

# COA

COUNCIL ON AGING  
NORTH ADAMS, MA 01247

MARY SPITZER DROP-IN CENTER  
[ASHLAND STREET]

HOURS: 8:30 am - 3:30 pm  
North Adams Council on Aging  
Editor ..... Peg Christiansen

413-662-3125

## Spitzer Center

## Gazette

APRIL 2012

### *Spring Is In The Air!!*

Easter bunnies and daffodils are showing up everywhere, and we'll be celebrating it all with a spring luncheon on THURSDAY, APRIL 5<sup>TH</sup> at 11:15, including our very famous Easter egg hunt.

Come join us at 11:15 in the Spitzer lunch room for baked ham, sweet potatoes, brussel sprouts, snowflake roll and cupcake. Call Sally at 664-9826 for seat reservations.

Then we'll "Celebrate Spring" with seniors from Adams and Williamstown on FRIDAY, APRIL 20<sup>TH</sup> at the Eagles Hall from 12 to 2. We'll have a lunch of hot dogs, baked beans and salad, followed by entertainment by Richard Fabozzi. Tickets are \$5.00 each, available at our office and must be purchased ahead of time. Transportation is available if needed.

On WEDNESDAY, APRIL 18<sup>TH</sup>, the NARH staff will be here at 10 a.m. to speak on Bone Density and Mammography. Call the Center to sign up. A light breakfast will be served.

*Please note* that we have two new members of our Board – Lorraine Maloney and Shirley Wolfe. We look forward to working with them and getting them involved.

April 4<sup>th</sup> and 11<sup>th</sup> are the LAST TWO DAYS of AARP income tax assistance. Call the Center at 662-3125 to make an appointment.

### COUNCIL ON AGING BOARD MEMBERS

Georgette Mancuso, Chairperson  
Metilde Kassner  
Pauline Cantone  
Stephen Smachetti  
Elizabeth Benz  
Lorraine Maloney  
Shirley Wolfe

### COUNCIL ON AGING DIRECTOR Sandra Lamb

ADMINISTRATIVE ASSISTANT  
Brenda Zappone

RECEPTIONIST  
Helen Donega

NUTRITION SITE DIRECTOR/  
MEALS ON WHEELS COORDINATOR  
Sally Bohl

VAN DRIVERS  
Jonna Blair  
Kevin Hempstead  
Daniel Horan

### FRIENDS OF THE COA

Winner of our 50/50 drawing for the month of February was Kay Clark who won \$80.00. Good for her!

Tickets are \$1.00 apiece, 3 for \$2.00 or 10 for \$5.00, and are always available from Helen. We use our share to help out with Center expenses and improvements.

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

## BLOOD PRESSURE CLINIC

Cathy will be here on April 17<sup>th</sup> 9-11am for her monthly blood pressure clinic. NO need to sign up just stop in.

### *In memory of.....*

More and more frequently we get inquiries from family or friends of someone who has recently died about how they can make a donation to the Friends of the North Adams Council on Aging in their memory.

What seems to ensure that the Friends will receive your donation is for you to send a sympathy card to the family or family friend and write the following on it:

“A donation has been made to the Friends of the North Adams Council on Aging in memory of \_\_\_\_\_”.

Add any personal message you may want, remember to sign the card, and either bring it to calling hours or mail it directly to the family.

Then write a check to the Friends of the NA CoA, and mail or bring it to the Spitzer Center, 116 Ashland Street, North Adams, MA 01247. The Friends will send you an acknowledgment, thanking you for your donation. We are a Massachusetts non-profit corporation founded in 1994 and in good standing with the state and federal governments! Be assured all donations received are tax-deductible. Also, because we are a volunteer organization, one hundred percent of your donation is used for the benefit of North Adams seniors.

## NEW MEMBERS

Dan Connerton	Sally Connerton
Elsie Mailhot	Ethel Welch
Roberta Ferrara	Dolores Conti
Joanne Saltamartini	Theresa Wood
Lorraine Wilson	

## DONATIONS

The Donega Family - In memory of

*Leslie Carter*

Neil Prince - In memory of

*Edna Rudnick*

## PRESCRIPTION DRUG ROUND-UP

On Saturday, April 28<sup>th</sup> from 10-2pm at the Mary Spitzer Center we'll hold another collection of old or unused prescriptions, vitamins, etc., or empty bottles. You can also still bring these items to the North Adams Police Department lobby any time.

