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North Adams Council on Aging Facebook Page

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 2026

SENIOR FALL PREVENTION CLASS WITH SOPHIE CARNES JANNEN, FNP

Tuesday, September 8th at 10:00AM



- F** - Fix loose or uneven stairs.
- A** - Always keep objects off the stairs.
- L** - Lights & light switches should be at the top and bottom of stairs.
- L** - Lights should be placed within reach of your bed.
- P** - Pick up things that are on the floor.
- R** - Remove rugs or use double-sided tape or a non-slip backing so rugs won't slip.
- E** - Everyone can benefit from exercise, and that is especially true for seniors.
- V** - Velcro or laces should be used in shoes. Avoid smooth soles, high heels or slip-on mules.
- E** - Eye exams and poor hearing checks are both risk factors. Make sure to have your exams.
- N** - Never leave objects on the floor.
- T** - Tub or shower. Put a non-slip mat in the tub and on the floor.
- I** - It's a good idea to have vertical and horizontal handrails in the bathroom to help with standing.
- O** - Overall, falls are the leading cause of both fatal and non-fatal injuries for older people.
- N** - Nightlights should be used in dark rooms and hall ways.



LifePath
options for independence

**Join This Year's
Step Challenge!**

September's Upcoming Event! This year, we are stepping up our statewide goal to collectively achieve
100 MILLION STEPS!

Here's how it works—throughout the month of September simply take a walk in the Falls Prevention Challenge. You can use your own step counter, or if you do not have one, simply count each mile as 2,500 steps. Registration forms are available at the Mary Spitzer Center to help you start tracking your steps.

You can log your steps each time you walk then submit the grand total at the end of September. Family, friends, and pets are welcome to join. We encourage you to share the challenge with everyone. All steps should be submitted by
Friday, October 9, 2026

Remember wear **yellow** in the name of falls preventions!

*We proudly honor
Youlin Shi*

*She has shared the art of
Tai Chi with our seniors for over
32 years, helping them develop
strength, balance, inner peace,
and a deeper appreciation for
this timeless
tradition*



Schedule Change
Starting Friday, September 11th
at 12:30. Cornhole will be back
to its regular Fridays at 12:30.

Additional information of events will be found on page 5 of the bulletin

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

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Laura Harbin-Waters
Sanctuary Holistic Skin & Body Care
featuring Alteya Organics



Reflexology is a complementary therapy using pressure on specific points on the feet, hands, or ears, believed to correspond to other body parts, aiming to relieve stress, improve circulation, and support body's natural functions. \$20 for 15 minutes.

September 10th & 17th

Appointments are required.

Call the Center at 413-662-3125 to secure your scheduled time slot for your Reflexology session.



WESTERN MA
HEMP INC.

Staying Well With Hemp

Thursday, September 24th at 10AM

Presented by: Michael Lupario, CEO

Join us for an educational talk covering the basics of hemp, the endocannabinoid system and the benefits hemp can be used for daily wellness.

Contact the Center at 413-662-3125 to make your required reservation.

Gateway Collaborative Media DIGITAL NAVIGATION PROGRAM WITH AI ESSENTIALS - 100% FREE

Presented by Mackenzie Colvin

Tuesday, September 22nd at 1PM

Mackenzie will be hosting an "Introductory Meeting" to help you master your everyday technology needs. Come learn the ins and outs of staying safe online and using your favorite programs

- **Tech Session:** Get Help with Phones, Portals, and More!
- **Topics include:** Avoiding scams, using Google, Word, Excel, navigating patient portals, and cell phone basics.
- **Equipment:** 10 laptops will be available to use on-site, and 20 more on order for future borrowing. You are also welcome to bring your own device.

Call the Center at 413-662-3125 if interested in attending this presentation.

TRIAD ~ HOSTING

Free Community Presentation

BREATHE EASY!

*Understanding Air Quality in
Berkshire County*

BRPC Presented by: *Britney Daniels*

Wednesday, September 23rd

12:30 - 1:30pm

At the

Mary Spitzer Center

116 Ashland Street | North Adams MA

Learn how the Berkshire Clean Air Project is monitoring air quality across Berkshire County and what you can do to protect your health.

YOU WILL LEARN:

- Air Quality & Your Health
- Wildfire Smoke Preparedness
- Creating Healthier Indoor Air
- Air Quality Index (AQI)
- Resources and Practical Tips

CHANCE TO WIN A FREE AIR PURIFIER!

New Monthly Tradition Happening "Popcorn Day"

Every 3rd Thursday at 10am

This has been a hit. Make sure to stop by, grab a bag, and take a well-deserved break. Come enjoy some warm, buttery goodness with the us here at the Center.

