

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



OCTOBER 2012



Happy Fall!!

It's hard to believe summer is over, but I for one am glad to have cooler weather. It was a very hot summer.

We are planning our winter programs and events, so let me know if there is something you'd like to see happen.

This is also the time for you to start planning for winter. Make sure your flashlight and radio have new batteries and you have a few non-perishable food items in your pantry in case we get snowed in for a day or two. But for now enjoy each beautiful autumn day we have!

from Sandy

AND WELCOME BACK!!

.....to Sally. Very glad you're feeling better and ready to get back to our dining room. Of course, we missed you!!

THANK YOU!!

.....to Beth Benz for taking over the Meals on Wheels reins while Sally was out. She did a great job, and we appreciate all her help.

FRIDAY AFTERNOON SPECIAL

On October 19th, join us for a pizza lunch at noon and entertainment at 1:00, with musician David Malachino. Ida from Berkshire Housing has been kind enough to arrange this musical program for us. Dessert to follow the performance. Call the Center to sign up – 662-3125.



The Spitzer Center will be closed on
Monday, October 8th, in observance of the Columbus Day holiday.

COUNCIL ON AGING BOARD MEMBERS

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NEWS FROM THE FRIENDS

The winner of the drawing for the August 50/50 contest was Mary Thompson who took home \$71.00. Congratulations to her!

Tickets are on sale during the month at the Spitzer Center and on the van. \$1.00 for one, \$2.00 for three, or \$5.00 for ten. You can't win if you don't play!!

Be on the lookout for White Elephant table donations as you Fall clean. Small, clean items are always welcome!

NEW MEMBERS AND DONATIONS

Alan Horbal	Priscilla Greenlaw
Vincent Melito	Margo Melito
Jeanette Boucher	Carol Begin
Bea Bissaillon	Sheila Joy
Hans Gertje	Trina Gertje
Donna Danis	Bonnie Perry
Judith Ferris	Marilyn DeRosa
Mary Campanardi	Ann Rosse
Lillian Glickman	Diane Parsons
Jennie Strange	Jay Strange
Ann Thibert	Christine Lipka
Stewart Hall	Naomi Hall
Bernice Alcombright	Marie Davis
Joyce McGrath	Mary Boisvert
Gary Tatro	Sandra Tatro
Ivis Lewis	Raymond Piaggi
Frances Mastroianni	Rita Beebe
Claire Bedard	Alice Rollman
Mildred LeSage	Ann Perry
Gary Phillips	Diane Phillips
John Flaherty	Helen Flaherty
Cheryl Tarzinski	Pauline Cantoni
Mary Molloy	Betty Scarpitto
Pauline Cantone	JoAnn Maselli
Alice Coody	Mary Hanley
Jonna Blair	Beverly Royal
Barbara Richards	Catherine Dellea
Viola Tassone	Claire Bombardier
Linda Quimby	Betty Belding
Elizabeth Boucher	Sandy Duda
Marilyn Gomeau	Charlene Wiencek
Karen Nunez	Jeri Bolner
Richard Danaher	Jean Marra
Dolores Bianco	

HALLOWEEN LUNCH

Join us on Wednesday, October 31st for a Halloween lunch of roast turkey, mashed potatoes, butternut squash, bread and Halloween cupcake. Special treats (of course), along with prizes for best costumes. Call Sally to sign up at 664-9826.



APPLE COFFEE CAKE

2 cups Bisquick baking mix

2 tablespoons sugar

1 egg

2/3 cup water or milk

1 cup finely chopped apple

Topping:

1/4 cup sugar

2 tablespoons Bisquick baking mix

2 teaspoons ground cinnamon

2 tablespoons butter or margarine (firm)

1. Heat oven to 400 degrees. Grease 9-inch round layer pan, or 8-inch square pan.
2. Mix all topping ingredients until crumbly. Set aside
3. Mix first four batter ingredients and beat vigorously for 30 seconds. Then fold in apple. Spread batter in pan; sprinkle with topping.
4. Bake 20-25 minutes, until wooden toothpick comes out clean. Refrigerate any remaining coffee cake.

MEDICARE D SIGN-UPS

It's that time of year to find out what the changes in Medicare D for 2013 will be. What better way to do this than by coming to the Center and hearing about it from an expert, Margie Ware on Wednesday, October 17th at 10 a.m. Sign up – 662-3125.

SHINE counselors are also available with an appointment at our Center. They will provide free Medicare D counseling for the open enrollment period of October 15th through December 7th.



OCTOBER HAPPENINGS

TRIPS – Dates for these trips are changed due to the Columbus Day holiday:
Berkshire Mall – Friday, October 12th
Panera – Monday, October 15th

SUPPORT GROUPS

Stroke Support Group

Thursday, October 11th at 12 noon

Elder Services Caregiver Support

Group – Thursday, October 25th at 2 p.m.

OTHER ACTIVITIES

Coffee & Muffins on Wednesday, October 10th from 9:30 to 11, thanks to our friends at North Adams Commons
 Dinner club on Thursday, October 11th at Boston Seafood, meeting there at 5:30. Call the Center if you'd like to go. We welcome new participants!

Blood Pressure Clinic – DATE CHANGE

– Debbie had to change the date of the clinic to Thursday, October 18th, same time (9 to 11). Just stop in – no appointment needed. Young at Heart walking group will continue to walk during the nice, cooler month of October, leaving the Center at 9 a.m. Monday, Wednesday, and Friday.

FUEL ASSISTANCE HELP

The Low Income Home Energy Assistance Program (LIHEAP) provides eligible households with help in paying a portion of winter heating bills, including oil, electric, natural gas, propane, kerosene, wood and coal bills. Homeowners AND renters (including households whose cost of heat is included in the rent) can apply at the agency in their. Eligibility is based on household size and the gross annual income of every household member 18 years of age or older.

If eligible, discounts are automatically given on electric bills for investor-owned electric utilities, gas bills for investor-owned gas utilities, and telephone bills. Payments for actual usage or fuel delivery are made directly to the heating vendor for primary energy needs from November 1st to April 30th, except when the cost of heating is included in the rent.

First-time applicants must apply in person at the fuel assistance agency in their area. Households must apply each year between November 1st and April 30th of the program year; applications are mailed to households after the first year.

Denials may be appealed through the local assistance agency.

Income for a household of 1 can receive assistance with income from \$11,170 to \$31,271 per year. A household of 2 with income from \$15,130 to \$40,893 is eligible for help.

Sign-ups for local seniors is at Berkshire Community Action Council, Inc., 1531 East Street, Pittsfield, MA 01201. 413-663-3014

Dial-A-Lawyer program is October 16th, 3:30 to 7:30 only. 413-782-1659.

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

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