



MARY SPITZER CENTER
116 ASHLAND STREET
HOURS: 8:00 am - 4:00 pm
North Adams Council on Aging
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THE BULLETIN

AUGUST 2023

Here we are in the lazy, hazy days of summer. We hope you have enjoyed the warm months thus far. Thought you might like reading some happy, inspirational quotes that pertain to all the days and months that lie ahead.

- ◆ “You are never too old to set another goal or to dream a new dream”
- ◆ “Happiness is not by chance, but by choice.”
- ◆ “If I cannot do great things, I can do small things in a great way.”
- ◆ “You are enough just as you are.”
- ◆ “You make a life out of what you have, not what you’re missing.”
- ◆ “Act as if what you do makes a difference. It does.”
- ◆ “No one is useless in this world who lightens the burdens of another.”
- ◆ “As we work to create light for others, we naturally light our own way.”
- ◆ “I’ve got nothing to do today but smile.”
- ◆ Imagine this: What would happen if we were all brave enough to believe in our own ability, to be a little more ambitious? **I think the world would change.**

We had a wonderful fun-filled time at our 4th of July picnic lunch. Lots of food, fun, desserts and drinks followed by bingo. We even had a visit from Uncle Sam. Over 30 people attended this event. As an extra special treat, everyone enjoyed an ice cream sandwich, ambrosia, potato chips and trail mix.

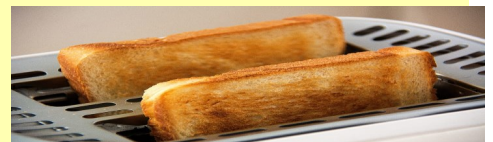
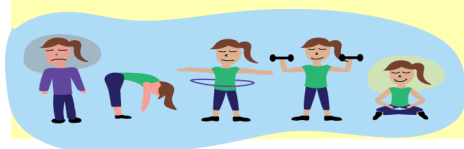


5 HEALTH SYMPTOMS WOMEN SHOULDN'T IGNORE

- 1. SLURRED SPEECH** Every 40 seconds, someone in the United States has a stroke, say the CDC. And about 87 percent of those are life-threatening ischemic strokes, in which blood flow to the brain is blocked. If you experience slurred speech, facial drooping or arm weakness (especially on one side of the body), call 911 immediately—the sooner treatment is received (60 minutes is considered the “golden hour” among physicians), the less likely damage will be permanent.
- 2. EXTREME FATIGUE** There's a difference between feeling tired and feeling constant fatigue, defined as lacking energy consistently or being worn out after simple activities. Your body may be warning you of heart problems. The American Heart Association found that 71 percent of female heart attack survivors reported feeling unexplained fatigue in weeks prior. If your exhaustion is new or dramatic, talk to your doctor.
- 3. MOLE CHANGES** Follow these ABCDE's of skin cancer from the American Academy of Dermatology and be sure to consult a doctor if your moles are exhibiting any of the following: **Asymmetry** (is one half unlike the other?). **Border** (are the edges irregular or scalloped?). **Color** (does the spot have varying colors from one area to the next?). **Diameter** (is it the size of a pencil eraser or larger?) and **Evolution** (is it morphing in size, shape or color?).
- 4. CONSTANT THIRST** While thirst is the brain's way of warning your body of dehydration, unquenchable thirst (even after drinking water) could be a sign of diabetes— especially paired with frequent urination. That's because high blood-sugar levels force the kidneys to work overtime, excreting glucose into the urine and pulling fluids from your body along with it.

WAKE UP WITHOUT COFFEE?

Do you blame your coffee habit on a biological incompatibility with mornings? It turns out that being an early riser isn't genetic, according to a recent study published in Nature Communications. Researchers at the University of California, Berkeley, found that lifestyle changes can help keep you from feeling sluggish in the morning. Ideally, you could sleep longer and later than you typically do, but if that's not possible, these healthy habits will help: Step up your exercise; people who worked out more than usual the previous day felt less groggy when they woke up. Also, eat complex carbs along with a bit of fat and protein for breakfast—such as an egg with lightly buttered whole wheat toast.



WORDS TO LIVE BY

If you see someone falling behind, walk beside them.

If you see someone being ignored, find a way to include them.

Always remind people of their worth, one small act could mean the world to them.

COUNCIL ON AGING DIRECTOR

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I was working out in the gym when I noticed a man in street clothes, who stood watching me and the others for about 20 minutes before leaving. He came a second day, staying for a half-hour. I asked him what he was doing. He smiled and said,

“My doctor said I have to go to the gym.”

