



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”

MAY 2024

Happy Mother's Day

Our staff would like to extend a very Happy Mother's Day to all mother's living and deceased. You shaped our world with your wisdom, love, and strength, for which we are extremely grateful. **THANK YOU MOM**

On **Thursday May 9th**, our luncheon will be honoring all Mom's living and deceased. Lunch will begin at 11:45am. If you plan on attending, a required reservation must be made by calling Jan at 413-664-9826.



On Tuesday, March 19th, with the assistance of the following volunteers (in alpha order), **Jonna Blair, Nancy Canales, Betty Dickinson, Julie Hanify, Sue Landry and Kathy Remillard**, we filled 180 bags of Easter candy and 80 bags of pudding that were distributed to the residents of the North Adams and Williamstown Commons Nursing Homes. And a special shout out to our **Easter Bunny J.C. (Jim) Cables**. It was such a joy seeing so many smiling faces. **THANK YOU!!!!!!!!!!**

On **Thursday May 23rd**, we will be celebrating Memorial Day featuring a picnic lunch. The meal will consist of a Low Sodium Hot Dog, vegetarian baked beans, sauerkraut, hot dog roll, macaroni salad, ice cream and a melon cup. **Registration is required.** Call Jan @ 413-664-9826.



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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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May Happenings

Like to play cards? Beginning on **Friday May 3rd** and every Friday thereafter, we will begin playing **Pitch** at 10AM. Come on in and enjoy the FUN.

Thursday May 9th - Debbie Stanlewicz, Fallon Health Navigator 10AM

Thursday May 9th - Mother's Day Luncheon beginning at 11:45AM. Please contact Jan @ 413-664-9826 to make your required reservation. Root beer floats will be served.

Friday May 10th - Massage Therapy with Jess Wilson. Appointments begin at 9:30AM Call the center at 413-662-3125 to make your required appointment.
15-minute Chair Massage \$20, 30-minute Table Massage \$40

Beginning on **Tuesday May 14th** at 10AM, Brigita Fuhrmann will be teaching 7 easy, relaxing drawing lessons, progressing from line to shading, texture, pattern and composition. No prior experience is necessary. We will provide the paper and #2 pencils. If you choose, you may want to bring additional erasers. This class will take place every Tuesday for **7 weeks** with the **exception** of **Tuesday May 21st** and **June 4th**. The last class will be held on **July 9th**. Although the class does not require a reservation, we would appreciate a call to let us know if you will be attending.

Wednesday May 15th - REIKI beginning at 10:45AM. Appointments are required.

Thursday May 16th - **The O-Tones**, a 5-piece musical group, will be performing Swing, Blues & Soul Music at the center beginning at 1PM. The O-Tones group brings energy to the music they play. You will hear hits by Ella Fitzgerald, Marvin Gaye, Frank Sinatra, The Temptations, Nina Simone, The Supremes and more. We will be providing a dessert table after their performance. Please note, that both the **Bingo** and **Balance class** are being cancelled in order to accommodate this special event. **Registration is required.**

Friday May 17th - 30-minute Reflexology appointments are available beginning at 11am. Appointments are required. No charge, but good will donations to Paul can be accepted.

Tuesday May 21st-Jen Barbeau from Mountain Girl Farm, will be presenting "**Spring in the Garden**" beginning at 10AM. Her presentation will be focusing on asparagus, peas, along with other spring garden vegetables, plants and flowers. Jen's presentations are always very informative and fun.

The Massachusetts Family Caregiver Support Program (MFCSP) is a program that Elder Services of Berkshire County operates on behalf of the Executive Office of Elder Affairs and the Administration for Community Living. The MFCSP is focused on providing support to caregivers of individuals who are 60 years of age or older, under 60 with a diagnosis of Alzheimer’s/Dementia, a senior raising an adult child with a physical or developmental disability, or a grandparent raising a grand-child. There is no cost for joining the program and receiving support.

Elder Services hosts support groups at various Councils on Aging throughout Berkshire with the Mary Spitzer Center being the host site for the North County support group. The meetings are held on the 2nd and 4th Monday of each month from 1PM-2:30PM. The support group is a safe space for caregivers of all kind to come together and share their common struggles, provide mutual support and avail each other of resources and supports.

If you are a caregiver and this program sounds like it would be beneficial to you, contact Elder Services at 413-499-0524 and ask for their Information and Referrals department about getting a referral for caregiver support.



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Losing Sleep over Insomnia

Sleeping medications aren’t always effective long term, and they come with serious risks, such as memory problems and addiction. But we know that changes to thoughts and behaviors can help with insomnia just as much as meds can—if not more. One of these tweaks is to stop watching the clock when you’re hoping to nod off. Recent research led by a team at Indiana University found evidence that monitoring the time makes people feel more frustrated, which exacerbates their insomnia and ultimately makes them more likely to turn to pills.

