

# COA

**COUNCIL ON AGING  
NORTH ADAMS, MA 01247**

MARY SPITZER DROP-IN CENTER  
[ASHLAND STREET]  
HOURS: 8:30 am - 3:30 pm  
North Adams Council on Aging  
Editor ..... Peg Christiansen

**413-662-3125**

# Spitzer Center

# Gazette

**MAY 2012**

## PROTECT YOURSELF.....

from identity fraud. Request your Credit Report every 4<sup>th</sup> month from one of three options: Equifax, TransUnion or Experian. Call 1-877-322-8228 and, with a simple verification process over the phone, including your social security number (you initiated the call), you can be assured of your credit safety. Or go online at [www.annualcreditreport.com](http://www.annualcreditreport.com).



Our monthly newsletter is now available on the City of North Adams Website: [www.northadams-ma.gov](http://www.northadams-ma.gov).

The NARH Stroke Support Group will meet Thursday, May 10<sup>th</sup> from 12 to 2. This group offers:

- 1.) topics decided by the group members
- 2.) light refreshments
- 3.) caring and sharing in a confidential setting

For more information, please call 664-5326. This support group is facilitated by a licensed mental health counselor.



“Flowers always make people better, happier, and more helpful; they are sunshine, food and medicine for the soul.”

*Luther Burbank  
American horticulturist*



## COUNCIL ON AGING BOARD MEMBERS

Georgette Mancuso, Chairperson  
Metilde Kassner  
Pauline Cantone  
Stephen Smachetti  
Elizabeth Benz  
Lorraine Maloney  
Shirley Wolfe

### COUNCIL ON AGING DIRECTOR

Sandra Lamb

### ADMINISTRATIVE ASSISTANT

Brenda Zappone

### RECEPTIONIST

Helen Donega

### NUTRITION SITE DIRECTOR/ MEALS ON WHEELS COORDINATOR

Sally Bohl

### VAN DRIVERS

Jonna Blair  
Kevin Hempstead  
Daniel Horan

**The Spitzer Center will be closed on Monday, May 28<sup>th</sup> for the Memorial Day holiday.**

## FRIENDS OF THE NORTH ADAMS COUNCIL ON AGING

We're drawing our 50/50 raffle on the last workday of the month now. Our lucky winner at the end of March was Sheila Joy who took \$84.00!

Tickets are always available in the Spitzer office or on our vans. Good luck!

Mailing of this newsletter is made possible by a grant from the Executive Office of Elder Affairs.

### ***NEW MEMBERS AND DONATIONS***

Trudy Lennox	Neil Prince
Ann Rosse	Jeanette Dillon
Elsie Manson	Barb Garlind

We thank them all for their help.



*“Our prime purpose in this life is to help others.  
And if you can’t help them,  
at least don’t hurt them.”*

*Dalai Llama*



### **BULLETIN FROM THE U.S. TREASURY**

In order to protect recipients of Social Security checks, and all others who receive federal benefits and non-tax payments, the Department of the Treasury has established a new rule. Anyone who has applied for benefits on or after May 1, 2011, will receive their payments electronically, direct to a checking or savings account. Others receiving these benefits MUST switch to direct deposit of their check by March 1, 2013.

### **PARKING LOT ISSUES**

When parking in our lot here at the Center, please do NOT park on the grassy areas. The Housing Authority is trying hard to keep their yard looking nice, and they have to keep replanting the grass where people park on the lawn. Let’s be respectful and stay off the grass!

### **FREE LEGAL ADVICE**

will be available for those who need it on Wednesday, May 16<sup>th</sup> from 3:30 to 7:30 p.m. ONLY. This is a public service of the MA Bar Association. Call 1-413-782-1659 during those hours for assistance.

### **LIFE LINE SCREENING**

This procedure uses painless ultrasound (sonogram) to see the plaque build-up in your arteries – a leading cause of stroke. 80% of strokes can be prevented, according to the National Stroke Association. We’ll have this screening test at the Mary Spitzer on Wednesday, May 2<sup>nd</sup>, 2012.

