

# COUNCIL ON AGING

South Hadley Massachusetts



The sun never sets on our Activities...

Director/Editor: Joanne Trybus  
 E-Mail: jtrybus@southhadleyma.gov  
 45 Dayton Street  
 South Hadley, MA 01075-1924  
 Tel. 538-5042 Fax 532-8206  
 Assistant Director: Lisa Napiorkowski  
 lnapiorkowski@southhadleyma.gov

## THE GOLDEN CHRONICLE

APRIL 2014

\*\*\*\*\*

### VOLUNTEER APPRECIATION

FRIDAY, APRIL 25TH

Our annual Evening of Appreciation will be held on April 25th from 6:00- 8:00 p.m. Dining room doors will open at 5:30 p.m. Everyone who recorded their hours during 2013 will receive an invitation. Most invitations will be hand delivered by the first week of April. Please reply on or before April 21st by calling 538-5042, or stop by the office. Free transportation will be provided upon request. When you make your reservation, please let the receptionist know you need a ride. Please come and enjoy the fun as the staff pays tribute to the many wonderful and faithful volunteers who help to make our many programs possible.

Names of volunteers will be accepted first and if room permits guests will be welcome.

THE MEMBERS OF THE STAFF EXTEND THEIR SINCERE GRATITUDE TO THE 175+ VOLUNTEERS FOR YOUR ASSISTANCE DURING THE LAST YEAR. IF YOU WERE NOT PART OF OUR TEAM, WE COULD NOT PROVIDE THE MANY PROGRAMS AND SERVICES.

TRANSPORTATION PROVIDED BY THE EXECUTIVE OFFICE OF ELDER AFFAIRS, THE TOWN OF SOUTH HADLEY AND DONATIONS FROM THE COMMUNITY.



Every Weekday: Nutritious & Delicious Lunch 11:45 am - 12:15 pm, in the South Hadley Senior Center Dining Room. Please reserve a day in advance (538-5042). Remember to cancel if you cannot make the luncheon. Suggested donation \$2.25 for persons over 60 and \$3.00 for all others. FEDERAL GUIDELINES SPECIFY THAT FOOD SHOULD NOT BE TAKEN FROM THE LUNCH SITE. The only exceptions are bread, fruit, milk or non-perishable items.



**South Hadley Senior Travel Club**  
**Tuesday, April 22, New England Aquarium.** Includes admission to the newly remodeled aquarium & IMAX plus dinner at the **Cheese-cake Factory Restaurant** in Cambridge. **Cost \$82.00.** Call Judy Fortier, 534-3598. **Tuesday, May 27. The Aqua Turf "Who Loves You" a musical tribute to Frankie Valley.** Includes 5 young Broadway veterans recreating the music of the era. Plus Aqua Turf's famous family style lunch. **Cost \$95.00.** Call Susan Canedy 536-2196. **Tuesday, June 27, Cape Cod Canal cruise.** A scenic and historic cruise with live commentary along the Cape Cod Canal. Prior to the cruise, a Grand Buffet at the Daniel Webster Inn. **Cost \$82.00.** Call Judy Fortier, 534-3598. **Tuesday, July 25, Lobster Bake at The Gloucester House Restaurant** followed by an **Essex River Cruise** through a tidal estuary. **Cost \$99.00.** Call David Bellefeuille 533-7724. **A 4-day NIAGARA FALLS, Monday, September 8 to Thursday, September 11 at the Country Inn and Suites on the Canada side of the Falls.** Includes bus transportation, driver's tips, 4 breakfasts, 4 dinners and daily excursions **Cost \$460.00.** Call for flyers for full details. **Please call Judy Fortier, 534-3598 or Susan Canedy, 536-2106.** \$5.00 non-refundable deposit is due on all non-casino trips. *Because the South Hadley Senior Travel Club pays in advance for all trips, no cancellations will be honored less than one month prior to the trip with the exception of a Doctor's note certifying a medical emergency.*

## NOTES FROM THE DIRECTOR

Spring has finally arrived! I am anxiously waiting for the bulbs and various shrubs to display their beautiful colors after this long and harsh winter.

Currently the staff is busy planning the Volunteer Appreciation and we welcome the opportunity to thank the many faithful volunteers who have assisted us through 2013. Please note, if you are a new volunteer or have no recorded hours in 2013, you will not be invited this year. The recognition is based on a calendar year. Volunteers will be accommodated first. If room allows, guests will also be welcome but first must go on a waiting list. It is a fun evening so please try to come and let the staff wait on you!

