



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”

APRIL 2024

For your information, the Spitzer Center will be closed on
Monday April 1, 2024.

APRIL FOOLS (just joking)



However, we will be **closed** on **Monday April 15th** in observance of Patriot's Day.

EXCITING NEWS

Beginning on **Tuesday, April 9th**, we will be holding a **6-week Zumba Gold Class** from **3:00pm to 3:45pm**. This class is perfect for active older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower intensity. This total workout, combining all elements of fitness—cardio, muscle conditioning, balance and flexibility, will boost your energy and leave you feeling awesome. This class is free of charge. Dress casually and best to wear sneakers. Call 413-662-3125 to make your **required reservation**.



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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

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On **Tuesday April 2nd at 10am**, Berkshire County Regional Housing Authority will be holding a presentation covering subjects such as housing, legal counseling for tenants/landlords, foreclosure prevention, mediation, consumer services and more. Hoping you will be able to join us for these very informative and important discussions.

Betty will be **teaching** crafters how to make Yo Yo's on Tuesday **April 9th** (see picture below). The class begins at 10am. The class is free of charge, but you will be responsible to provide your own cloth, needles & thread. Then if you desire, you can make your own project with your Yo Yo's.



On **Thursday April 9th**, Jess Wilson, LMT will be offering Massage Therapy. Appointments are required. Try a 15 minute Chair massage for \$20, or a 30-minute Table massage for \$40. Call the center at 413-662-3125 to make your reservation. Appointments begin at **9:30am**

We will be a sponsoring a special event on **Friday April 12th**. **Berkshire Medium Pam Ellis**, will be holding her session beginning at **12pm**. The session will end at **2pm**. The cost is \$50 per person. Please call to reserve your spot. Maximum of 30 people.

On **Thursday April 11th** the North Adams and Williamstown Commons Nursing Home will conducting a free blood pressure clinic from **10am to 11am**. No appointment is required.

On **Thursday April 18th** at **10am**, Jessi Byrne, Wellness Coordinator from Northern Berkshire Community Coalition will holding a workshop on Food as Medicine. We are what we eat and what we put into our bodies affects our physical health as well as our mental and spiritual health. From herbs found in your backyard, knowing how to read a label to even shaking the hand of the farmer, this workshop will cover the importance of knowing what is in your food, where your food is coming from and how you can use this knowledge to work for you.



The next **Stamford Seniors Meeting** will be held on **Friday April 19th at 12:30pm**

The next **TRIAD Meeting** will be held on **Wednesday April 24th at 12:30pm**.

On Tuesday **April 30th** at **10am**, Jen Barbeau from Mountain Girl Farm, will be holding a presentation on "Spring on The Farm". Discussions will focus on vegetable, herbs, etc.

As I lugged a ladder through the house, I told my husband, "I'm going to get some heavy boxes off that top shelf in our closet. Maybe you should come along—they are pretty high up, and I could fall." My beloved jumped up from his recliner and said, "OK, yeah let me grab my camera,"

We have received a number of inquiries from individuals about our programs and exercise classes. Hope the following information helps with their questions:

Tai Chi classes are held on Wednesday's beginning at 9:30am. Youlin Shi is the class instructor. No charge.

Sonya Boesse is the instructor of both the Chair Yoga class which is held on Wednesday's at 1pm and the Balance Class on Thursday's at 1pm as well. No charge.

Our new Zumba Gold Class will be taught by Amanda Zepka from Creative Soul. Amanda is a certified Zumba Instructor. This class will be begin on Tuesday April 9th from 3pm to 3:45pm. No charge

Jess Wilson, LMT offers Massage Therapy once per month. Appointments are required. A 15-minute chair massage costs \$20. A 30-minute table massage costs \$40. Payments are made directly to Jess.

REIKI is performed by Mary Molleur once per month. Appointments are required. No charge.

Reflexology is performed by Paul Jangrow once per month. Appointments are required. Good will donation to Paul.

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Prior to Covid, we had an active group of ladies who held crochet and knitting classes. There has been an interest in re-starting this program again. Please let us know if you are interested. The day and date yet to be determined. You must bring your own yarn and needles. Call 662-3125 if interested.