10 Warning Signs of Alzheimer's

Tuesday, September 15 at 4:30 - 5:00pm

Presentation at

**Williamstown Commons Nursing &
Rehabilitation Center**

25 Adams Road

Williamstown, MA 01267

For more information or to register contact

Denise Vigna

413-441-8007

dvigna2@integritus1.org

Upcoming October Events

BHS Nurse Residency Program

Thursday, October 8th at 11am - 1pm

Free Flu Clinic with Leslie Drager & Team

Tuesday, October 13th at 10am - 12pm

Small Planet Dancers

Saturday, October 17th at 2pm

More information will be forthcoming.

MEAL PLANNING

Gather for a discussion and support

Facilitated by:

Jennifer Wojtkowski, RDN

Nutrition Educator for North Adams and
Williamstown Commons

Monday, September 21st at 1:30pm

Mary Spitzer Center - 116 Ashland Street

This will be Jennifer's 3rd presentation discussing the
issues on Living with Diabetes

All are welcome to attend

Free Blood Pressure Clinic

Thursday, September 24th at 12pm

Nancy Slattery, Berkshire Public Health Alliance, will
be here at the Center. Appointments are not required.

"MAKING SPACES FOR WHAT MATTERS" "OR"

DEMYSTIFYING DECLUTTERING & MOVING"

Emily Kloeblen owner of All That Matters will be
coming to the center on Tuesday September 15th at
9:30 AM. She will be speaking during our Drop
In-Coffee Hour. So many delicious breakfast items:

DESCRIPTION OF HER PRESENTATION

Interested to simplify your belongings to create
space? Overwhelmed by the prospect of moving
yourself or a loved one? Having a hard time feeling
settled in your new home? Emily will be sharing
helpful tips and tricks for tackling the often daunting
task of downsizing, moving and resettling.



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Announcement

We know how much everyone loves and
enjoys REIKI, however, REIKI will not be
held in the month of September in order
for Mary to take some much needed
vacation time.

"ENJOY MARY"

Monday	Tuesday	Wednesday	Thursday	Friday
	1 9:00 <i>Panera's & Shopping</i> 9:00-10:00 <i>Spitzer Center Drop-In Coffee Hour</i> 9:30 <i>Foot Nurse by Appointment</i> 10:15 Meals on Wheels 11:30 Hot Lunch 1:30 Mahjong	2 9:00 <i>Beginner's Tai Chi</i> 9:30 Tai Chi 10:15 Meals on Wheels 11:30 Hot Lunch 1:00 Chair Yoga	3 10:00 <i>Northern Berkshire Rattlers Club</i> 10:15 Meals on Wheels 12:00 <i>Labor Day Picnic Lunch</i> 1:00 Chair Balance	4 8:50 Exercise Video 10:00 Pitch 10:15 Meals on Wheels 11:00 <i>Mountain Girl Farm</i> 11:30 Hot Lunch
7 <i>Spitzer Center Closed for Labor Day Holiday</i>	8 9:00-10:00 <i>Spitzer Center Drop-In Coffee Hour</i> 10:00 <i>Erica Readdy, Medicare Advisor</i> 10:00 <i>Fall Prevention w/ Sophie Carney-Jensen</i> 10:15 Meals on Wheels 11:30 Hot Lunch 1:30 Mahjong	9 9:00 <i>Beginner's Tai Chi</i> 9:30 Tai Chi 10:15 Meals on Wheels 11:30 Hot Lunch 1:00 Chair Yoga	10 9:30 <i>Reflexology by Appt</i> 10:00 <i>Fallon Health</i> 10:15 Meals on Wheels 11:30 Hot Lunch 1:00 Chair Balance	11 8:50 Exercise Video 10:00 Pitch 10:15 Meals on Wheels 11:00 <i>Mountain Girl Farm</i> 11:30 Hot Lunch 12:30 <i>Cornhole</i>
14 8:50 Exercise Video 10:00 Cribbage 10:15 Meals on Wheels 11:30 Hot Lunch	15 9:00 <i>Lee Butler's Shopping & Lunch</i> 9:00-10:00 <i>Spitzer Center Drop-In Coffee Hour</i> 9:00-9:30 <i>Making Spaces for What Matters</i> 9:30 <i>Foot Nurse by Appointment</i> 10:15 Meals on Wheels 11:30 Hot Lunch 1:00 <i>COA Board Mtg.</i> 1:30 Mahjong	16 9:00 <i>Beginner's Tai Chi</i> 9:30 Tai Chi 10:15 Meals on Wheels 11:30 Hot Lunch 1:00 Chair Yoga	17 9:30 <i>Reflexology by Appt</i> 10:00 <i>Papercut Day</i> 10:15 Meals on Wheels 11:30 Hot Lunch 1:00 Chair Balance	18 8:50 Exercise Video 10:00 Pitch 10:00 <i>Grandparents Group</i> 10:15 Meals on Wheels 11:00 W. Mass Food Truck 11:00 <i>Mountain Girl Farm</i> 11:30 Hot Lunch 12:30 <i>Cornhole</i> 12:30 <i>Stamford Seilers</i>
21 8:50 Exercise Video 10:00 Cribbage 10:15 Meals on Wheels 11:00 <i>Elder Services Caregiver Meeting</i> 11:30 Hot Lunch 1:30 <i>Meal Planning w/ Jennifer Wojtkowski</i>	22 9:00-10:00 <i>Spitzer Center Drop-In Coffee Hour</i> 10:15 Meals on Wheels 11:30 Hot Lunch 1:00 <i>Gateway Collaborative Media</i> 1:30 Mahjong	23 9:00 <i>Beginner's Tai Chi</i> 9:30 Tai Chi 10:15 Meals on Wheels 11:30 Hot Lunch 12:30 <i>Triad Meeting - Roxana Breathe Easy</i> 1:00 Chair Yoga	24 10:00 <i>Staying Well w/Hemp w/ Mike Laparia</i> 10:15 Meals on Wheels 11:30 Hot Lunch 12:00 <i>Free Blood Pressure Clinic</i> 1:00 Chair Balance	25 8:50 Exercise Video 10:00 Pitch 10:15 Meals on Wheels 11:00 <i>Mountain Girl Farm</i> 11:30 Hot Lunch 12:30 <i>Cornhole</i> 12:30 <i>Brown Bag</i>
28 8:50 Exercise Video 10:00 Cribbage 10:15 Meals on Wheels 11:30 Hot Lunch	29 9:00-10:00 <i>Spitzer Center Drop-In Coffee Hour</i> 10:15 Meals on Wheels 11:30 Hot Lunch 1:30 Mahjong	30 9:00 <i>Beginner's Tai Chi</i> 9:30 Tai Chi 10:15 Meals on Wheels 11:30 Hot Lunch 1:00 Chair Yoga		