I want to thank all of the staff and volunteers for helping to make the St. Patrick's Day luncheon event outstanding! It was a pleasure to have the Town Administrator Mike Sullivan and Town Clerk Carlene Hamlin stop by and visit with everyone. Mike brought a beautiful bouquet of flowers for the Colleen and this year it is Barbara Hatch. The members of her court are Peggy Moriarty, Mary Poe, Rosemary Mailhot and Barbara Stark. Special thanks to the Choralites for making the event fun! The dining room was a "vision of green" that day.

With any luck, when you receive this edition of the newsletter the recently donated van will be traveling around town. It has a lift so those passengers with wheelchairs and walkers should be able to ride again. I appreciate everyone's patience as a solution to the loss of the blue van was found.

The Falls Prevention Program is filling up quickly. If you are interested in attending, please sign up immediately as there is a maximum number of participants.

Congratulations to Ann Andras for graduating from the SHINE training. Insurance issues are extremely comprehensive and many times not easy to understand. Please do not hesitate to call Ann if you have a question and either she will be able to assist you or refer you to our SHINE Counselor, Eileen.

Prescription Advantage is a state-sponsored pharmacy assistance program for residents 60 and over and disabled individuals under 65. There is no open enrollment period. For more information call Ann at Ext. 206.

Please support the Friends of the South Hadley Elderly, Inc. in their next fund-raising event, the Card Party. Card Party tickets and raffle tickets will be sold at various luncheons throughout the month. The "Friends" are the 501(c)3 non-profit fund-raisers for the COA. Annually the group gives a generous donation to the South Hadley COA to host special events, buy gifts, and pay for entertainment. The newsletter is printed on the Xerox copier purchased by the "Friends." The office photocopier and maintenance is supported by this volunteer group. In addition coffee for the coffee station is provided every morning through the financial support of these dear "Friends." Clients of the home-delivered meal program receive 5 stamps for their birthday through the generosity of the "Friends" annual donation. Please support them in any way you are able to do so. They are also looking for new or unused raffle items for the Card Party which can be dropped off at the senior center.



HAPPY SPRING!!!!

*Joanne*

**\*\* SPECIAL THANKS TO: \*\*OLA HERBERT FOR THE CASE OF WATER**  
**\*\*CANDACE WALCZAK FOR COORDINATING AND BRUCE MAILHOTT AND DAN SZAFRANOWICZ FOR CLEANING THE KITCHEN FLOOR**  
**\*\*MIKE SULLIVAN FOR THE BEAUTIFUL FLORAL ARRANGEMENT FOR OUR ST. PATRICK'S DAY LUNCHEON COLLEEN**  
**\*\*MARY ANN UKLEJA FOR THE 2 AFGHANS**  
**\*\*CERNAK BUICK, INC., C.H.I. INSURANCE AGENCY, PEOPLESBANK, SKIBEL PLUMBING, INC. TECH FAB, AND VILLAGE EYE CARE, P.C. FOR THE SOUTH HADLEY CHORALE CONCERT TICKETS**

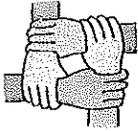
CONGRATULATIONS TO:  
**CONNIE CLANCY**  
FOR BEING CHOSEN AS THE SOUTH HADLEY  
ST. PATRICK'S DAY PARADE MARSHAL  
AND  
**JEFF LABRECQUE**  
FOR RECEIVING THE "IRISH KNIGHTS" AWARD

### DIABETES SUPPORT GROUP

Join Kelsey Gilmore, exercise science senior from Springfield College and Mary Anne Sopelak, Registered Dietitian for "**Spring into Action**" on **Wednesday, April 9th at 1 p.m.** Please come for this fun and interactive session!

### STANFORD UNIVERSITY CHRONIC DISEASE SELF-MANAGEMENT PROGRAM "MY LIFE, MY HEALTH"

A 6-week program will begin on Friday, April 25th at 9:30 a.m. Each session will be for 2 hours and continue for 6 consecutive weeks ending on May 30, 2014 in the large conference room. It will be conducted by trained Case Managers from the Home Care Dept. of WestMass ElderCare, Inc. This model of chronic disease self management was developed in the early 1990's by Dr. Kate Lorig at Stanford University Research Center. If you have one or more persistent health conditions consider participating in these sessions. The workshops will offer discussions and problem solving skills to help deal with chronic disease. Topics will vary each week and include dealing with difficult emotions, exercise, muscle relaxation, pain and fatigue management, healthy eating, communication, medication and making informed treatment decisions. If you have chronic pain, limited mobility, decreased energy, limitations that make you feel frustration or impair your socialization or daily activities, this program may help you improve the quality of your life. Please call the S. Hadley COA at 538-5042 if you are interested in attending.