APRIL 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>10:00 Cribbage 10:15 Meals on Wheels 11:30 Hot Lunch 12:10 Bingo 12:30 Bridge 1:00 Elder Services Caregiver Meeting</p>	<p>2</p> <p>10:00 Berkshire Regional Housing Authority 10:15 Meals on Wheels 11:30 Hot Lunch</p>	<p>3</p> <p>9:30 Tai Chi 10:15 Meals on Wheels 11:30 Hot Lunch 1:00 Chair Yoga</p>	<p>4</p> <p>10:00 Northern Berkshire Retirees Club 10:15 Meals on Wheels 12:10 Bingo 1:00 Balance Class</p>	<p>5</p> <p>10:15 Meals on Wheels 11:00 –12:00 Western Mass Food Truck 11:30 Hot Lunch</p>
<p>8</p> <p>10:00 Cribbage 10:15 Meals on Wheels 11:30 Hot Lunch 12:30 Bridge</p>	<p>9</p> <p>9:30 Massage by Appt. 10:00 Craft Class 10:15 Meals on Wheels 11:30 Hot Lunch 12:10 Bingo 3:00 Zumba Gold Class</p>	<p>10</p> <p>9:30 Tai Chi 10:15 Meals on Wheels 11:30 Hot Lunch 1:00 Chair Yoga</p>	<p>11</p> <p>10:00 Fallon Health Navigator 10:00 N.A. & Wmst. Commons Blood Press. 10:15 Meals on Wheels 12:10 Bingo 1:00 Balance Class</p>	<p>12</p> <p>10:15 Meals on Wheels 11:30 Hot Lunch 12:00 Pam Ellis, Berkshire Medium</p>
<p>15</p> <p>Spitzer Center Closed For Patriot's Day Holiday</p>	<p>16</p> <p>9:00 Foot Nurse by Appointment 10:15 Meals on Wheels 11:30 Hot Lunch 1:00 N.A.C.O.A Board Meeting</p>	<p>17</p> <p>9:30 Tai Chi 10:15 Meals on Wheels 10:45 Reiki by Appt. 11:30 Hot Lunch 1:00 Chair Yoga</p>	<p>18</p> <p>10:00 N.B.C.C., Food as Medicine 10:15 Meals on Wheels 11:30 Hot Lunch 12:10 Bingo 1:00 Balance Class</p>	<p>19</p> <p>10:15 Meals on Wheels 11:00 –12:00 Western Mass Food Truck 11:00 Reflexology 11:30 Hot Lunch 12:30 Stamford Seniors</p>
<p>22</p> <p>10:00 Cribbage 10:15 Meals on Wheels 11:30 Hot Lunch 12:30 Bridge</p>	<p>23</p> <p>10:15 Meals on Wheels 11:30 Hot Lunch 12:10 Bingo</p>	<p>24</p> <p>9:30 Tai Chi 10:15 Meals on Wheels 11:30 Hot Lunch 1:00 Chair Yoga 12:30 Triad Meeting</p>	<p>25</p> <p>Popcorn Day 10:15 Meals on Wheels 11:30 Hot Lunch 12:10 Bingo 1:00 Balance Class</p>	<p>26</p> <p>10:15 Meals on Wheels 11:30 Hot Lunch 12:30 Brown Bag</p>
<p>29</p> <p>10:00 Cribbage 10:15 Meals on Wheels 11:30 Hot Lunch 12:30 Bridge</p>	<p>30</p> <p>10:15 Meals on Wheels 11:30 Hot Lunch 12:10 Bingo</p>			

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WORLD OF MEDICINE

New help for Heart Disease

Since the 1950’s, medical scientists have understood that high cholesterol can contribute to coronary artery disease (CAD) by clogging the arteries with plaque. More recently, they learned that chronic inflammation in the arteries is another key risk factor. Now, two large multinational clinical trials have shown that colchicine, a drug that’s already used to treat other inflammatory conditions such as gout, is also useful for preventing heart attack, stroke and cardiovascular death in people with CAD. When added to standard treatments such as statins, it reduced the risk of these complications by as much as 31%. The FDA recently approved low-dose colchicine for this purpose, making it the first medication that tackles cardiovascular disease by specifically targeting inflammation.

A Few Steps Go a Long Way

The more you walk each day, the greater the health benefits. If there is an upper limit to this general rule, it hasn’t been determined yet—but the number of steps needed to start making a difference might be lower than previously thought. A review of 17 earlier studies found that taking as few as 2,500 steps per day could reduce by 16% or more the risk of dying from cardiovascular disease compared to walking less. When it comes to prolonging lives, said the lead researcher, Maciej Banach, even modest lifestyle changes can be surprisingly powerful.

How Calories Count

For people trying to gain, lose or maintain body weight, not all calories are equal, suggests a report published in the journal Nature Communications. A group of young adults tried two different diets for 22 days each. Both of the diets involved eating the same amount of calories, but one was rich in fiber while the other was full of processed foods, such as white bread and sugary snacks. On average, the high-fiber dieters absorbed 116 fewer calories per day without feeling hungrier. How? The upper gastrointestinal tract quickly absorbs highly processed foods, meaning our bodies absorb more of their calories. Because whole foods take longer to digest, they make their way to the colon, where most of our gut microbiota live. So they can feed on those whole foods and use the calories rather than the body simply absorbing them.

