



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”

SEPTEMBER 2023

Please be advised that the Spitzer Center will be **closed on Monday, September 4th** in honor of Labor Day. Labor day pays tribute to the contributions and achievements of American workers and is traditionally observed on the first Monday in September. It was created by the labor movement in the late 19th century and became a federal holiday in 1894. Labor Day weekend also symbolizes the end of summer for many Americans and is celebrated with parties, street parades and athletic events.



September Celebrations

September 4th—Labor Day
September 11th—National Day of Service and Remembrance
September 15th—Rosh Hashanah begins
September 22nd Car Free Day
September 28th Good Neighbor Day

More Good News for our BINGO Players

On **Tuesday, September 12th**, beginning at **12:10**, the North Adams Commons & Williamstown Commons Nursing Homes will be returning to the Center sponsoring Bingo. Prizes will be awarded to the winners
• **Good luck!!!!!!!!!!!!!!**

More Good News Save the dates

The North Adams and Williamstown Commons Nursing Homes will begin a blood pressure clinic on **Thursday October 19th from 10—11AM**. Refreshments will be provided. The blood pressure clinics will be held once a month.

TEST YOUR MEMORY “WHO, WHAT, WHEN AND WHERE”

Come and enjoy the fun and laughter with us on **Friday October 13th from 1-2PM**, Hospice of Western & Central MA will be sponsoring **Trivia Games** awarding prizes to the winning teams. **COOKIES** and coffee will be served. If interested, please register.





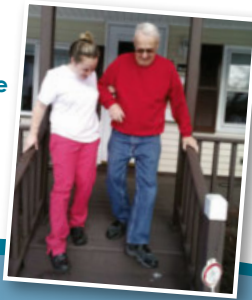
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3 Tips to Avoid Elder Abuse

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

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North Adams Council on Aging, North Adams, MA 06-5145

HEALTH CHECKLIST**Don't shrug off prediabetes**

A diagnosis of prediabetes means your blood sugar is higher than normal, but not quite high enough to be full-blown diabetes. It should still be taken seriously because people with prediabetes are more likely to have a heart attack, a stroke, or another cardiac event than folks with normal blood sugar levels.

***Go for a short walk after meals to help stabilize blood sugar.**

Start moving at any age

It's never too late! In a study of more than 30,000 heart patients at an average age of 62 1/2, those who were sedentary and became active had a 45% lower risk of death in the follow-up period (about seven years) than those who stayed inactive.

***Make exercise fun with an online Bollywood dance class.**

Get screened for colon cancer

Colonoscopies are usually recommended before age 50 if a parent, child or sibling had colon cancer at a young age, but a recent study found that having a second-or-third-degree relative (like an aunt, a grandparent, a nephew, a first cousin or great-grandparent) with the condition also ups your risk.

***Aim for 25g of fiber daily to lower your risk of colon cancer.**

Savor your downtime

There's often a lot of pressure to go, go, go but a series of new studies found that people who believe leisure time is wasteful take a hit on their mental health, with less happiness, more stress, and a higher likelihood of developing depression.

***Resist the urge to fill up all free time with an activity.**

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

Name _____
Address _____
Date _____
Amount _____

I want to receive the Bulletin by Email: _____

MEDICARE OPEN ENROLLMENT

Medicare Open Enrollment is October 15th thru December 7th. This is the ONE TIME OF YEAR when people with Medicare can review, compare, enroll or dis-enroll in Part C (Medicare Advantage) and Part D (Prescription Drug Plans). Open enrollment is important because:

- Health needs may change from year to year
- Health or drug plans change the costs, benefits, and drug coverage they offer every year
- Providers change contracts
- Preferred pharmacies change

To prepare:

- Review the Annual Notice of Change letter from their current plans in September and note any changes.
- Try to anticipate your health needs for the coming year
- Research costs when comparing plans.
- Contact your providers and confirm that they are in network (when applicable)

For assistance you may contact the Elder Services SHINE Program @ 1-800-544-5242 or Ecu-Health @ 413-663-8711.

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**LAUGHTER IS THE BEST
MEDICINE**

What do you get when you cross an elephant and a bumblebee?

A ton of honey.

No one knew Sue had a dental implant until it **came out in conversation.**



POSITIVE OUTLOOKS

Every time you get upset at something, ask yourself if you were to die tomorrow, was it worth wasting your time being angry.

