



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”

OCTOBER 2023

On **Tuesday, October 31st**, the Spitzer Center will be celebrating their annual **Halloween Luncheon Party at 11:45am**. **Registration is required which will take place the week of October 23rd through October 27th. NO WALK-INS** **Contact Norman at 413-662-3125**. Prizes will be awarded for the prettiest, most original and scariest. Additionally, there will be an opportunity to play games and win prizes. Bingo will not begin until 1:00pm.



IMPORTANT INFORMATION

Medicare Open Enrollment is October 15th—December 7th. A State Certified SHINE counselor will be on-site at the Spitzer Center on **Tuesday, November 7th from 9am to 4pm** to answer individual questions **by appointment only**. Each person attending **must** schedule a **30 minute** appointment. The SHINE counselor can help you understand your health care coverage, review cost increases, and tell you what's new with Medicare. You can compare your Medicare benefits and health insurance options at no cost. This appointment could reduce your out of pocket medical and/or prescription drug costs. In addition, meeting with a SHINE counselor during open enrollment can help you identify public benefit programs that can help with premiums, co-payments and health coverage based on income and assets. To schedule your appointment, call 413-662-3125. It is **imperative** that you bring your **Medicare card and a list of your prescriptions** in order for the counselor to review your options.



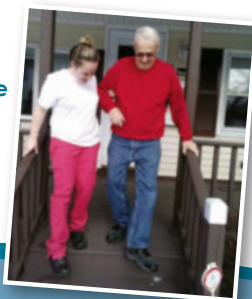
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- 2: Get to KNOW your banker
- 3: INFORM your attorney of suspicious behavior

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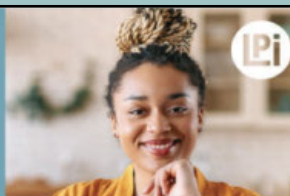
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IMPORTANT NOTIFICATION

Effective November 1st and until further notice, van transportation to Pittsfield and Bennington ,VT will not be available. **Sorry for this inconvenience.**

OCTOBER IS BREAST CANCER AWARENESS MONTH

If you are a woman and you are growing older, you are at risk for breast cancer.

- ◆ Breast cancer is the most common type of cancer among women. It is the second leading cause of death for women ages 40 to 55. If it is found early enough, it can be treated.

How likely am I to develop breast cancer?

- ◆ Your age and a family history of breast cancer may affect how likely you are to develop this illness. People with no risk factors can still get breast cancer.

What can I do to help prevent breast cancer?

- ◆ At this time we do not know how to prevent breast cancer. However, we do know that early detection may save your life. That is why you should do your own monthly self-breast exams. You should also get a clinical breast exam each year. If you are over age 40, get a mammogram each year or as often as recommended by your health care provider.

How can I do a self-breast exam?

- ◆ Your health care provider can show you how to check your own breasts. By checking your breasts every month you will notice if there are any changes. For women over 20 years old, the best time to do this is every month after your period ends. If you no longer get your period, pick the same day each month to do the exam. If you find any changes, contact your health care provider.

What is a clinical breast exam?

- ◆ A health care provider should examine your breasts for any lumps or changes that may be the sign of a problem. It is important to get a clinical breast exam every year if you are over age 20. A clinical breast exam may find a problem that a mammogram does not.

A THREE PART ACTION PLAN

Part A: Mammogram

Part B: Clinical Breast Exam

Part C: Breast Awareness

Free van rides will be provided to seniors who have scheduled their mammogram in the month of October



Find More Ways to Save Money

As an older adult, there are many ways for you to save or earn money that you may not know about. Here are a few ways you can keep more money in your pocket:

- Take advantage of senior discounts. Many stores offer discounts on certain days. Find out what these days are and plan to shop then so you can take advantage of the savings.
- Find out which programs you're eligible for. Visit benefitscheckup.org, a free tool offered by the National Council on Aging, to match you with additional programs or benefits designed to help save you money. After you answer a few confidential questions, the website will generate a report of programs you may be eligible for.
- Volunteer. Some volunteering opportunities pay you while you give back. Some examples are the Senior Corps and Retired Senior Volunteer Program.
- Apply for extra help with your Medicare prescription drug plan costs. This is a program that help you pay for certain costs associated with your prescription drug plan, including monthly premiums and prescription co-payments. To find out whether you qualify for extra help and to apply, visit medicare.gov and search "extra help"

Come and enjoy our OCTOBER GRIDDLE FEAST with Mountain Girl Farm on Thursday October 26th at 10am. Jen will be serving coffee & griddle squash pancakes plus other surprises. It's always a delicious, incredible, educational and fun experience!!!!!!!!!!!!!!!!!!!!!!