I ran into a neighbor walking his dog. It was his first pet, so I made sure to lavish praise on the cute pup. Not knowing the gender, I asked if it was sprayed or neutered. **“Neither”** he replied. **“She’s a shepherd mix.”**





Our next **Reflexology Session** will be held on **Tuesday, August 8th**. Sessions begin at 1pm and each session lasts for approximately a half-hour. The session is free, however if you so choose, you may make a free-will donation to Paul our reflexologist.

Registration is required. Call 413-662-3125

Betty’s next craft class is being held on **Thursday, August 17th** beginning at **10AM**. Bring an empty canning, mayonnaise, or spaghetti sauce jar and Betty will teach you how to decorate the jar with decoupage. Beautiful creations are made along with laughs and lots of fun.

August 2023

Monday	Tuesday	Wednesday	Thursday	Friday
	1 10:15 Meals on Wheels 11:30 Hot Lunch 12:10 No Bingo	2 9:30 Tai Chi 10:15 Meals on Wheels 11:30 Hot Lunch 1:00 Chair Yoga	3 10:00 Northern Berkshire Retirees Club 10:15 Meals on Wheels 11:30 Monthly Birthday Cake 12:10 Bingo 1:00 Balance Class	4 10:00 –11:00 Western Mass Food Truck 10:15 Meals on Wheels 11:30 Hot Lunch
7 10:00 Cribbage 10:15 Meals on Wheels 11:30 Hot Lunch 12:30 Bridge	8 10:15 Meals on Wheels 11:30 Hot Lunch 12:10 Bingo 1:00 Reflexology by Appointment	9 9:30 Tai Chi 10:15 Meals on Wheels 11:30 Hot Lunch 1:00 Chair Yoga	10 10:00 Fallon Health Navigator 10:15 Meals on Wheels 11:30 Hot Lunch 12:10 Bingo 1:00 Balance Class	11 10:15 Meals on Wheels 11:30 Hot Lunch
14 10:00 Cribbage 10:15 Meals on Wheels 11:30 Hot Lunch 12:10 Bingo 12:30 Bridge 1:00 Elder Services Caregiver Support Grp.	15 9:00 Foot Nurse by Appointment 10:00 Book Club 10:15 Meals on Wheels 11:30 Hot Lunch 12:10 No Bingo	16 9:30 Tai Chi 10:15 Meals on Wheels 11:30 Hot Lunch 1:00 Chair Yoga	17 POPCORN DAY 10:00 Craft Class 10:15 Meals on Wheels 11:30 Hot Lunch 12:10 Bingo 1:00 Balance Class	18 10:00 –11:00 Western Mass Food Truck 10:15 Meals on Wheels 11:30 Hot Lunch
21 10:00 Cribbage 10:15 Meals on Wheels 11:30 Hot Lunch 12:30 Bridge	22 10:00 Panera's & Shopping 10:15 Meals on Wheels 11:30 Hot Lunch 12:10 Bingo	23 9:30 Tai Chi 10:15 Meals on Wheels 10:45 Reiki by Appointment 11:30 Hot Lunch 1:00 Chair Yoga	24 10:00 Coffee & Muffins 10:00 Mountain Girl Farm 10:15 Meals on Wheels 11:30 Hot Lunch 12:10 Bingo 1:00 Balance Class	25 10:15 Meals on Wheels 11:30 Hot Lunch 12:30 Brown Bag
28 10:00 Cribbage 10:15 Meals on Wheels 11:30 Hot Lunch 12:30 Bridge 1:00 Elder Services Caregiver Support Grp.	29 10:15 Meals on Wheels 11:30 Hot Lunch 12:10 Bingo	30 9:30 Tai Chi 10:15 Meals on Wheels 11:30 Hot Lunch 1:00 Chair Yoga	31 10:15 Meals on Wheels 11:30 Hot Lunch 12:10 Bingo 1:00 Balance Class	

“Just for Fun” Days”

August 1-7—International Clown Week

August 3— National Watermelon Day

August 8—National Sneak Some Zucchini onto your Neighbor’s Day

August 10—National S’mores Day

August 12—Vinyl Record Day

August 13—International Left-Handers Day

August 20—International Geocaching Day

August 20—World Honeybee Day

August 25—Kiss-and-Make Up Day

August’s first full moon, the full **Sturgeon Moon**, reaches peak illumination on the night of **Tuesday, August 1st**.

