



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”

# JUNE 2024

### JUNE the official beginning of Summer. What Wonderful News!!!!!!!

Let's give a shout-out to all our **FATHER'S** living and deceased. Hope you father's day holds many smiles and warm memories. Hope it's a day when you feel how much **YOU** are **LOVED**

**On Thursday June 13th @ 11:45am**, we will be serving the Father's Day lunch at 11:45am **No walk-ins**. Bingo will begin at approximately 1:00PM. Call Jan @ 413-664-9826

**Also on June 13th @10am**, Betty will be holding her next craft class featuring Pop-Up Cards. Feel free to bring in small family pictures or any small printed items that you'd like to place in and on the cards.

### June 14th-Flag Day



June brings the official start of summer. The arrival of the Summer Solstice on June 20th brings the longest day of the year. The amount of daylight only goes down from here.....for the next six months.

## IMPORTANT NOTICES

Be advised, that beginning on **Friday May 24th** and every Friday thereafter until **August 30th**, the Spitzer Center will be closing at **1:00PM**. On those days the van must return to the center by 12:30pm. Please keep this in mind when making your van appointments on Fridays. Additionally, the **Brown Bag** program in June will be held on **Monday June 24th** at 12:30PM

**June 19th- Juneteenth Day the Spitzer Center will be CLOSED**

Please join us for bingo on Thursday June 27th at 12:15pm in celebrating “**Pride Month**”. Refreshments will be served. **PRIDE** P-Professionalism, R-Respect, I-Integrity, D-Diversity, E-Excellence

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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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## Your Risk of Alzheimer's Is Lower Than You Think

A surprising and mysterious trend has arisen in recent years that may help point us toward a cure for dementia: Rates of Alzheimer's disease in the U.S. are actually dropping. Indeed your risk may be lower than that of your parents or grandparents. In a 2019 study, Albert Hofman, M.D., chair of the Department of Epidemiology at the Harvard T.H. Chan School of Public Health, found rates had fallen 13 percent per decade over the previous 25 years in North America and Europe. Since about 75 percent of people with Alzheimer's also have problems with the blood vessels in their brain—leaks, narrowing and damage to tiny arteries can kill off brain cells and cause dementia. In addition to smoking follow these tips:

### Keep blood pressure and blood sugar levels healthy

High blood pressure and diabetes increase risk for thinking and memory problems that may precede dementia or Alzheimer's by 41% or more. They can harm brain by damaging blood vessels in the brain, boosting inflammation and encouraging the growth of Alzheimer's plaques and tangles.

### Getting regular exercise

Staying active can reduce risk for all types of dementia by 28% and for Alzheimer's disease by 45%. Exercise increases blood flow to the brain, reduces inflammation, helps control blood sugar and blood pressure and helps brain cells become more resilient.

### Eating more fruits and vegetables

A produce-packed diet with limited amounts of red meat, saturated fat and added sugar lowered risk for Alzheimer disease and dementia by up to 48% in a 2020 study of 921 older adults. Berries and spinach may help protect brain cells from damage caused by inflammation and destructive oxygen molecules called free radicals.

### Topping those actions with a multivitamin

A daily multivitamin had beneficial effects on thinking, reasoning and memory, according to a study published in December 2023 that compared people 60 and older using a multivitamin with those who were given a placebo. It's the third study published in recent years that showed a daily multivitamin had beneficial effects on the brain. Researchers cautioned that a daily pill isn't a substitute for a healthy diet, but it might offer extra insurance.

### Taking care of your ears and eyes

Hearing and/or vision loss increased risk for cognitive problems by 20 to 50% in a 2022 University of Toronto study of 5.4 million older Americans. Recent studies suggest hearing aids and taking care of vision problems such as cataracts could be protective.

### Pampering your mental health

Chronic stress, depression, anxiety and loneliness all boost risk for cognitive decline and dementia. Getting help for mental health issues and finding ways to socialize more with friends and family can help.

### Putting yourself on a regular sleep schedule

Difficulty sleeping boosts risk for cognitive problems in part by interfering with the flow of fluid and wastes out of the brain that normally happens during slumber, says neurologist Brendan Lucey, MD, section chief for sleep medicine at Washington University School of Medicine. If regular exercise, no caffeine later in the day and a relaxing bedtime routine don't help, talk with your doctor to rule out problems such as obstructive sleep apnea, Lucey suggests. Ask about cognitive behavior therapy for insomnia, too, he suggests.



