



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

JANUARY 2024

Happy
New Year

The Spitzer Center will be **closed** on **Monday January 2nd** in observance of New Year's Day and on **Monday January 15th** in honor of Martin Luther King, Jr..

Doctor King was born on January 15, 1929 in Atlanta Georgia. His original birth name was Michael. He was a Baptist minister and social activist who led the civil rights movement in the United States from the mid-1950s until his death by assassination in 1968. His leadership was fundamental to that movement's success in ending the legal segregation of African Americans in the South and other parts of the U.S. King rose to national prominence as head of the Southern Christian Leadership Conference, which promoted nonviolent tactics, such as the massive march on Washington (1963), to achieve civil rights. He was awarded the Nobel Peace Prize in 1964.

And we all know with the new year along comes the sleet and snow. Keep in mind that if the schools close our van transportation is **cancelled** as well.

But for some good news!!!!
We'd like to welcome **Jan Blair**, who is replacing **Norman** as our new Director of the Elder Services Meals Program. Although we will miss our Norman, rest assured that Jan is dedicated, kind and hard-working who truly enjoys taking good care of people. **Welcome Jan.**



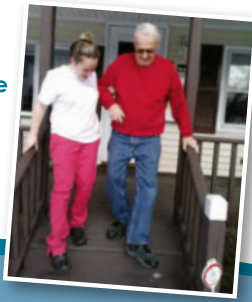
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HEALTH CORNER

A New Depression Therapy:

People who live with depression often struggle to find pleasure, even in situations they would normally enjoy. It's as if low mood colors their perceptions of things. To get at the reasons, Stanford Medicine scientists analyzed brain activity and found something that may explain the phenomenon. In a healthy brain, a processing region called the anterior insula sends signals to the anterior cingulate cortex, a region involved with emotions. But in three-quarters of subjects with depression, the usual pattern was reversed. The scientists showed that a treatment called Stanford neuromodulation therapy (SNT) helps shift neural activity back to the "normal" direction. Administered in 50 short sessions over five days, SNT involves placing a powerful electromagnetic coil on the scalp to stimulate specific regions of the brain. Clinical trials have shown that the therapy can help many sufferers in the large, hard-to-treat group that doesn't respond to antidepressants.

Dementia and the Digital Factor:

Spending time online may prevent or delay cognitive issues, suggests research from New York University. In a study that followed people over age 50 for an average of nearly eight years, those who spent time on the internet every day had the lowest risk of developing dementia. Those who rarely or never logged on were around twice as susceptible. Being online stimulates the mind, from staying socially connected to finding interesting things to read. The study showed benefit in people who spent as little as six minutes and as much as two hours online. But don't overdo it: though there was no proof of cause and effect, subjects who were online for more than six hours a day had the highest risk.

Take a Walk in Any Weather:

Plenty of studies show that green spaces such as city parks and blue spaces such as beaches boost psychological well-being. But what if your nearby landscapes are covered with snow? These "white spaces" offer perks too: In a recent Polish experiment involving 87 women ages 19 to 55, a 40-minute walk in a snowy woodland improved body image, an important aspect of mental health. The researchers think that trudging through snow might have shifted the participants' thoughts about their body, from insecurities about its appearance to an appreciation of its abilities. And soaking in the beauty of winter probably helped them relax and feel more positive about the world in general.

Know the Signs of Colorectal Cancer:

Unlike people over age 50, younger adults aren't screened regularly for colorectal cancer (CRC). But their CRC rate has risen steadily since the 1990's, possibly because of unhealthy diets. A study led by the Washington University School of Medicine revealed four red flags that should prompt untested people to see their doctors: abdominal pain, rectal bleeding, diarrhea and iron-deficiency anemia. People with even one of these conditions were twice as likely to have CRC, compared to people without them. With three or more of the conditions, the risk of CRC went up more than six times.

On January 24th beginning at 12:00, we will be serving meatball grinders with chips and dessert for lunch. The cost of the meal will be \$8.00. Tickets must be purchased ahead of the event, which will be available in the office.