Friends of the North Adams Council on Aging

If you would like to become a member or keep your membership current, the dues are \$10.00 a year (or more if you’re able). Thank you for your continued support.

Please mail to:
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Family Size	Income
1	\$45,392
2	\$59,359
3	\$73,326

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Central / South County
413-445-4503
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If you are eligible for fuel assistance,
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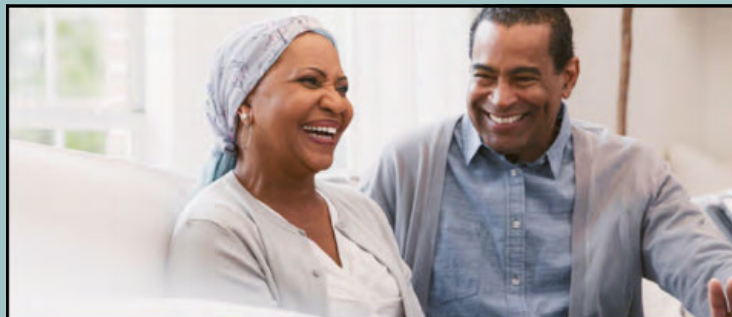


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4/1 Pork Chili, brown rice, asparagus, corn bread, diced pears
 4/2 Sliced Turkey & Gravy, mashed potatoes, glazed carrots, roll, spiced apples
 4/3 Beef Cabbage Casserole, green beans, squash & red peppers, bread, mixed fruit
 4/4 Turkey Sausage, w/p&o, buttered noodles, Cal veggie blend, roll, dried cranberries
 4/5 Eggplant Parm w/marinara, parmesan risotto, brussel sprouts, wheat bread, orange
 4/8 Beef Stroganoff, buttered noodles, coleslaw, dinner roll, fruit crisp
 4/9 Chicken Almandine, boiled potatoes, peas & onions, bread, blueberry yogurt
 4/10 Tuna on Bed of Lettuce, chickpea tomato salad, cold spiced beets, bun banana
 4/11 Chix Meatballs w/Marinara, rotini pasta, Monaco veg blend, bread, diced mangoes
 4/12 Salmon w/Newberg Sauce, mashed sweet potatoes, green beans, fruit cocktail

4/15 Closed—Patriot Day

4/16 Beef Teriyaki w/broccoli, steamed rice, oriental veg, 2 fortune cookies, pineapple & mandarin
 4/17 Chicken Bruschetta, buttered noodles, mixed greens, Italian bread, applesauce
 4/18 Port Roast w/gravy, sweet potatoes, mixed veg, wheat bread, apricots
 4/19 Homemade Meatloaf, mashed potatoes, broccoli florets, wheat bread, sliced peaches
 4/22 Chicken Curry, coconut rice, sliced carrots, 12 grain bread, sliced peaches
 4/23 Beef Stew, warm barley, mixed greens, dinner roll, fresh apple
 4/24 Salisbury Steak, mashed potato, cauliflower w/pimientos, bread, strawberry cup
 4/25 Butternut Mac & Cheese, chunky tomato soup, green beans, bread, sliced pears
 4/26 Chicken a ka King, brown rice pilaf, summer squash, bread, tropical fruit mix
 4/29 Sloppy Joe, parsley buttered potatoes, lyonnaise carrots, bun, apricots
 4/30 Chicken w/gravy, herbed stuffing, butternut squash, wheat bread, melon cup

Blueberry, Apple and Pineapple Dump Cake

Ingredients:

1 can (21 ounces) apple pie filling
 1 can (8 ounces) unsweetened crushed pineapple, drained
 1 package (12 ounces) frozen unsweetened blueberries
 1/2 cup sugar
 1 package white cake mix (regular size)
 2/3 cup butter, melted
 1 cup chopped walnuts
 1/2 cup sliced almonds

Directions:

1. Preheat oven to 350 degrees. Mix pie filling and pineapple in a greased 13X9 inch baking dish until combined. Toss blueberries with sugar; spoon over pie filling mixture. Sprinkle with cake mix; drizzle with butter. Top with walnuts and almonds (do not stir).
2. Bake until golden brown and bubbly, 45-55 minutes. Serve warm.



We would like to extend our deepest thanks and gratitude to all who so generously donated candy for the Easter bags that were donated to the North Adams Commons and Williamstown Commons Nursing Homes residents. We were able to fill 150 bags of candy and 80 bags of pudding for those who cannot partake in solid foods. Your response was overwhelming. **THANK YOU**