

# 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



JULY 2012

## HAPPY 4<sup>TH</sup> OF JULY!!!

“You have to love a nation that celebrates its independence every July 4, not with a parade of guns, tanks, and soldiers who file by the White House in a show of strength and muscle, but with family picnics where kids throw Frisbees, the potato salad gets iffy, and the flies die from happiness. You may think you have overeaten, but it is patriotism.”

– Erma Bombeck

And, of course the Spitzer Center will be closed on **Wednesday, July 4<sup>th</sup>** so we can all celebrate the holiday.

**Don't forget...** the Center is air-conditioned! Come in and cool off any weekday, 8:30 to 3:30. Join in one of our activities, and make a new friend.

## FARMERS' MARKET COUPONS

The Elder Services Staff will be at the Center on Thursday, July 5<sup>th</sup>, at 10:30, distributing Farmers' Market Coupons. Local fresh produce will be available from now until at least September.

## DINNER CLUB

We'll be meeting on July 19<sup>th</sup> at 5:30 at the 1896 House Pub. This program is open to anyone who might like to attend. We meet at the restaurant and enjoy a nice meal out. Why not give it a try?

## NEWS FROM THE FRIENDS

Our usual 50/50 drawing on Thursday, May 31<sup>st</sup> gave us a new winner to congratulate: Della Gallagher. She won \$71.00, and we hope she enjoys it!

You can always buy a ticket or two or more at our Spitzer Center office or on our vans. \$1.00 each, 3 for \$2.00 or 10 for \$5.00. We appreciate your help and support.

## 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

“Too often we underestimate the power of a touch, or the smallest act of caring, all of which have the potential to turn a life around.”

Leo Buscaglia, author  
(1924-1998)

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

## OUR MEMBERSHIP LETTER FOR 2012-2013 HAS GONE OUT!!

The response has been great!! If you've already joined within the last 2 months, thank you so much! But if you haven't, this letter is a reminder of our on-going commitment to support the Spitzer Center. Through our memberships and donations, our white elephant table and our monthly 50/50 raffle, we provide the monies needed by the Center but not provided by the city or state or special grants. We hope you'll join us!

## NEW MEMBERS AND DONATIONS

Eleanor Morris	Angelina Giusti
Joseph DeMarco	Rita DeMarco
Norma Williams	Edith Goodermote
Orella Robare	Mary Hanley
Gene Carlson	Justyna Carlson
Lauren Dowling	Armand Perreault
Hulda Jowett	Lawrence Jowett
Patricia Stanislawski	Phyllis Crews
Joan Farinon	Shirley Davis
Donald LaValley	Ramona LaValley
Marcia Lescarbeau	Mary Richards
Josephine Lamberti	Pearl Mullett
Joyce Lataif	Walter Vogt
Andre Ouellette	Dawn Swanson
Ben Maslanka	Betty Clark
Shirley Sucharzewski	Roma Morris
Alfred Derosia	Gail Cariddi
Jane Marino	Paul Marino
John Ladd	Judy Ladd
Marcia Pessolano	Joan Preite
Janice Moresi	Bob Moresi
Mary Ann Calvi	Barbara Cahoon

And a special donation to the Friends group in remembrance of Ken Raina's birthday, July 24<sup>th</sup>, with love from Arlene, Gail, Don and nieces and nephews.

## PINA COLADA PUDDING CUPS

1 ½ cups fat-free (skim) milk  
 1 envelope whipped topping mix  
 (Dream Whip – NOT Cool Whip)  
 1 package (1 ounce) instant vanilla pudding mix  
 1 can (8 ounces) crushed pineapple, undrained  
 ¼ teaspoon coconut extract  
 ¼ cup flaked coconut, toasted  
 4 maraschino cherries



1. In a large bowl, whisk the milk, whipped topping and pudding mixes for 2 minutes. Stir in the pineapple and extract.
  2. Spoon ¾ cup pudding mixture into four dessert dishes. Cover and refrigerate for 30 minutes or until chilled.
  3. To toast coconut, melt 1 teaspoon of butter or margarine in small frypan. Add coconut and stir constantly until coconut is golden brown. Drain on paper towel, and cool.
  4. Sprinkle each serving with 1 ½ teaspoons toasted coconut, and top each with a cherry.
- Serves 4.