Pre-registration is required. To sign up, call 1-800-324-1851 (priority code #NSC5347), or register on your computer at [222.lifelinescreening.com/community-partners](http://222.lifelinescreening.com/community-partners). It might be life-saving for you!

### ***PRESENTING.....***

### **Jerry Atric – The Older I Get**

A few stories about ice cream, health care, and even romance!! Join us for a humorous look at aging through the eyes of an elderly gentleman with a sense of humor and a joy for living.

We’ll be hosting Steve Henderson as “Jerry Atric” at our Spitzer Center on MAY 11, 2012 at 1:00 p.m. Lunch that day is pizza; tickets are \$2.00. Please sign up.



*This program is supported in part by a grant from the Northern Berkshire Cultural Council, a local agency which is supported by the MA Cultural Council.*

**ELDER SERVICES OF  
BERKSHIRE COUNTY**

will begin holding a Caregiver’s Support Group on May 24<sup>th</sup> from 2 to 3:30, and every 4<sup>th</sup> Thursday of the month thereafter. For more information call Bea Cowlin at ESBCI at 1-800-544-5242.

Melbourne presents  
**“BRAIN FITNESS”**  
on Tuesday, May 22<sup>nd</sup> at 10 a.m.

Today we know that “total fitness” includes physical AND mental fitness. We also know that diminished mental acuity is not a necessary part of aging. It is up to you; your brain is capable of continued learning. All you have to do it take the time to exercise it!



These classes are designing to help you understand the different parts of the brain and how they work. Together we will do a “brain work-out”, and then discuss simple exercises you can do at home to maintain a healthy brain.

Call the Spitzer Center for more info and to sign up. 662-3125.

“We never really grow up; we only learn how to act in public.” – *Anonymous*

**AEROBICS CLASSES** are back on Tuesdays and Thursdays at 1:30. This is a 1-hour work-out to help keep you in good shape, instructed by Diane Elias and Jane Bryce. Cost for each class is \$4.00.

**SIMPLIFY YOUR LIFE**

Sell, give away, or recycle items that you no longer need or haven’t used in a year. Our Tag Sale table always accepts new items!

**Brown Bag for May** is on Friday, May 25<sup>th</sup>. Pick up time is 12:30 to 1:30. Helpers always welcome.

**Dinner Club** is Thursday, June 7<sup>th</sup> at 5:30 p.m., place to be announced. Please let our office know if you’re coming. 662-3125.

Save **Friday, May 18<sup>th</sup>** for our movie afternoon – “The Descendents”. Refreshments served.

**NEED HELP WITH PRESCRIPTION  
DRUG COSTS?**

Prescription Advantage may be able to help you. There is no charge for joining if you have an annual income at or less than \$33,510 for a single person or \$45,390 for a married couple.

You may join if you’re 65 years or older OR under 65 years and disabled (with an annual income of \$21,000 for a single person or \$28,444 for a married couple). If you’re above the income limits, you may also join but there will be some charge.

If you have Medicare, Prescription Advantage helps pay for your prescriptions when you reach the Medicare Part D coverage “donut hole.”

If you are unhappy with your current Part D plan, Prescription Advantage allows you to switch your plan now, instead of waiting for Open Enrollment in October.

Help is available at the Spitzer Center through the SHINE program. Call for an appointment or further information.