COUNCIL ON AGING DIRECTOR

Sandra Lamb

ADMINISTRATIVE ASSISTANT

Brenda Zappone

OUTREACH WORKER

Pat Lescarbeau

NUTRITION SITE AND MEALS-
ON -WHEELS CO-ORDINATOR

Norman Antonio

VAN DRIVER

Kathy LaCasse

Keith Meyers

THINGS I'M SUPER GOOD AT

1. Forgetting someone's name 10 seconds after they tell me.
2. Buying produce..and throwing it away two weeks later.
3. Digging through the trash for the food box I just tossed, because I already forgot the directions.
4. Making plans and then immediately regretting making plans.
5. Leaving laundry in the dryer until it wrinkles, then turning on the dryer to dewrinkle, then forgetting it again.
6. Calculating how much sleep I'll get if I can just fall asleep right now.

3am thoughts

COUNCIL ON AGING

BOARD MEMBERS

Norman Antonio

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Jonna Blair

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Unfortunately the AARP Tax-Aide Program was unable to find a Local Coordinator to oversee tax preparation, therefore, we're sorry to announce that the AARP income tax program will not be available at the Spitzer Center.

Betty's **Snowman** Craft class will be held on Tuesday, January 9th beginning at 10AM. All materials will be provided. The class is limited to 7 people, so if you plan on attending call 413-662-3125 to make your reservations as soon as possible.



January 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>CLOSED</p> <p>HAPPY NEW YEAR</p>	<p>2</p> <p>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 11:30 Hot Lunch 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 1:00 Elder Services Caregiver Meeting</p>	<p>9</p> <p>9:30 Massage by Appt. 10:00 Snowman Craft 10:15 Meals on Wheels 11:30 Hot Lunch 12:10 Bingo</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 10:15 Meals on Wheels 12:10 Bingo 11:30 Hot Lunch 1:00 Balance Class</p>	<p>12</p> <p>10:15 Meals on Wheels 11:00 Reflexology by Appt. 11:30 Hot Lunch</p>
<p>15</p> <p>Spitzer Center Closed for Martin Luther King Jr. Holiday</p>	<p>16</p> <p>9:00 Foot Nurse by appointment 10:15 Meals on Wheels 11:30 Hot Lunch</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.A. & Wmst Blood Pressure Clinic 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 11:30 Hot Lunch</p>
<p>22</p> <p>10:00 Cribbage 10:15 Meals on Wheels 11:30 Hot Lunch 12:30 Bridge 1:00 Elder Services Caregiver Meeting</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 Meatball Grinder & dessert (buy tickets in office) 12:10 N.A. & Wmst Commons Bingo 1:00 Chair Yoga</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>	<p>31</p> <p>9:30 Tai Chi 10:15 Meals on Wheels 11:30 Hot Lunch 1:00 Chair Yoga</p>		

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DRIVING IN THE DARK

When aging eyes meet nighttime roadways, driving can be hazardous. Here’s why we struggle to see in the dark, and how you can make the road you travel safer. Driving as little as possible after dark is safety tip number one. But sometimes, especially when the days grow shorter, that simply isn’t an option. To maximize your vision:

1) **Use your brights at night in almost all cases, except when there are oncoming cars.**

Drivers often don’t see as well at night as they think they do, and high beams give them the best chance of reacting fast enough to an unexpected hazard.

2) **Don’t economize.** When buying a new or used car, look for models with top-rated headlights (go to iihs.org/ratings to find a car’s safety ratings). When given a choice, opt for the best headlights available.

3) **If your car is several years old, consider getting your headlights and casings replaced.** A 2018 study by AAA found that in at least two popular sedan models, degraded headlights and yellowed headlight casings meant that on low beams, the headlight were emitting just 22 percent of the light that new ones would provide making night driving hazardous.

4) **Keep your windshield and headlights cleaned,** For obvious reasons.

5) **Reset the illumination levels of your dashboard lights and any in-car screens to low.** Bright light inside makes it harder to see outside.

6) **Don’t skip the after-dinner coffee.** The National Highway Traffic Safety Administration reports that in 2017, 91,000 police-reported crashed involved drowsy drivers.