You’ll be able to see another full moon this month as well—and it’s going to be a doozy!. On **Wednesday, August 30th**, there will be a **Blue Moon**, which will also be the **BIGGEST Supermoon** of the year.



We’d like once again to extend our thanks and gratitude to Mountain Girl Farm for the delicious samples of food served at our coffee and muffins on July 20th. There were multiple types of salads, dips and ambrosia. Not only does Jen and Katie create delicious meals, they’re also very knowledgeable in a large variety of subjects from eggs, goats, cheese, fruits etc., etc., etc. that they share with everyone in attendance. **No one** leaves the room hungry. Mountain Girl will be returning to the center for another great program featuring summer vegetables on **Thursday August 24TH at 10am**. Please call 413-662-3125 if you plan on attending.

Are you feeling stressed? Want to try a session of **REIKI**. Reiki is an energy healing technique in which a Reiki practitioner (who has undergone formal training in this healing art) uses gentle hand positions with the intention to guide the flow of healing energy through the client’s body to reduce stress and promote healing. If you would like to avail yourself of a session, Mary Molleur will be at the center on **August 23rd**. **Appointments which are required**, will begin at 10:45am. Please call the center at 413-662-3125 to make your appointment.

8/1 Pulled Pork, vegetarian baked beans, sliced beets, hamburger bun, fresh peach
8/2 Turkey Skillet, broccoli florets, yellow squash, oat nut bread, sliced pears
8/3 Chicken Bruschetta, gold potatoes, spinach, whole wheat bread, mangoes
8/4 Pot Roast w/gravy, mashed potatoes, mixed vegetables, roll, sliced peaches
8/7 Meatballs & Penne w/marinara sauce, cauliflower, Italian bread, fruit cocktail
8/8 Beef Fajita, black beans & rice, corn w/pimentos, tortilla, apple cinnamon muffin
8/9 Chicken Cauliflower curry, minted green beans, carrots, oat nut bread, banana
8/10 Pork Roast, gravy, mashed sweet potatoes brussel sprouts w/ cheese, applesauce, bread
8/11 Soy Ginger Salmon Filet, coleslaw, chic pea & tomatoes, whole wheat bread, apricots
8/14 Chicken Nuggets, mashed potatoes, broccoli florets, 12 grain bread, diced pears
8/15 Tuna Noodle Casserole, zucchini & squash, prince Edward blend, bread, orange
8/16 Pork Piccata, buttered boiled potatoes, mixed greens, bread, pineapple tidbits
8/17 Southwestern Salad, carrot raisin salad, pasta salad, dinner roll, applesauce
8/18 Low Sod Hot Dog, sauerkraut, vegetarian baked beans, hot dog bun, fruit cocktail
8/21 Turkey & Gravy, stuffing, California blend, dinner roll, blueberry yogurt
8/22 Egg Salad, mulligatawny, summer veg blend, 1/2 pita pocket, fruit crisp
8/23 Chicken Cacciatore, wild rice pilaf, steamed cabbage, 12 grain bread, apricots
8/24 Veal w/Pepper & Onion, buttered egg noodles, peas & carrots, bread, fresh plum
8/25 Meatloaf w/gravy, mashed potatoes, capri blend veg, wheat bread, diced mangoes
8/28 Chicken w/BBQ sauce, noodles, ratatouille, whole wheat bread, mixed fruit
8/29 Shepherd's Pie, mashed potatoes, asparagus cuts, bread, fresh pear
8/30 Oriental Beef, steamed rice, oriental veg, bread, honey dew melon
8/31 Cheeseburger, German potato salad, fiesta corn, bun, chocolate chip cookie

COMPANY FRUIT SALAD

INGREDIENTS:

4 medium Golden Delicious apples, diced
 4 medium Red Delicious apples, diced
 2 cups seedless green grapes, halved
 2 cups seedless red grapes, halved
 1 can (20 ounces) pineapple chunks, drained
 1 can (11 ounce) mandarin oranges, drained

DRESSING:

3 ounces cream cheese
 1/2 cup sour cream
 1/2 cup mayonnaise
 1/2 cup sugar

DIRECTIONS:

In a large bowl, combine the first 6 ingredients. In a small bowl, beat dressing ingredients until smooth. Pour over fruit; toss gently to coat.



Nutrition Facts:

3/4 cup: 161 calories, 7g fat (2g saturated fat), 11mg cholesterol, 48mg sodium, 25g carbohydrate (22g sugars, 2g fiber), 1g protein.