**Friends of the North Adams Council on Aging**

*If you would like to become a member or keep your membership current, the tax-deductible dues are \$5.00 a year. Thank you for your continued support.*

You will receive a membership card.  
Please mail to:  
**North Adams Council on Aging**  
**116 Ashland Street**  
**North Adams, MA 01247**

Name \_\_\_\_\_  
Address \_\_\_\_\_  
Phone \_\_\_\_\_



## Your One Stop Local **DENTURE CENTER**

**413-447-7600**

188 East St., Pittsfield, MA  
Dr. Natalya Yantovsky, DMD



A Member of Resolving Healthcare

Providing  
quality care for  
over 30 years

**413-443-2994**

## **BE WORLD CONSCIOUS**



### **RECYCLE!**

## *Flynn and Dagnoli* **Funeral Homes**

**413-663-6523**

Central Chapel • 74 Marshall St. • No. Adams, MA 01247  
West Chapel • 521 West Main St. • No. Adams, MA 01247

Pittsfield Chapel • 5 Elm Street • Pittsfield, MA 01201  
Telephone 413-442-1733

*All the seniors in town  
are reading this newsletter.*

**Do they know who YOU are?**

*Call to place an ad today*

**800-732-8070**

Chances are with just one ad,  
**you'll get more than  
one new customer!**

*Advertise Here* • **800-732-8070**

**A Home Is Burglarized Every 18 Seconds,  
Don't let yours be the next!**



**FREE**  
Home Security System!  
**\$850 Value!**

\*With \$99 Customer Installation charge and purchase of alarm monitoring services.



Available Two-Way voice  
that allows you to instantly  
communicate with an ADT  
Security Specialist!

Call Today, Protect Tomorrow!

**1-877-853-3143**

Mon-Fri 8am - 11pm • Sat 9am - 8pm • Sun 10am - 6pm EST



**Protect Your Home**

\$99.00 Customer Installation Charge. 36-Month Monitoring Agreement required at \$35.99 per month (\$1,295.64). Form of payment must be by credit card or electronic charge to your checking or savings account. Offer applies to homeowners only. Local permit fees may be required. Satisfactory credit history required. Certain restrictions may apply. Offer valid for new ADT Authorized Dealer customers only and not on purchases from ADT Security Services, Inc. Other rate plans available. Cannot be combined with any other offer. Licenses: AL-10-1104, AZ-ROC217517, CA-ACC06320, CT-ELC.0193944-LS, DE-07-212, FL-EC13003427, EC13003401, GA-LVA205395, IA-AC-0036, ID-39131, IL-127.001042, IN-City of Indianapolis: 93294, KY-City of Louisville: 483, LA-F1082, MA-1355C, MD-107-1375, Baltimore County: 1375, Calvert County: ABL00625, Caroline County: 1157, Cecil County: 541-L, Charles County: 804, Dorchester County: 764, Frederick County: FD424, Harford County: 3541, Montgomery County: 1276, Prince George's County: 685, Queen Anne's County: L156, St. Mary's County: LV2039R, Talbot County: L674, Wicomico County: 2017, Worcester County: L1013, MI-3601205773, MN-TS01807, MO-City of St. Louis: CC354, St. Louis County: 47738, MS-15007958, MT-247, NC-25310-SP-LV, 1622-CSA, NE-14451, NJ-348F00021800, NM-353366, NV-68518, City of Las Vegas: B14-00075-6-121756, C11-11262-L-121756, NY-Licensed by the N.Y.S. Department of State UID#12000286451, OH-53891446, City of Cincinnati: AC86, OK-1048, OR-170997, Pennsylvania Home Improvement Contractor Registration Number: PA22999, RI-3428, SC-BAC6530, TN-CT164, C1520, TX-B13734, UT-6422596-6501, VA-115120, VT-ES-2382, WA-602588694/PROTEYH934RS, WI-City of Milwaukee: 0001697, WV-042433, WY-LV-6-21499. For full list of licenses visit our website [www.protectyourhome.com](http://www.protectyourhome.com). Protect Your Home - 3750 Priority Way South Dr., Ste 200, Indianapolis, IN 46240. \*\*Crime data taken from [http://ovc.ncjrs.gov/gallery/posters/pdfs/Crime\\_Clock.pdf](http://ovc.ncjrs.gov/gallery/posters/pdfs/Crime_Clock.pdf)

Say "Thank you" with your  
patronage to the sponsors  
who support this newsletter.



To find our sponsors,  
visit **SeekAndFind.com**