Robert Tew

SEPTEMBER 2023

Monday	Tuesday	Wednesday	Thursday	Friday
				NO Delivery - Western Mass Food Truck 10:15 Meals on Wheels 11:30 Hot Lunch
4	5	6	7	8
<i>Spitzer Center closed for Labor Day Holiday</i>	10:15 Meals on Wheels 11:30 Hot Lunch	9:30 Tai Chi 10:15 Meals on Wheels 11:30 Hot Lunch 1:00 Chair Yoga 1:00 COA Board Meeting	10:00 Northern Berkshire Retirees Club 10:15 Meals on Wheels 11:30 Monthly Birthday Cake 12:10 Bingo 1:00 Balance Class	10:15 Meals on Wheels 11:30 Hot Lunch 1:00 Reflexology
11	12	13	14	15
10:00 Cribbage 10:15 Meals on Wheels 11:30 Hot Lunch 12:30 Bridge 1:00 Elder Services Caregiver Support Grp.	10:15 Meals on Wheels 11:30 Hot Lunch 12:10 North Adams & Williamstown Commons Bingo	9:30 Tai Chi 10:15 Meals on Wheels 11:30 Hot Lunch 1:00 Chair Yoga	10:00 Fallon Health Navigator 10:00 Craft Class 10:15 Meals on Wheels 11:30 Hot Lunch 12:10 Bingo 1:00 Balance Class	10:00 –11:00 Western Mass Food Truck 10:00 Craft Class 10:15 MOW 11:30 Hot Lunch 12:30 Stamford Seniors Meeting
18	19	20	21	22
10:00 Cribbage 10:15 Meals on Wheels 11:30 Hot Lunch 12:15—Bingo 12:30 Bridge	9:00 Foot Nurse 10:15 Meals on Wheels 11:30 Hot Lunch	9:30 Tai Chi 10:15 Meals on Wheels 11:30 Hot Lunch 10:45 REIKI 1:00 Chair Yoga	POPCORN DAY 10:00 Coffee & Muffins—Mountain Girl Farm 10:15 Meals on Wheels 11:30 Hot Lunch 12:10 Bingo 1:00 Balance Class	10:15 Meals on Wheels 11:30 Hot Lunch 12:30 Brown Bag
25	26	27	28	29
10:00 Cribbage 10:15 Meals on Wheels 11:30 Hot Lunch 12:30 Bridge 1:00 Elder Services Caregiver Support Grp.	9:30 Massage Therapy 10:00 Book Club 10:15 Meals on Wheels 11:30 Hot Lunch 12:10 Bingo	9:30 Tai Chi 10:15 Meals on Wheels 11:30 Hot Lunch 12:30 TRIAD 1:00 Chair Yoga	10:15 Meals on Wheels 11:30 Hot Lunch 12:10 Bingo 1:00 Balance Class	10:15 Meals on Wheels 11:30 Hot Lunch

SUPPORT OUR ADVERTISERS!

*Coffee & muffins is being held on **Thursday September 21st beginning at 10am.** **Mountain Girl Farm** will be returning with **Jen and Katie Barbeau.** They will be featuring pumpkin, apple and winter squash delights. The **SNAP** and **HIP** programs will also be discussed and explained.*

***Massage Therapy** is being held on **Tuesday, September 26th beginning at 9:30am.** Appointments are required and are scheduled on a first come first served basis. Call 662-3125 to schedule your appointment.*

*Both the **TRIAD** and **Stamford Senior** meetings are returning to the center in September.*

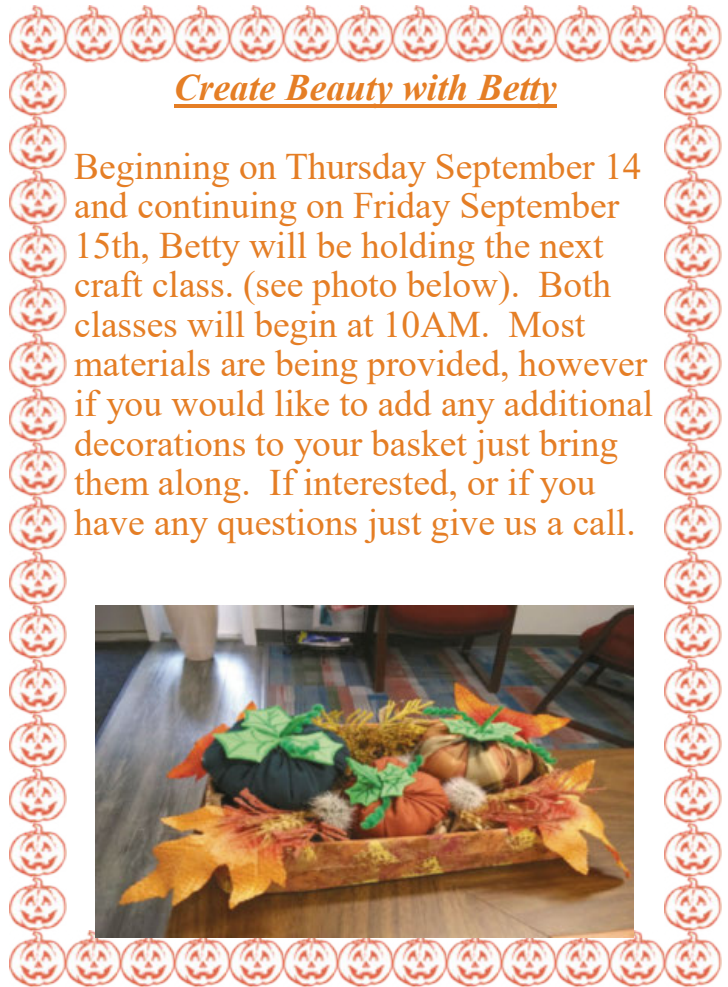
*The **Stamford Seniors Meeting** will be held on **Friday September 15th at 12:30***

***TRIAD** is being held on **Wednesday, September 27th at 12:30pm.** The Berkshire County District Attorney will be the guest speaker.*

All are welcome.