MAY 2024

Monday	Tuesday	Wednesday	Thursday	Friday
		1 9:30 Tai Chi 10:15 Meals on Wheels 11:30 Hot Lunch 1:00 Chair Yoga	2 10:00 Northern Berkshire Retirees Club 10:15 Meals on Wheels 11:30 Hot Lunch 12:10 Bingo 1:00 Balance Class	3 10:00 Pitch 10:15 Meals on Wheels 11:00 –12:00 Western Mass Food Truck 11:30 Hot Lunch
6 10:00 Cribbage 10:15 Meals on Wheels 11:30 Hot Lunch 12:10 Bingo 12:30 Bridge	7 10:15 Meals on Wheels 11:30 Hot Lunch 3:00 Zumba Gold	8 9:30 Tai Chi 10:15 Meals on Wheels 11:30 Hot Lunch 1:00 Chair Yoga	9 10:00 Fallon Health Navigator 10:15 Meals on Wheels 11:45 Mother's Day Lunch 12:10 Bingo 1:00 Balance Class	10 9:30 Massage by Appt. 10:00 Pitch 10:15 Meals on Wheels 11:30 Hot Lunch
13 10:00 Cribbage 10:15 Meals on Wheels 11:30 Hot Lunch 12:30 Bridge 1:00 Elder Services Caregiver Meeting	14 10:00 Drawing Class 10:15 Meals on Wheels 11:30 Hot Lunch 12:10 Bingo 3:00 Zumba Gold	15 9:30 Tai Chi 10:15 Meals on Wheels 10:45 Reiki by Appt. 11:30 Hot Lunch 1:00 Chair Yoga	16 10:15 Meals on Wheels 11:30 Hot Lunch 12:10 NO BINGO 1:00 NO BALANCE 1:00 THE O-TONES MUSICAL GROUP	17 10:00 Pitch 10:15 Meals on Wheels 11:00 –12:00 Western Mass Food Truck 11:00 Reflexology by Appt. 11:30 Hot Lunch 12:30 Stamford Seniors
20 10:00 Cribbage 10:15 Meals on Wheels 11:30 Hot Lunch 12:10 Bingo 12:30 Bridge	21 9:00 Foot Nurse by Appt. 10:00 Mountain Girl Farm 10:15 Meals on Wheels 11:30 Hot Lunch 1:00 N.A.C.O.A Board Meeting 3:00 Zumba Gold	22 9:30 Tai Chi 10:15 Meals on Wheels 11:30 Hot Lunch 1:00 Chair Yoga	23 Popcorn Day 10:15 Meals on Wheels 11:30 Memorial Day Picnic Lunch 12:10 Bingo 1:00 Balance Class	24 10:00 Pitch 10:15 Meals on Wheels 11:30 Hot Lunch 12:30 Brown Bag
27 Spitzer Center Closed For Memorial Day Holiday	28 10:00 Drawing Class 10:15 Meals on Wheels 11:30 Hot Lunch 12:10 Bingo 3:00 Zumba Gold	29 9:30 Tai Chi 10:15 Meals on Wheels 11:30 Hot Lunch 1:00 Chair Yoga	30 10:15 Meals on Wheels 11:30 Hot Lunch 12:10 Bingo 1:00 Balance Class	31 10:00 Pitch 10:15 Meals on Wheels 11:30 Hot Lunch

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HEALTH CHECKLIST

Think Before You Snack

Americans consume an average of 400 to 500 calories in snacks daily, shows a survey of nearly 20,000 folks. That’s more calories than many of them eat for breakfast. Plus, many non-mealtime nibbles have no nutritional value.

- ◆ **Keep satisfying veggies and hummus or air-popped popcorn on hand.**

Try This for Better Sleep

A relaxation technique called yoga nidra could improve your zzz’s and your memory, reports a new study. Practice lying down in bed, following just a few steps for deep relaxation. People who did it for 20 minutes a day for two weeks saw boosts in sleep quality and cognition.

- ◆ **Check out the podcast *Mindful in Minutes*, which has episodes on yoga nidra.**

Breathe In The Spring Air

Getting outside feels good, and a new study adds this fun finding: Living near water or green spaces is associated with improved mental health. That lowering of psychological distress could help ward off dementia later.

- ◆ **Embark on a nature scavenger hunt with your kid or grandkid.**

Check Your Ears

Having trouble hearing? Consult an ear, nose and throat doc. Not only is hearing connected to happiness, but also research shows that wearing a hearing aid could be a key to living longer. People with hearing loss who use hearing aids have a lower mortality risk than those who don’t.

- ◆ **See if you can save time/and or money by buying OTC hearing aids.**

Schedule That Colonoscopy

No, it’s not a pleasant experience, but it could be a lifesaving one! Recent research shows that colon cancer screenings reduce the rate of this cancer by twice as much as previously thought.