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My 86-year-old father was trudging up the stairs carrying rolls of toilet paper to each of the three bathrooms in his house. As I passed him, I heard him mutter, "My first job was delivering papers too."



October 2023

Monday	Tuesday	Wednesday	Thursday	Friday
2 10:00 Cribbage 10:15 Meals on Wheels 11:30 Hot Lunch 12:10 Bingo 12:30 Bridge	3 10:15 Meals on Wheels 11:30 Hot Lunch	4 9:30 Tai Chi 10:15 Meals on Wheels 11:30 Hot Lunch 1:00 Chair Yoga	5 10:00 Northern Berkshire Retirees Club 10:15 Meals on Wheels 12:10 Bingo 1:00 Balance Class	6 10:00 –11:00 Western Mass Food Truck 10:15 Meals on Wheels 11:30 Hot Lunch
9 <i>Spitzer Center closed for Columbus Day Holiday</i>	10 10:15 Meals on Wheels 11:30 Hot Lunch 12:10 Bingo 1:00 COA Board Meeting	11 9:30 Tai Chi 10:15 Meals on Wheels 11:30 Hot Lunch 1:00 Chair Yoga	12 10:00 Fallon Health Navigator 10:00 B.C.A.C. Fuel Assistance 10:15 Meals on Wheels 11:30 Hot Lunch 12:10 Bingo 1:00 Balance Class	13 10:00 Hoosic River Revival Meeting 10:15 Meals on Wheels 11:30 Hot Lunch 1:00 Reflexology
16 10:00 Cribbage 10:15 Meals on Wheels 11:30 Hot Lunch 12:10 Bingo 12:30 Bridge	17 9:00 Foot Nurse by Appointment 10:00 Flu & Covid shots 10:15 Meals on Wheels 11:30 Hot Lunch	18 9:30 Tai Chi 10:15 Meals on Wheels 10:45 REIKI 11:30 Hot Lunch 1:00 Chair Yoga	19 POPCORN DAY 10:00 Blood Pressure Clinic 10:15 Meals on Wheels 11:30 Hot Lunch 12:10 Bingo 1:00 Balance Class	20 10:00 –11:00 Western Mass Food Truck 10:15 Meals on Wheels 11:30 Hot Lunch 12:30 Stamford Seniors Meeting
23 10:00 Cribbage 10:15 Meals on Wheels 11:30 Hot Lunch 12:30 Bridge 1:00 Elder Services Caregiver Support Grp.	24 10:00 Book Club (The Ghost) 10:15 Meals on Wheels 11:30 Hot Lunch 12:10 Bingo	25 9:30 Tai Chi 10:15 Meals on Wheels 11:30 Hot Lunch 12:30 Triad Meeting 1:00 Chair Yoga	26 10:15 Meals on Wheels 11:30 Hot Lunch 12:10 Bingo 1:00 Balance Class	27 10:15 Meals on Wheels 11:30 Hot Lunch 12:30 Brown Bag
30 10:00 Cribbage 10:15 Meals on Wheels 11:30 Hot Lunch 12:30 Bridge	31 9:30 Massage Therapy 10:15 Meals on Wheels 11:45 Halloween Party 1:00 Bingo			

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WELCOME TO FALL !!!!!!!

The leaves are changing color, there's a chill in the air and you can finally pull all of your sweaters out of storage. Fall has finally arrived. With it comes countless opportunities to snap photos with friends and family as you welcome a season of pumpkin spice lattes and cozy nights around the fire.

OCTOBER HAPPENINGS

October 9th—CLOSED—COLUMBUS DAY

October 12th—Representatives from Berkshire Community Action Council (BCAC) will be discussing the **Fuel Assistance Program**. We encourage people to attend to hear about this crucial program. 10AM

October 12th—Fallon Health Coordinator 10-am-12pm

October 17th—Flu & Covid shots—Registration is required 10am-12pm

October 19th—North Adams & Williamstown Commons Blood Pressure Clinic 10am-11am

October 20th—Stamford Seniors Meeting 12:30PM

October 24th—North Adams & Williamstown Commons Bingo—12:10pm Free prizes.

October 25th—Storey Publishing will be sponsoring a Community Service Day at the Center from 11am-12pm. Their employee and poetry author will be reading her Poems. Each attendee will be receiving a gift bag. Please register by calling the Center @ 413-662-3125.

October 25th—TRIAD Meeting 12:30PM The Berkshire County District Attorney will be guest speaker.