***REIKI's** next session is being held on **Wednesday September 20th.** Appointments beginning at **10:45** are required. No charge.*

***Reflexology's** next session is being held on **September 8th at 1pm.** Appointments are required. No charge. Donations are accepted.*



Create Beauty with Betty

Beginning on Thursday September 14 and continuing on Friday September 15th, Betty will be holding the next craft class. (see photo below). Both classes will begin at 10AM. Most materials are being provided, however if you would like to add any additional decorations to your basket just bring them along. If interested, or if you have any questions just give us a call.



CRAVING CAFFEINE?
TRY DECAF

If you love your coffee but worry about consuming too much caffeine, you will be reassured to know that research indicates that regular coffee is a low-risk stimulant. It might even offer some protection against type 2 diabetes and Parkinson's disease. But it can also cause heartburn, jitters or insomnia. So if you are trying to quit or cut back on caffeine, try decaf. An Australian study shows that drinking decaffeinated coffee can alleviate withdrawal symptoms such as headaches, fatigue and irritability. This surprising result probably tapped into the placebo effect: Even when people knew they were drinking decaf, it looked, smelled and tasted like the real thing, which they associated with feeling alert and well.



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*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

9/1 Chicken Picatta, mashed potatoes, sliced carrots, 12 grain bread, sliced peaches

9/4 CLOSED

9/5 Sloppy Joes, brown rice, brussel sprouts w/cheese, bun, fruit cocktail

9/6 Turkey Cranberry Salad, 3 bean salad, spiced beets, 1/2 pita pocket, sliced peaches

9/7 Oriental Pork Casserole, steamed rice, peas & carrots, wheat bread, applesauce

9/8 Swedish Meatballs, buttered noodles, mixed vegetables, rye bread, diced pears

9/11 Roast Pork w/gravy, mashed sweet potatoes, mixed greens, roll, spiced apples

9/12 Tortellini Primavera, broccoli, Harvard beets, Italian bread, fresh peach

9/13 Stuffed Pepper Casserole, Italian vegetables, summer squash, bread, fruit cocktail

9/14 Spanish Chicken Stew, peas, coleslaw, 12 grain bread, arroz con leche

9/15 Sliced Turkey w/gravy, mashed potatoes, cut green beans, oat nut bread, apricots

9/18 Beef Stew, mashed potatoes, asparagus, oat nut bread, tropical fruit mix

9/19 Chicken Puttanesca, sliced red potatoes, spinach, 12 grain bread, fresh orange

9/20 Butternut Macaroni & Cheese, chunky tomato soup, broccoli, bread, sliced pears

9/21 Cheese Omlette, sausage links, O'Brien potatoes, vegetables, biscuit, sliced peaches

9/22 Glazed ham, scalloped potatoes, French green beans, oat nut bread, mandarin oranges

9/25 Chicken Kiev, garlic mashed potatoes, California blend veg, roll, mixed fruit

9/26 Teriyaki Beef & Broccoli, steamed white rice, snap peas, bread, fresh apple

9/27 Salmon Newburg, boiled red potatoes, spinach, 12 grain bread, applesauce

9/28 Cheese Lasagna Roll, broccoli, wax beans, Italian bread, fresh pear

9/29 Lemon Dill Chicken, mashed potatoes, lyonnaise carrots, bread, sliced peaches

APPLE NUT MUFFINS

Nonstick cooking spray

2 1/2 cups old-fashioned oats, divided

1/2 Tsp freshly grated nutmeg

1/2 tsp ground cinnamon

1/2 tsp baking powder

1/2 tsp kosher salt

1 cup pecans, roughly chopped, divided

1/4 cup olive oil

1/3 cup honey, warmed

2 large eggs

1 tsp pure vanilla extract

3/4 unsweetened almond milk

2 Granny Smith apples, peeled and finely diced (2 cups total)

1. Heat oven to 375 degrees F. Line 12-cup muffin pan with cupcake liners and lightly coat with cooking spray.
2. In food processor, pulse 1 cup oats until very finely ground to resemble coarsely milled flour;; transfer to large bowl. Whisk in nutmeg, cinnamon, baking powder and salt. Stir in half of pecans.
3. In medium bowl, whisk together oil and honey, then whisk in eggs mixture to oat mixture and stir to combine, then fold in apples and remaining 1 1/2 cups oats.
4. Divide batter among prepared muffin cups (heaping 1/4 cup each) and top with remaining pecans. Bake until tops no longer look shiny, 20 to 25 minutes. Store muffins in airtight container up to 4 days.