explain any changes the insurance will make to your plan for 2017. This includes coverage and co-pays for your own prescriptions.

During Open Enrollment, you may change your plan for next year. SHINE counselors can help you understand your Medicare Plan D coverage for your prescription drugs. We have a SHINE counselor here twice a month at the Spitzer Center who would be glad to explain your options.

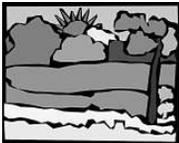
To schedule an appointment during Open Enrollment, call the Center at 662-3125. Don't wait—this is an important part of your insurance coverage for 2017.

from the MA Executive Office of Elder Affairs.

"Do unto those downstream as you would have those upstream do unto you."

Wendell Berry

American farmer and author (1934-present)



A REMINDER.....

Our very popular program, Frog Lotus Standing Yoga, will be making a return here at the Center on Wednesdays starting on September 7th at 2:15 p.m. This is a 6-week, 1-hour program, with limited class size of 14.

This is an introductory program that emphasizes standing poses, and includes guided meditation. It does not require getting on and off the floor, but does include up to 50 minutes of standing and movement. Chairs will be available for support and relaxation. Lisa Bassi and Joshua Jayintoh will teach. The program is free, with no prior yoga experience required. Sign up now at 662-3125.

"It's better to shut up and give the impression that you're stupid than to say something and erase all doubt."



Anonymous

OUR REFLEXOLOGY WORKSHOP

.....has been scheduled for Wednesday afternoon, September 7th. Sandy Mackey, a certified Reiki/Reflexologist Master, will be here to use her techniques on us seniors and tell us about their health benefits.

You'll need an appointment (662-3125), and the reduced fee for the Spitzer Center workshop is \$50.00. If there is enough interest, Sandy will come monthly and offer her services at this reduced rate.

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 _____

DO YOU HAVE A CHRONIC CONDITION?

A chronic condition is defined as one which lasts at least a year and needs regular health care. It can include many physical issues, like arthritis, asthma, diabetes, heart disease and HIV. But it can include behavioral conditions, like substance abuse, mental health disorders and memory or thinking problems.

All these physical and mental problems can have an impact on your emotional health. They can contribute to depression, which can lead to poor eating, no exercise and bad hygiene - all of which are factors in further deterioration of your health.

If you're dealing with a chronic illness, please talk with your health care provider about plans to treat not only your chronic condition but also your mental situation.

The solutions often involve staying connected with your family and friends, joining a support group, following a healthy diet and exercise program, and having a daily routine that keeps you active and participating in life.

Taken from MA Blue Cross and Blue Shield's "Healthy Times" bulletin



SAVE THE DATE !!

The Berkshire Public Health Alliance will be holding a Flu Clinic here at the Spitzer Center on

**October 19th from 10 to 11:30
Walk-in - no appointments needed**

BROWN BAG MEMBERSHIP RENEWAL

The Brown Bag staff from the MA Food Bank will be holding a required yearly membership renewal at our next September Brown Bag day - September 23rd.

Each Brown Bag participant will be required to share information about their monthly household income. This doesn't mean to bring documents, only to have the figures available for the staff. This may take longer than usual for distribution of bags.

Applicants will be required to check in with a Food Bank staff member before receiving their brown bags that day.



OUR USUAL MONTHLY ACTIVITIES

- Blood Pressure Clinic on Tuesday, September 20th
- Coffee and Muffins on Wednesday, September 14th
- Foot Nurse Clinic on Tuesday, September 6th
- Caregiver Support Group on Thursday, September 22nd
- Stroke Support Group on Thursday, September 8th
- Triad Meeting on Wednesday, September 28th at the American Legion
- Brown Bag on Friday, September 23rd (article above)
- 50/50 drawing for the Friends of the Council Aging on Friday, September 30th

We also have various exercise classes for all levels of dexterity - see our enclosed schedule of events

PLEASE JOIN US WEEKDAYS FROM
8:30 TO 3:30 P.M.



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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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