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**WORLD
ALZHEIMER'S
MONTH**

Every September, World Alzheimer's Month unites the global community to shine a light on dementia, promote early detection, and honor the millions of families and caregivers navigating the journey. Join communities worldwide to break the stigma, share resources, and support individuals and caregivers impacted by dementia.

Kathy's Panera & Shopping Trip

Tuesday September 1, 2026

We're off to Panera for another delicious lunch. Then we're off to go shopping, just in time to enjoy some great summer sales. Don't forget to call the center to reserve your seat.



Drop-In Coffee Hour



On Tuesdays of each month we will be holding a Drop-In Coffee Hour from 9am-10am. For your liking, baked goods will also be available. Hope you'll join us as we socialize with friends & neighbors.



Kathy's Lee Outlet Trip Tuesday, September 15th

Come spend the day shopping and dining with your friends. Contact Kathy or call the Center to reserve your seat for this event.

Eat the Rainbow!

Have you ever heard the phrase "Eat the Rainbow"? We are talking about fruits and vegetables! Each color that appears in our foods is associated with many health benefits. See these health benefits below:

Red: Supports heart health, reduces cancer risk, improves skin/eye health.

Food Sources: Tomatoes, red peppers, beets, radishes, red onions.

Orange & Yellow: Supports healthy immune system, promotes eye health/vision, healthy skin.

Food Sources: Carrots, sweet potatoes, yellow peppers, pumpkins, yellow squash.

Green: High in antioxidants, fiber, supports bone health, aids blood clotting, prevents cancer.

Food Sources: Spinach, kale, broccoli, asparagus, Brussels sprouts.

Blue & Purple: Boost cognitive function (memory), supports urinary tract health, and healthy aging.

Food Sources: Eggplant, purple cabbage, purple kale, blueberries, blackberries.

White & Brown: Promotes heart health, helps control cholesterol, offers anti-inflammatory and anti-tumor properties.

Food Sources: Garlic, onions, mushrooms, cauliflower, parsnips.

Aim for multiple colors in every meals to maximize nutrient intake!

Need help with food assistance?

SNAP (formerly Food Stamps)

Find out if you are eligible: [mass.gov/snap](https://www.mass.gov/snap)

Project Bread FOODSOURCE Hotline

SNAP, HIP & emergency food. Assistance in 180 languages. 1-800-645-8333 * [getting-snap.org](https://www.getting-snap.org)

MA Nutrition Program for Seniors

[mass.gov/nutrition-program-for-seniors](https://www.mass.gov/nutrition-program-for-seniors)

MA Executive Office of Aging & Independence

[mass.gov/office-of-aging-independence-age](https://www.mass.gov/office-of-aging-independence-age)
1-800-AGE-INFO * 1-800-243-4636

Call 2-1-1

Free, confidential help in 150 languages for food pantries, community meals & emergency food assistance.