## WELLNESS SCREENING

REACH the community health education department of North Adams Regional Hospital will be offering a free cholesterol, glucose and blood pressure screening at the Spitzer Center on Tuesday April 24<sup>th</sup> 10am to 2pm. You must sign up ahead a time for a 15 minute session, slots are limited so call the center at 662-3125 to register.

## NORTH ADAMS REGIONAL HOSPITAL

**Stroke Support Group** will begin holding their meetings at the Spitzer Center on April 12<sup>th</sup> from 12 to 2pm and every second Thursday of the month after that. For more information call 413-664-5326.

This month's recipe came from an anonymous donor to our bulletin in-box. Thank you!

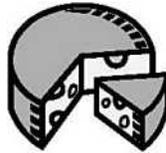
“The most wasted of all days is one without laughter.” – *E.E. Cummings*

**Save the Date!!** On MAY 11<sup>TH</sup>, join us for a pizza lunch and entertainment by Steve Henderson AKA Jerry Atric. Enjoy a humorous look at aging through the eyes of an elderly gentleman with a sense of humor and a joy of living. This program is supported in part by a grant from the Northern Berkshire Cultural Council, a local agency which is supported by the Massachusetts Cultural Council. Tickets which must be purchased ahead are @2.00.

“Inside every older lady is.....a young woman wondering what the (heck) happened.” – *Author unknown*

**SWISS MACARONI & CHEESE**

- ¾ cup uncooked elbow macaroni
- 2 tablespoons chopped onion
- 2 tablespoons butter or margarine
- 1 cup fat-free milk
- 1 cup (4 oz.) shredded swiss cheese
- ¼ teaspoon salt
- 1/8 teaspoon pepper



Cook macaroni according to package directions.

Meanwhile in a small saucepan, sauté onion in butter until tender.

Stir in flour until smooth; gradually add milk.

Bring to a boil. Cook and stir for 2 minutes or until thickened.

Add the cheese, salt and pepper. Drain macaroni, add to cheese mixture and toss gently to coat.

Makes 2 servings.

*This month's recipe came from an anonymous donor to our bulletin in-box. Thank you!*

**ALL JOKING ASIDE.....**

It's April, but this is not an April Fool's joke: humor and a positive attitude can make a difference in your health!

This is National Humor Month – really. Laughter is a little form of exercise, giving you an aerobic boost while gently massaging your intestines. It releases endorphins that can decrease pain and improve your well-being. AND sharing humor is a wonderful way to make and keep friends.



Some “funny” suggestions:

Read the comics (the funny ones).

Watch funny movies.

Learn and tell jokes.

Try to find something funny in every situation.

*From a state insurance newsletter*

**VOLUNTEERS NEEDED.....**

for the Meals on Wheels program. Help us package meals at the Spitzer Center any day, Monday through Friday, from 9am to 11am. Call Sally at 664-9826 for more info.

**AEROBICS** have started up again on Tuesdays and Thursdays at 1:30 – a great work-out just in time for summer. \$3.00 per class, paid to the instructor.

**TRIPS IN APRIL INCLUDE:**

- April 9<sup>th</sup>..... Panera's and shopping
- April 20<sup>th</sup>..... Berkshire Mall
- April 30<sup>th</sup>..... Pittsfield Price Chopper and lunch at Wendy's

**LIFE LINE SCREENING**

This procedure uses painless ultrasound (sonogram) to see the plaque build-up in your arteries – a leading cause of stroke. 80% of strokes can be prevented, according to the National Stroke Association. We'll have this screening test at the Mary Spitzer on Wednesday, May 2<sup>nd</sup>, 2012.

Pre-registration is required. To sign up, call 1-800-324-1851 (priority code #NSC5347), or register on your computer at [222.lifelinescreening.com/community-partners](http://222.lifelinescreening.com/community-partners). It might be life-saving for you!

**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 \$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 \_\_\_\_\_



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