



**MARY SPITZER CENTER**  
**116 ASHLAND STREET**  
**HOURS: 8:00 am - 4:00 pm**  
**North Adams Council on Aging**  
**413-662-3125**  
**spitzercentr@yahoo.com**

## “THE BULLETIN”

## JULY 2023

### LET’S TALK ABOUT WOMEN’S HEALTH

On **Monday, July 17th** beginning at **10AM**, **Dr. Liezl Irisari, OB/GYN** of **BMC** will be discussing women’s health issues. Dr. Irisari is board certified in obstetrics and gynecology and female pelvic reconstruction surgery. Please join us for this **very important** program. If you would like Dr. Irisari to address any specific or general information or concerns, feel free to submit your questions by phone (413-662-3125, email (spitzercentr4@yahoo.com) or mail (Spitzer Center, 116 Ashland Street, North Adams, MA 01247), otherwise she will address your questions during the presentation. To register, call the center @413-662-3125. Light refreshments will be provided.



### GOOD NEWS

There are still seats available for the **Memories of Patsy Cline** at the Log Cabin in Holyoke on Thursday, **September 21, 2023**. The cost of the trip is \$105 per person, which includes transportation, the meal and the show. The sites for pick up are North Adams, Adams and Allendale Shopping Center. For more details and to make your reservation please contact Pat at 413-662-3125.

On Monday, July 3rd, the Elder Services nutrition meal will consist of a low sodium hot dog, vegetable baked beans, potato salad, hot dog roll and a snack loaf. A few extra added items will also be included. If you plan on attending, you **must** call Norman at 413-664-9826 before **12PM** on **Thursday June 29th**. **NO WALK-INS**



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



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## 3 Tips to Avoid Elder Abuse

- 1: PLAN ahead to protect your assets
- 2: Get to KNOW your banker
- 3: INFORM your attorney of suspicious behavior

When in doubt  
check with your bank!  
Call 413-743-0001



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**TWELVE COMMANDMENTS FOR SENIORS**

1. Talk to yourself. There are times you need expert advice
2. In style are the clothes that still fit.
3. You don't need anger management. You need people to stop making you mad.
4. Your people skills are just fine. It's your tolerance for idiots that needs work.
5. The biggest lie you tell yourself is, I don't need to write that down. I'll remember it.
6. On time is when you get there.
7. Even duct tape can't fix stupid—but is sure does muffle the sound.
8. It would be wonderful if we could put ourselves in a dryer for ten minutes, then come out wrinkle-free and three sizes smaller.
9. Lately, you've noticed people your age are so much older than you.
10. Growing old should have taken longer.
11. Aging has slowed you down, but it hasn't shut you up.
12. You still haven't learned to act your age, and hope you never will

**And one more:**

“One for the road” means going to the bathroom before you leave the house.

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**Does Medicare pay for an Ambulance?**

Medicare Part B covers the cost of an ambulance in emergency situations if the trip meets several criteria:

- The ambulance is medically necessary.
- It's the only safe way to transport the patient.
- It is going to a location approved by Medicare, such as a hospital, skilled nursing facility or back home after care.
- The transportation company meets Medicare standards.
- The destination is the nearest qualifying facility that can treat you.

Note that original Medicare enrollees will be responsible for 20 percent of the Medicare-approved ambulance charge. Supplement Medigap policies often will cover that. Medicare Advantage plans also cover ambulances; check with your plan to find out your share of the cost.