Shuffling Tiles & Raising Smiles with Mahjong Beginners Welcome ~ Tuesdays at 1:30pm



The fun never stops, and there is always room for more people. Easy lessons will be provided understanding the tiles types, learning the goal, and knowing basic terms in English and Chinese. Come join the fun today!



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Do you need
help paying your
Heating Bills?

Berkshire Community Action may be able to help!

2020 Income Guidelines to qualify for Fuel Assistance	
Family Size	Income
1	\$31,737
2	\$42,709
3	\$53,681
4	\$64,653

To learn more about
what BCAC can do for you,
contact us!

Central / South County
413-445-4503
North County
413-663-3014

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



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Elder Services of Berkshire County - Nutrition Program

SENIORS 60 YEARS OF AGE OR OLDER - Suggested Donation - \$3.00

All contributions are returned to the community toward the cost of the Nutrition Program and Services



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Call the Spitzer Center Kitchen at 664-9826 to speak with Laurie or stop in to place your reservation.	1 Beef Chili White Rice Peas and Carrots Cornbread Fresh Apple	2 Lemon Pepper Chicken Mashed Potatoes Brussel Sprouts Dinner Roll Fruit Cocktail	3 PICNIC DAY Low Sodium Hot Dog* Vegetarian Baked Beans Pasta Salad Hot Dog Bun Peach Crisp	4 COLD MEAL Chicken Cran Salad 3 Bean Salad Coleslaw Whole Wheat Bread Diced Peaches
7  Spitzer Center Closed	8 Cheese Lasagna Sonoma Blend Green Beans Graham Crackers Applesauce	9 COLD MEAL Chicken Caesar Salad Carrot Raisin Salad Pasta Salad Oat Nut Bread Craisins	10 Beef & Pepper Casserole Italian Vegetables Summer Squash Italian Bread Sugar Free Gelatin	11 Sliced Turkey w/Gravy Mashed Potatoes Mixed Veggies Whole Wheat Bread Apricots
14 Beef Stew Sliced Potatoes Cauliflower Mini Biscuit Spiced Apples	15 Chicken Tetrazzini Broccoli Carrots Oat Nut Bread Fresh Peach	16 Scrambled Egg w/sausage O'Brien Potatoes Asparagus Croissant Diced Mangoes	17 Chicken Putanesca Barley Spinach 12 Grain Bread Mandarin Oranges	18 Swedish Meatballs Buttered Noodles French Green Beans WG White Bread Applesauce
21 Chicken w/Gravy Au gratin Potatoes California Blend Whole Wheat Bread Apricots	22 Sweet & Sour Pork Savory Rice Lima Beans Multigrain Bread Applesauce	23 Salmon w/Honey Mustard Sauce Corn Chowder Zucchini w/Pimento Soup Crackers Diced Peaches	24 Macaroni & Cheese* Stewed Tomatoes Broccoli Oat Nut Bread Banana	25 Homemade Meatloaf Mashed Sweet Potatoes Wax Beans Dinner Roll Raisins
28 Veal Marsala Mashed Potatoes Fiesta Corn WG White Bread Fresh Orange	29 Tuscan Chicken Casserole Lemon Rice Sliced Carrots Oat Nut Bread Bavarian Cream**	30 Glazed Ham Scalloped Potatoes French Green Beans Dinner Roll Applesauce	HOTLINE If you will not be home when your meal is delivered please call our Nutrition Hotline at 1-800-981-5201	

Dietary Information: All Meals include 1% Milk 110 calories/125 mg sodium *High Sodium **Modifications for restricted sugar available

Apple Brownies

Prep Time: 25 mins
Cook Time: 35 mins
Total Time: 1 hr
Serving: 12



Ingredients:

1/2 cup butter, melted
1 large egg
3 medium apples - peeled, cored and thinly sliced
1/2 cup chopped walnuts
1 cup all-purpose flour
1/2 teaspoon salt
1/2 teaspoon baking powder
1/2 teaspoon baking soda
1 teaspoon ground cinnamon

Directions:

Step 1: Preheat the oven to 350°F. Grease a 9x9 inch baking dish.
Step 2: Beat sugar, melted butter, and egg in a large bowl with an electric mixer until fluffy. Fold in the apples and walnuts. Sift flour, salt, baking powder, baking soda and cinnamon together in a separate bowl; stir into apple mixture until just blended. Spread batter evenly in the prepared baking dish.
Step 3: Bake in a preheated oven until a toothpick inserted in the center comes out clean, about 35 minutes.

Additional topping ideas:

- ♦ Add vanilla ice cream or your favorite ice cream
- ♦ Whipped Cream
- ♦ Carmel Glaze

Just like Memo used to make ~ Jan