**Do These Things Today. Be Safe Tomorrow**

**Open you iPhone's contact list and add your family, friends, doctors and other important numbers.** Then go into your phone settings and turn on the setting for "silence unknown callers." This will send any caller who isn't in your contacts list directly to voicemail.

**Every few months, revise the passwords on your financial accounts.** Your best bet is to use a passphrase: llovely17dogz! is much stronger than Scruffy23. Keep track of passwords in a highly secure password manager or by writing them down and storing them safely.

**Make sure you are signed out of any financial apps on your phone, credit cards, financial institutions and peer-to-peer apps such as Venmo, CashApp or Zelle.** Also make sure your account settings require security measures such as a PIN, fingerprint, or facial recognition. This ensures that if your phone is stolen, the thief will not have access to your money.

**Be skeptical.** Many criminals use friendliness, compassion and kindness as their persuasion method, rather than fear and intimidation. Likewise, scammers create a sense of urgency to get you to act out of emotion rather than logic, If you feel pressured or manipulated, walk away.

**Audit your wallet or purse.** That means remove cards and information you don't need to carry (such as your Social Security or Medicare card). And make copies of anything you do need to carry (front & back) and store in a safe place at home.

**Routinely monitor your credit report.** Some banks or credit cards offer this as a free service. You can also go to AnnualCreditReport.com or call 1-877-322-8228 to get free reports from the big three credit bureaus. Watch for unusual activity; if you see any, report it immediately to all three bureaus and appropriate financial institutions.

**Add the AARP Fraud Watch Network Help-line phone number into you phone right now** if you need to report a scam attempt or get more advice on staying safe. 1-877-908-3360

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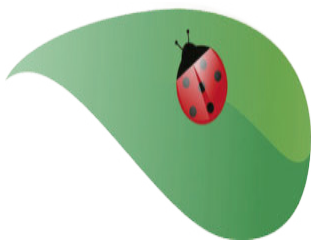

Patricia Flaherty

Gary Phillips

On Thursday, June 20th beginning at 10am, Jen Barbeau from Mountain Girl Farm will be talking about Summer Salads. Please join us as we indulge in tasting her delicious samplings.