- ◆ **Ask your doc when you should be screened, especially if you’re 45 or older.**



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:

Friends of the N. Adams Council on Aging
 116 Ashland Street
 North Adams, MA 01247

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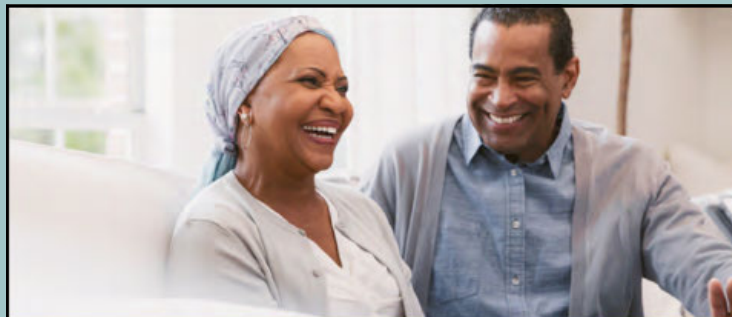


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2024 Income guidelines
to qualify for Fuel Assistance

Family Size	Income
1	\$45,392
2	\$59,359
3	\$73,326

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413-445-4503
North County
413-663-3014

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5/1 Moroccan Beef Stew, warm barley, brussel sprouts, bread, sliced peaches
5/2 Veal Parmesan, pasta w/marinara sauce, yellow & green beans, bread, mixed fruit
5/3 Sweet N Sour Pork, brown rice, broccoli florets, oat nut bread, dried cranberries
5/6 Chicken Caesar Salad, carrot raisin slaw, whole wheat bread, mandarin oranges
5/7 Pasta Primavera, chickpea tomato medley, rye bread, warm applesauce
5/8 Chicken Burger w/tomato slice, au gratin potatoes, cauliflower w/pimento, bun, pears
5/9 Sliced Turkey w/gravy, mashed potatoes, asparagus cuts, roll, chocolate chip brownie
5/10 Lasagna w/meat sauce, wax beans, peas w/pimentos, wheat bread, sliced peaches
5/13 Scrambled Egg Patty, asparagus, mine-strome soup, croissant, apricots
5/14 Teriyaki Beef w/broccoli, steamed white rice, carrots, bread, pineapple & mandarins
5/15 Chicken Bruschetta, buttered noodles, lima beans, whole wheat bread, fresh apple
5/16 Meatloaf w/gravy, mashed potatoes, spinach, oat nut bread, blueberry yogurt
5/17 Chicken Stuffed with Broccoli & Cheese, sweet pots, mixed veg, strawberry cup
5/20 Chicken Marsala, sour cream mashed pot, mixed greens, bread, fruit cocktail
5/21 Roast Pork w/gravy, rice Florentine, spring blend vegetables, bread, applesauce
5/22 Beef Burgundy, garlic mashed potatoes, lyonnaise carrots, whole wheat bread, diced pears
5/23 Low Sodium Hot Dog, vegetarian baked beans, sauerkraut, hot dog roll, melon cup
5/24 Chicken Salad, ancient grains mix, New England slaw, 1/2 pita, fresh orange
5/27 **MEMORIAL DAY—CLOSED**
5/28 Lexington BBQ Chicken, confetti rice, summer squash, wheat bread, sliced peaches
5/29 Salmon w/Soy Ginger, green bean vinaigrette, cold spiced beets, bread, pineapple

Chicken Cutlets with Sun-Dried Tomato Cream Sauce

Ingredients:

1 pound chicken cutlets
 1/4 teaspoon salt, divided
 1/4 teaspoon ground pepper, divided
 1/2 cup slivered oil-packed sun-dried tomatoes, plus 1 tablespoon oil from the jar
 1/2 cup finely chopped shallots
 1/2 cup dry white wine
 1/2 cup heavy cream
 2 tablespoons chopped fresh parsley

Directions:

Step 1: Sprinkle chicken with 1/8 teaspoon each salt and pepper. Heat sun-dried tomato oil in a large skillet over medium heat. Add the chicken and cook, turning once, until browned and an instant-read thermometer inserted into the thickest part registers 165 degrees F, about 6 minutes total. Transfer to a plate.

Step 2: Add sun-dried tomatoes and shallots to the pan. Cook, stirring for 1 minute. Increase heat to high and add wine. Cook, scraping up any browned bits, until the liquid has mostly evaporated, about 2 minutes. Reduce heat to medium and stir in cream, any accumulated juices from the chicken and the remaining 1/8 teaspoon each salt and pepper; simmer for 2 minutes. Return the chicken to the pan and turn to coat with the sauce. Serve the chicken topped with the sauce and parsley.