# July 2023

Monday	Tuesday	Wednesday	Thursday	Friday
3 10:00 Cribbage 10:15 Meals on Wheels 11:30 Hot Lunch 12:10 Bingo 12:30 Bridge	4 <i>Spitzer Center closed for 4th of July Holiday</i>	5 9:30 Tai Chi 10:15 Meals on Wheels 11:30 Hot Lunch 1:00 Chair Yoga	6 10:00 <b>Northern Berkshire Retirees Club</b> 10:15 Meals on Wheels 11:30 <b>Monthly Birthday Cake</b> 12:10 Bingo 1:00 Balance Class	7 10:00 –11:00 Western Mass Food Truck 10:15 Meals on Wheels 11:30 Hot Lunch
10 10:00 Cribbage 10:15 Meals on Wheels 11:30 Hot Lunch 12:30 Bridge 1:00 <b>Elder Services Caregiver Support Grp.</b>	11 9:30 <b>Massage by Appt.</b> 11:30 Hot Lunch 12:10 Bingo 10:15 Meals on Wheels	12 9:30 Tai Chi 10:15 Meals on Wheels 11:30 Hot Lunch 1:00 Chair Yoga	13 10:00 <b>Fallon Health Navigator</b> 10:00 <b>Bring your own Painting Project</b> 10:15 Meals on Wheels 11:30 Hot Lunch 1:00 Balance Class	14 10:15 Meals on Wheels 11:30 Hot Lunch
17 <b>NO CRIBBAGE</b> 10:00 <b>Dr. Liezi Irisari, OB/GYN</b> 10:15 Meals on Wheels 11:30 Hot Lunch 12:10 Bingo 12:30 Bridge	18 <b>NO BINGO</b> 9:00 <b>Foot Nurse Clinic</b> 11:30 Hot Lunch 10:15 Meals on Wheels	19 9:30 Tai Chi 10:15 Meals on Wheels 11:30 Hot Lunch 1:00 Chair Yoga	20 <b>POPCORN DAY</b> 10:15 Meals on Wheels 11:30 Hot Lunch 12:10 Bingo 1:00 Balance Class	21 10:00 –11:00 Western Mass Food Truck 10:15 Meals on Wheels 11:30 Hot Lunch
24 10:00 Cribbage 10:15 Meals on Wheels 11:30 Hot Lunch 12:30 Bridge 1:00 <b>Elder Services Caregiver Support Grp.</b>	25 12:00 <b>Christmas in July Luncheon</b> 12:10 Bingo 10:15 Meals on Wheels	26 9:30 Tai Chi 10:15 Meals on Wheels 11:30 Hot Lunch 1:00 Chair Yoga	27 10:15 Meals on Wheels 11:30 Hot Lunch 12:10 Bingo 1:00 Balance Class	28 10:15 Meals on Wheels 11:30 Hot Lunch 12:30 <b>Brown Bag</b>
31 10:00 Cribbage 10:15 Meals on Wheels 11:30 Hot Lunch 12:10 Bingo 12:30 Bridge				

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### TOOLING AROUND

Worship of Tools Day is a chance to learn what tools you need in your belt and the skills you should have under your belt. Shellie Layne, CEO and funder of the nonprofit Women Under Construction Network ([wucnetwork.org](http://wucnetwork.org)), which provides women with actual tools and the skills to make basic home repairs, shares her knowledge.

#### Tools Everyone Should Own

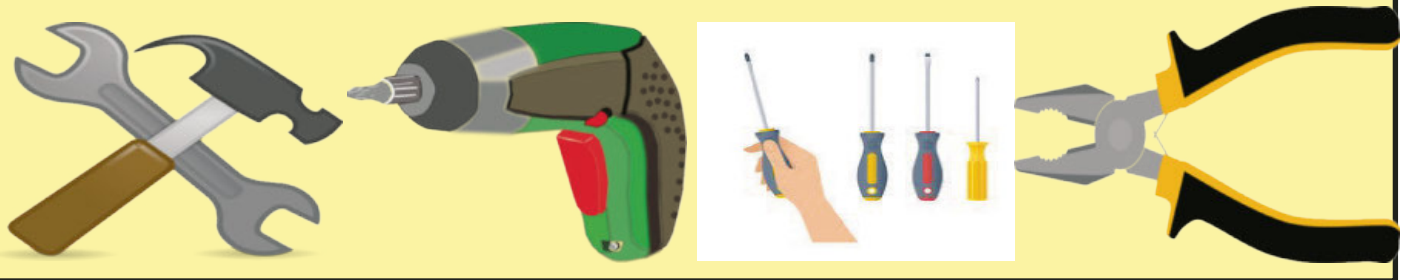
You can do so many household tasks, like hang frames, with a **hammer** and a **measuring tape**, and almost everything in the house has screws, including light covers and chairs, so **flathead and Phillips screwdrivers** are key.

#### Surprisingly Useful Tools

**Adjustable pliers** tighten bolts and screws and can cut wire. **Allen wrenches** often come with ready-to-assemble furniture, but people eventually toss them. Get a set of wrenches in multiple sizes for future fixes.

#### The Tool Every Woman Should Learn To Use

A power drill has so many applications, and having one in your hand makes you feel as if you can do anything.



### WOULD YOU LIKE SOME RELIEF FROM THE HEAT?

Come and join us for our **Christmas in July Celebration** on **Tuesday, July 25th** at 12:00. The Elder Services meal will consist of the traditional Christmas dinner.