# June 2024

Monday	Tuesday	Wednesday	Thursday	Friday
				
<p style="text-align: right;"><b>3</b></p> <p>10:00 Cribbage 10:15 Meals on Wheels 11:30 Hot Lunch 12:10 <b>Bingo</b> 12:30 Bridge</p>	<p style="text-align: right;"><b>4</b></p> <p>10:00 <b>Coffee &amp; Muffins w/ Folksinger, Guitar Player, Cameron Sutphin</b> 10:15 Meals on Wheels 11:30 Hot Lunch 3:00 <b>Zumba Gold</b></p>	<p style="text-align: right;"><b>5</b></p> <p>9:30 Tai Chi 10:15 Meals on Wheels 11:30 Hot Lunch 1:00 Chair Yoga</p>	<p style="text-align: right;"><b>6</b></p> <p>10:00 <b>Northern Berkshire Retirees Club</b> 10:15 Meals on Wheels 11:30 Hot Lunch 12:10 Bingo 1:00 Yoga For Balance</p>	<p style="text-align: right;"><b>7</b></p> <p>10:00 <b>Pitch</b> 10:15 Meals on Wheels 11:00 –12:00 Western Mass Food Truck 11:30 Hot Lunch</p>
<p style="text-align: right;"><b>10</b></p> <p>10:00 Cribbage 10:15 Meals on Wheels 11:30 Hot Lunch 12:30 Bridge 1:00 <b>Elder Services Caregiver Meeting</b></p>	<p style="text-align: right;"><b>11</b></p> <p>9:30 <b>Massage by Appt.</b> 10:00 <b>Drawing Class</b> 10:15 Meals on Wheels 11:30 Hot Lunch 12:10 Bingo 3:00 <b>Zumba Gold</b></p>	<p style="text-align: right;"><b>12</b></p> <p>9:30 Tai Chi 10:15 Meals on Wheels 10:30 <b>Fallon Health, Learning about Food Labels &amp; Portion Sizes</b> 11:30 Hot Lunch 1:00 Chair Yoga</p>	<p style="text-align: right;"><b>13</b></p> <p>10:00 <b>Fallon Health Navigator</b> 10:00 <b>Craft Class</b> 10:15 Meals on Wheels 11:30 <b>Father's Day Lunch</b> 12:10 Bingo 1:00 Yoga For Balance</p>	<p style="text-align: right;"><b>14</b></p> <p>10:00 <b>Reflexology by Appt.</b> 10:00 <b>Pitch</b> 10:15 Meals on Wheels 11:30 Hot Lunch</p>
<p style="text-align: right;"><b>17</b></p> <p>10:00 Cribbage 10:15 Meals on Wheels 11:30 Hot Lunch 12:10 <b>Bingo</b> 12:30 Bridge</p>	<p style="text-align: right;"><b>18</b></p> <p>9:00 <b>Foot Nurse by Appointment</b> 10:00 <b>United Cerebral Palsy Presentation</b> 10:15 Meals on Wheels 11:30 Hot Lunch 3:00 <b>Zumba Gold</b></p>	<p style="text-align: right;"><b>19</b></p> <p style="text-align: center;"><b>Spitzer Center Closed For Juneteenth Day Holiday</b></p>	<p style="text-align: right;"><b>20</b></p> <p style="text-align: center;"><b>Popcorn Day</b></p> <p>10:00 <b>Mountain Girl Farm</b> 10:15 Meals on Wheels 11:30 Hot Lunch 12:10 Bingo 1:00 Yoga For Balance</p>	<p style="text-align: right;"><b>21</b></p> <p>10:00 <b>Pitch</b> 10:15 Meals on Wheels 11:00 –12:00 Western Mass Food Truck 11:30 Hot Lunch</p>
<p style="text-align: right;"><b>24</b></p> <p>10:00 Cribbage 10:15 Meals on Wheels 11:30 Hot Lunch 12:30 Bridge 12:30 <b>Brown Bag</b> 1:00 <b>Elder Services Caregiver Meeting</b></p>	<p style="text-align: right;"><b>25</b></p> <p>10:00 <b>Drawing Class</b> 10:15 Meals on Wheels 11:30 Hot Lunch 12:10 Bingo 3:00 <b>Zumba Gold</b></p>	<p style="text-align: right;"><b>26</b></p> <p>9:30 Tai Chi 10:15 Meals on Wheels 10:45 <b>Reiki by Appt.</b> 11:30 Hot Lunch 12:30 <b>Triad Meeting</b> 1:00 Chair Yoga</p>	<p style="text-align: right;"><b>27</b></p> <p>10:15 Meals on Wheels 11:30 Hot Lunch 12:15 <b>"Pride" Bingo</b> 1:00 Yoga For Balance</p>	<p style="text-align: right;"><b>28</b></p> <p>10:00 <b>Pitch</b> 10:15 Meals on Wheels 11:30 Hot Lunch</p>

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On **Tuesday June 4th** starting at **10am**, we will be serving coffee and muffins while being entertained by **Cameron Sutphin**, who is a folksinger/guitar player. Cameron plays classic country and folk music. In 2017 as a solo act, he released his debut Nashville Recorded CD, Heartbreak Town. He also had the privilege to share the stage with many performing artists including national touring artists Drew Kelly, Mary Mandeville and Raianne Richards,, as well as Emily Ann Roberts season 9 runner-up on the Voice. If you're planning on attending, call 413-662-3125 to make your reservation.

On **Wednesday June 12th** beginning at **10:30am**, Fallon Health will be holding a Presentation on **Learning about Food Labels and Portion Sizes**. The presentation will focus on:

- **Portion and a serving size what's the difference**
  - **Strategies to right-size your portions**
- **What you need to know about reading food labels**

On Tuesday **June 18th** at **10AM**, UCP of Western Mass will be holding their presentation on **Assistive Technology including: Vision and Hearing Technology**-they have handheld magnifiers, large CCTV desktop magnifiers, color blind glasses, braille displays. For hearing, they have personal amplifiers, caption telephones, bed shaker alarms, and various flash alarms.

**Activities of Daily Living:**

They have technology that can help you with daily living tasks such as dressing, cooking, eating and recreation, including adaptive utensils, shoe horns, grabbers, comfort animal robots, medication and dispensers and more.

**Speech and Communication:**

They have options for AAC (augmentative and alternative communication), This includes symbol books, quick talkers, speech buttons/switches and iPads with AAC programs such as LAMP, Proloquo2go and Touchchat.