*Adapted from Taste of Home*

**Williamstown Commons** has invited us  
 to their annual picnic on  
 Thursday, July 26<sup>th</sup> from 11:30 to 1:00.

Seniors from all the Centers in the area have been invited for food, fun and entertainment. Let us know if you plan on attending so we can call in an accurate count. We will provide van transportation if needed. Sounds like a good time!

"I have to walk early in the morning... before my brain figures out what I'm doing." Anonymous

## SOME EXCERPTS FROM "HOW TO BE PERFECT"

by Ron Padgett

*Get some sleep.*

*Eat an orange every morning.*

*Be friendly. It will help make you happy.*

*Hope for everything. Expect nothing.*

*Wear comfortable shoes.*

*Do not go crazy a lot. It's a waste of time.*

(TO BE CONTINUED...)

## SUMMER FUN IN JULY!!



**July 9<sup>th</sup>** – The van will be going to Pittsfield for shopping and then for lunch at Panera's. 662-3125 for a seat.

• **July 11<sup>th</sup>** – Coffee and muffins, compliments of our friends at North Adams commons. The delicious muffins from the A-Frame Bakery and our good coffee make for a nice way to start the day. This monthly event is free of charge, starts at 9:30, and is a great place to chat with friends.

• **July 13<sup>th</sup>** – Baseball Day at the Center. Join us for a hot dog lunch at 11:30 (Fenway Franks), and then watch the movie "Moneyball." Don't forget to wear some clothing representing your favorite team!

• **July 17<sup>th</sup>** – VNA Blood Pressure clinic is on Tuesday from 9 to 11. No appointment needed – just stop in.

• **July 20<sup>th</sup>** – Lunch with Kevin including a trip to Price-Rite and lunch at Country Buffet. Call the Center to reserve a seat.

• **July 25** – **Triad** meeting at the American Legion at 12 noon.

• **July 26<sup>th</sup>** – Elder Services will be holding their Caregiver Support Group at 2 p.m. For more information on the group's activities, call Bea Cowlin at 1-800-544-5242.

• **July 27<sup>th</sup>** – Brown bag delivery and pick-up from 12:30 to 1:30.

**King Ward Coach Lines** is working with local Councils on Aging to form the Berkshire Senior Club, which will offer affordable trips to seniors throughout Berkshire County.

If you're interested in joining, you just need to fill out a form we have available at the Center. This will entitle you to special offers and discounts on the trips. Call Sandy with any questions. You can also look up their trips on [www.kingward.com](http://www.kingward.com).

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### WEEKLY ACTIVITIES

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- **Bridge** – Mondays 12:30 to 4
- **Walking Group** – Monday, Wednesday, Friday, meeting at the Center at 9 a.m.
- **Exercise Class** – Tuesday and Thursday at 10:45
- **Aerobics** – Tuesday and Thursday at 1:30
- **Tai-Chi** – Wednesday at 9:30 at All Saint's Hall (formerly St. John's)
- **Osteoporosis Prevention Class** – Wednesday afternoon 1:00 to 2:00
- **Bingo** – Tuesday and Thursday 12:10 to 2:00
- **Hot lunch** – Monday through Friday at 11:30
- **Wal-Mart Shopping** – Friday mornings (door to door van service)
- **Grocery Shopping** – Wednesday mornings (also door to door van service)



"Evening news is where they begin with 'Good Evening' and then proceed to tell you why it isn't"

*Anonymous*

## 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 \_\_\_\_\_



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