On October 13th from 10am-12pm, there will be a Community Listening Session discussing the Feasibility Study of the Flood Control System. WE NEED YOUR INPUT. All are Welcome. Questions? Email: info@hoosicriverrevival.org

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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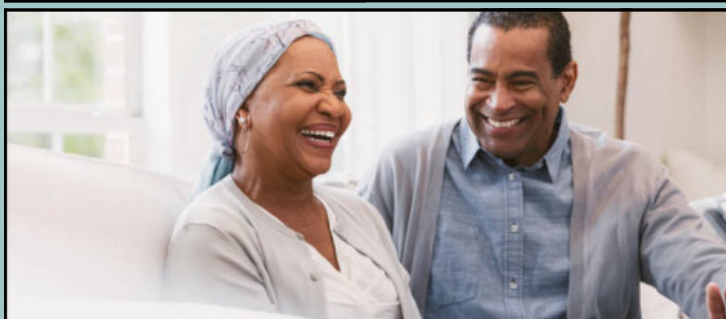
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Do you need help paying your heating bills?

Berkshire Community Action Council may be able to help.

BCAC Fuel Assistance Guidelines

Household Size	Gross Annual Income
1	\$42,411
2	\$55,461
3	\$68,511
4	\$81,561
5	\$94,610
6	\$107,660
7	\$110,107
8	\$112,554



If you are eligible for fuel assistance, you may qualify for more helpful programs.

To learn more about what BCAC can do for you, contact us:
Central / South County | 413-445-4503
North County | 413-663-3014

bcacinc.org

10/2 Veal Parm, penne with red sauce, asparagus cuts, oat nut bread, sliced pears

10/3 Greek Chicken Stew, wild rice pilaf, broccoli, 12 grain bread, mandarin orange

10/4 Turkey & Gravy, mashed potatoes, capri blend, dinner roll, tapioca pudding

10/5 Sweet & Sour Meatballs, noodles, cauliflower, bread, fruit cocktail

10/6 Chicken Fajita, rice w/beans, peas, tortilla shell, banana

10/9 CLOSED—COLUMBUS DAY

10/10 Orange Tarragon Chicken, buttered noodles, red cabbage, bread, raisins

10/11 Yankee Pot Roast, mashed potatoes, sliced carrots, oat nut bread, sliced peaches

10/12 White Chicken Chili, brown rice, stewed tomatoes, oat nut bread, apricots

10/13 Salisbury Steak w/gravy, boiled red potatoes, winter blend, bread, fresh orange

10/16 Chicken Puttanesca, mashed potatoes, Monaco vegetables, bread, apple

10/17 Roast Pork w/gravy, mashed sweet potato, succotash, bread, tropical fruit mix

10/18 Meatball Grinder, buttered penne, California vegetables, roll, applesauce

10/19 Chicken Divan, boiled gold potatoes, spinach, 12 grain bread, diced pears

10/20 Tuna Salad Sandwich, mulligatawny soup, carrots, hot dog roll, peach crisp

10/23 Beef Burgundy, buttered noodles, brussel sprouts, dinner roll, sliced peaches

10/24 Cheese Lasagna Roll, cauliflower, peas, Italian bread, fresh pear

10/25 Cranberry Glaze Chicken Breast, mashed pot, Antiqua veg, bread, apricots

10/26 Mexican Mac & Cheese, black beans & corn, broccoli florets, bread, applesauce

10/27 Asian Pork Soup, steamed rice, snap peas, bread, pineapple & fortune cookie

10/30 Chicken Cordon Bleu, mashed potatoes, butternut squash, roll, sliced pears

10/31 Goulash, beets & pearl onions, mixed greens, bread, fruited orange gelatin

PASTA FAGIOLI

Ingredients

1/4 c. olive oil

1 yellow onion, chopped

2 carrots, chopped

3 celery stalks, thinly sliced

1/2 tsp salt, plus additional to taste

1/2 tsp dried oregano

1/2 tsp ground black pepper

1/4 tsp red pepper flakes (optional)

6 garlic cloves, finely chopped

6 cups reduced-sodium chicken broth

1 15oz can diced tomatoes

2 15 oz cans white beans (cannellini or great Northern), drained and rinsed

1 1/2 cups ditalini pasta

3 cups chopped fresh kale

Directions

1. In a large pot, heat the olive oil over medium heat. Add the onion, black pepper and red pepper flakes. Cook, stirring occasionally, until the vegetables have just softened, about 7 minutes. Add the garlic; cook, stirring often, about 2 minutes more.
2. Add the broth and undrained tomatoes; stir to release any browned bits from the bottom of the pot. Increase the heat to medium-high and bring to a boil. Add half of the beans to a bowl; mash with a fork and stir into the soup. Add the remaining beans and the pasta to the pot; reduce the heat to medium. Simmer, stirring occasionally to prevent sticking, for 10 minutes. Stir in the kale and cook until the pasta is tender, about 5 minutes more. Remove from the heat.
3. Zest the lemon, then cut it in half. Squeeze one lemon half into the soup. Add 1 teaspoon of the zest and stir to combine. Taste and add more lemon juice or salt as desired. Top servings with parmesan.