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.

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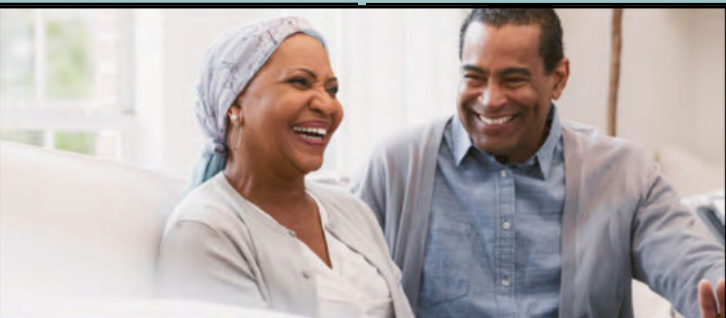
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1/1 CLOSED-New Years Day

1/2 Chicken Strips, pasta alfredo, broccoli florets, bread, fruit crisp

1/3 Breaded Pollock Loin, steamed brown rice, mixed greens, bread, orange

1/4 Eggplant Parmesan, buttered noodles, winter vegetables, bread, sliced peaches

1/5 Chicken w/gravy, mashed potatoes, green beans, roll, apricot halves

1/8 Beef & Cabbage Casserole, waxed beans, peas & carrots, bread, sliced pears

1/9 Lentil Stew, steamed brown rice, butternut squash, oat bread, diced mangos

1/10 Chicken on a Biscuit, buttered noodles, broccoli florets, lemon pudding

1/11 Swedish Meatball, gold potatoes, brussel sprouts, bread, fresh apple

1/12 Pork Chili, barley soup, mixed root vegetables, corn bread, mixed fruit

1/15 CLOSED-Martin Luther King Day

1/16 Roast Pork w/gravy, sweet potato, boiled cabbage, wheat bread, applesauce

1/17 Butternut Mac & Cheese, tomato soup, Tuscany veg, bread, sliced peaches

1/18 Chicken w/apple raisin gravy, potatoes, asparagus, chocolate chip cookie

1/19 Oriental Beef, white rice, carrots, 2 fortune cookies, pineapple

1/22 Chicken Curry, coconut rice, minted green beans, pita bread, apricot halves

1/23 Cheese Lasagna, mixed greens, minestrone soup, bread, spiced apples

1/24 Chicken Caccitore, wild rice pilaf, peas & pear onions, 12 grain bread, banana

1/25 Beef Stroganoff, buttered noodles, mixed vegetables, rye bread, sliced pears

1/26 Meatloaf & Gravy, lyonnaise potatoes, sliced beets, roll, mandarin oranges

1/29 Penne with Bolognese Sauce, capri blend, Italian bread, peach crisp

1/30 Chicken A La King, rice pilaf, winter blend veg, buttermilk biscuit, sliced pears

Give Thanks for Caregivers

Caregivers need a little TLC too. Caring for a loved one involves a full range of emotions—the demands can lead to stress, anxiety and loneliness, says Nicole Brackett, LPN, care delivery and education manager at Home-watch CareGivers. Having family members and friends acknowledge this, offer assistance and show appreciation is so important. When caregivers feel supported, it can help reduce burnout and let them take better care of themselves and their own mental and physical health.

Ways to Offer Support:

Take something off their plate. Ask them what task you can take over on their personal to-do list. Picking up a few things at the grocery store, shoveling the front walk, driving the kids to lessons.

Check in with Them. Some people find it hard to ask for help or are reluctant to “burden” others with problems or stressors that may be bothering them. Take the reins and remind them that you’re there for them by sending a little text or giving them a quick call to catch up. By offering a listening ear and emotional validation, friends and family can provide a crucial lifeline.

Send and Appreciation Surprise. An unexpected thinking of you moment will make a caregiver feel loved and cared for—bring them their favorite coffee or tea at work, drop off a home-cooked meal, or send them a new book you think they’ll love. “Small gestures will go a long way in brightening their journey.”



The Elder Services Caregiver meetings are held at the center on the **2nd and 4th Monday** of every month.