Sliced Turkey with Gravy  
Mashed Sweet Potatoes  
Cauliflower with Pimento  
Oat Nut Bread  
Fruit Cocktail

Additionally we will be serving some sumptuous summer delights.

No need to wear your heavy winter clothing. Put on your shorts, sandals, tank tops and flip-flops. **Reservations are required.** Call Norman at 413-664-9826 by Thursday, July 20th.

**NO WALK-INS**





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### Do you need help paying your heating bills?

*Berkshire Community Action  
Council may be able to help.*

**BCAC Fuel  
Assistance  
Guidelines**

Household Size	Gross Annual Income
1	\$42,411
2	\$55,461
3	\$68,511
4	\$81,561
5	\$94,610
6	\$107,660
7	\$110,107
8	\$112,554



If you are eligible for fuel assistance,  
you may qualify for more helpful programs.

**To learn more about what BCAC  
can do for you, contact us:**  
Central / South County | 413-445-4503  
North County | 413-663-3014

[bcacinc.org](http://bcacinc.org)

7/3 Low sodium Hot Dog, vegetable baked beans, potato salad, roll, snack loaf

7/4 **CLOSED— NO MEAL DELIVERY**

7/5 Chicken Almandine, buttered noodles, asparagus cuts, oat nut bread, sliced peaches

7/6 Cali Chicken Salad, mushroom barley soup, broccoli florets, roll, pear crisp

7/7 Sweet'n Sour Pork, steamed rice, boiled cabbage, whole wheat bread, mixed fruit

7/10 Meatballs & Shells, Italian green beans, Italian bread, apricots

7/11 Yankee Pot Roast, mashed potatoes, broccoli florets, dinner roll, diced pears

7/12 Chicken Marsala, boiled potatoes, spinach, oat nut bread, tropical fruit mix

7/13 Szechuan Noodle Salad, cold spiced beets, tomato cucumber salad, whole wheat bread, key lime pudding

7/14 Shepherd's Pie, mashed potatoes, sliced carrots, 12 grain bread, mandarin oranges

7/17 Cod Pomodoro, boiled potatoes, peas w/ mushrooms, oat nut bread, sliced peaches

7/18 Moroccan Beef Stew, mashed potatoes, harvard beets, whole wheat bread, applesauce

7/19 Turkey Sausage, peppers/onions, steamed rice, summer vegetables, grinder roll, pineapple tidbits

7/20 Butternut Mac & Cheese, stewed tomatoes, wax beans, bread, fruit cocktail

7/21 Chicken Caesar Salad, carrot raisin salad, 4 bean salad, dinner roll, diced mangoes

7/24 Chicken Asparagus, buttered noodles, mixed greens, whole wheat bread, nectarine

7/25 Sliced Turkey w/Gravy, mashed sweet potatoes, cauliflower w/pimento, oat nut bread, fruit cocktail

7/26 Pulled Pork, scalloped potatoes, coleslaw, hamburger bun, peach crisp

7/27 Beef Teriyaki with broccoli, steamed rice, lyonaise carrots, bread, fruited gelatin

7/28 Chicken Cordon Blue, mashed potatoes, mixed vegetables, roll, watermelon chunks

7/31 Cheese Burger, sliced red potatoes, corn, hamburger bun, applesauce

### Herby Potato Salad

24oz baby red potatoes

Kosher salt and pepper

1/4 cup mayonnaise

1/4 cup sour cream

1 1/2 tbsp prepared horseradish, drained

1 1/2 tsp Dijon mustard

1 tbsp fresh lemon juice

1 cup torn flat-leaf parsley leaves

2 tbsp chopped fresh dill

2 scallions, thinly sliced

Flaky sea salt, for serving

1. Place potatoes in medium pot and cover with cold water. Bring to a boil, add 1/2 tbsp salt, reduce heat, and simmer until just tender, 12 to 15 min. Drain and run under cold water briefly (about 30 sec). Drain well and pat dry. On cutting board, gently flatten each potato with bottom of cup.
2. While potatoes cook, in small bowl, whisk together mayonnaise, sour cream, horseradish, mustard lemon juice, and 1/2 tsp each salt and pepper until smooth.
3. In medium bowl, gently toss potatoes with half of dressing. On serving platter, arrange potatoes in single layer, drizzle with remaining dressing, and sprinkle with herbs and scallions. Sprinkle with additional pepper and flaky salt if desired.