Please contact the center at 413-662-3125 if you plan on attending any or all the above programs. **Thank you.**

## 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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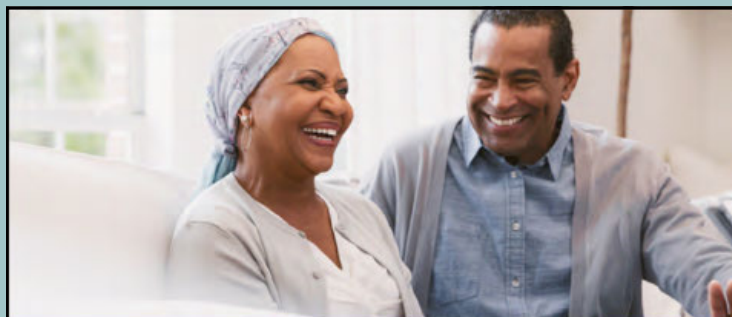
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6/3 Beef Stroganoff, buttered noodles, brussel sprouts, dinner roll, sliced pears

6/4 Tuna Salad Sandwich, Italian wedding soup, asparagus cuts, hot dog roll, apple crisp

6/5 Goulash, sliced beets, peas & carrots, Italian bread, sliced peaches

6/6 BBQ Pulled Pork, boiled gold potatoes, broccoli florets, hamburger roll, banana

6/7 Orange Chicken, steamed white rice, snap peas, oat nut bread, pineapple & mandarins

6/10 Ravioli w/Marinara, green beans almondine, summer squash, bread, orange

6/11 Turkey Chef's Salad, rice salad, cherry tomatoes, wheat bread, dried cranberries

6/12 Chicken Puttanesca, mashed potatoes, Sonoma blend, oat nut bread, diced pears

6/13 Beef Wellington, mashed sweet potatoes, cauliflower w/pimento, chocolate pudding

6/14 Sliced Turkey w/gravy, mashed potatoes, spinach tomato blend, bread, strawberry cup

6/17 Vegetarian Baked Beans, Sauerkraut, hot dog bun, fresh apple

6/18 BBQ Chicken Breast, buttered boiled potatoes, butternut squash, tropical fruit salad

### 6/19 JUNETEENTH DAY—CLOSED

6/20 Swedish Meatballs, buttered egg noodles Italian blend vegetables, bread, mixed fruit

6/21 Spanish Rice (beef), broccoli florets, carrots, tortilla shell, mango

6/24 Lemon Pepper Chicken, German potato salad, cucumber yogurt, bread, sliced peaches

6/25 Pork Roast w/gravy, mashed sweet potatoes, ratatouille, dinner roll, apricots

6/26 Oriental Beef, steamed brown rice, oriental vegetables, wheat bread, fruit cocktail

6/27 Salisbury Steak, mashed potatoes, mixed greens, 12 grain bread, diced melon

6/28 Scrambled Egg Patty, O'Brien potatoes, mixed vegetables, wheat bread, raisins

### Garlic-Grilled Chicken with Pesto Zucchini Ribbons

#### Ingredients:

2 teaspoons grated lemon zest  
2 tablespoons lemon juice  
4 garlic cloves, minced  
1/2 teaspoon coarsely ground pepper  
1/4 teaspoon salt  
4 boneless skinless chicken breast halves (6 ounces each)

#### Zucchini Mixture:

4 large zucchini (about 2-1/2 pounds)  
1/4 cup chopped oil-packed sun-dried tomatoes  
1 teaspoon olive oil  
2 garlic cloves, minced  
1/4 teaspoon salt  
1/4 teaspoon crushed red pepper flakes  
1/4 teaspoon coarsely ground pepper  
1/4 cup prepared pesto  
4 ounces fresh mozzarella cheese, cut into 1/2 cubes

#### Directions:

1. In a large bowl, mix the first five ingredients. Add chicken; turn to coat. Let stand 15 minutes.
2. Meanwhile, for noodles, trim ends of zucchini. Using a cheese slicer or vegetable peeler, cut zucchini lengthwise into long thin slices. Cut zucchini on all sides, as if peeling a carrot, until the seeds become visible. Discard seeded portion or save for another use.
3. Grill chicken, covered over medium heat or broil 4 in. from heat 4-5 minutes on each side or until a thermometer inserted in chicken reads 165 degrees. Remove from grill; keep warm
4. In a large nonstick skillet, heat tomatoes and olive oil over medium-high heat. Add garlic, salt, pepper flakes and pepper; cook and stir 30 seconds. Add zucchini, cook and stir 2-3 minutes or until crisp-tender. Remove and add pesto
5. Cut chicken into slices. Serve with noodles. Top with mozzarella.