## Outreach News

by Ann

### Bereavement Support Group

*"First one foot—then another—two steps forward—three steps back—this is the real pace of grief."* Stephanie Ericsson, author of *Companion Through the Darkness: Inner Dialogue on Grief*

Beginning Thursday, April 22, 2014 from 10:00 a.m. to 11:30 a.m., and continuing for 6 weeks the Council on Aging will host the yearly Bereavement Support Group. Seniors who have lost a loved one during 2012 or 2013 are encouraged to join the group.

The Support Group is designed to provide grieving individuals with the tools to navigate their personal grief journey. No two people grieve the same way. Often, we who are grieving rely only on the support of family and friends who struggle with saying or doing the "right" thing. Unfortunately, some advice can be un-welcomed.

By joining a support group one can learn new coping skills from others who are experiencing a similar loss. Being part of a group with a trained and experienced facilitator can offer you a safe place to express your feelings.

This year our facilitator will be Barbara Hyer, Bereavement Coordinator & Chaplain from Hospice Life Care, a program of the Holyoke VNA. The minimum number of participants is 5 and the maximum is 15. There will be a brief telephone interview to register. If you have any questions or would like to reserve your space in the group please call Barbara Hyer at 322-1282.

Seeking strength from others can be the first and most important steps in your healing process.

**Just a thought....** " Outside our private envelopes of pain, life lights torches, sings songs, beckons with all its senses to draw us out. We must eventually open: take part."

Esteban Alviso

## AARP

### 10 Vision Safety Tips for Older Drivers

By AARP Driver Safety, January 2010

1. If you wear eyeglasses when driving, be sure to keep your prescription up-to-date, and wear the proper glasses for day and night driving (there may be a difference)
2. Wear high-quality sunglasses (or prescription glasses if necessary) when driving in sunlight. When possible, avoid purchasing cars with deeply tinted windows, which can hamper your vision at night or on overcast days.
3. Glance frequently from the road ahead to your rearview mirror, side mirrors, and instrument panel when driving. Turning your head with your eyes will help monitor activity on the sides of your car.
4. Choose eyeglass or sunglass frames with narrow side pieces at the temples. Wide rims and brackets may block or distract your vision.
5. Adjust the driver's seat so your vision is not obscured by the dashboard and you can see the road ahead. If the seat cannot be adjusted, use a pillow or other support for proper positioning.
6. Keep mirrors, headlights and taillights clean and in good repair. Remember to wash both the inside and outside of windshields and windows regularly.
7. Avoid driving at night or in bad weather if you have difficulty seeing in low-light situations.
8. Never wear sunglasses or deeply tinted glasses for driving at night or at dusk.
9. Increase your concentration on the road in difficult situations by minimizing distractions. Switch off the radio, minimize discussions with passengers, avoid using cell phones and keep the inside temperature of your car comfortable.
10. Do not drink and drive, and always use your seat belt. Remember that certain prescriptions and over-the-counter medications can impact your vision and alertness. Read drug labels carefully, and check with your doctor about side effects.

*Keep these handy driving tips near by and review them often. Driving can be safe and enjoyable when at any age we use good judgment and common sense. Enjoy the ride!*





# APRIL 2014

<p><b>1 BBQ CHICKEN</b> 10 Beginning Exercise-EX 1 Bingo-CR 12:45 Movie-EX 1 Needlecraft-CE</p>	<p><b>2 ROASTED PORK W/GRAVY</b> 8:45 HIP-EX 9-12 AARP Tax Assist-C2 9:30 Grocery Shopping 10 Travel Club-C1 10:30 Osteoporosis Exercise-EX 1 Pitch-CR/1 Mah Jongg-CE 1 Choralites-DR <b>Candidates Luncheon</b></p>	<p><b>3 MACARONI &amp; CHEESE</b> 10 Alzheimer's Support-C2 10 Beginning Exercise-EX 10 Travel Club-C1 1 Scrabble-L 1 Quilting-CE 1 Golden Agers-CR</p>	<p><b>4 POLLOCK LOINS</b> 9:30 Grocery Shopping 10 Coffee &amp; Conversation-DR 10:30 Osteoporosis Exercise-EX 1 Bridge-CE 1 Cribbage-CR 1 Canasta-DR/1 Knitting-L 1 Zumba/Golden Chair-EX</p>
<p><b>7 SWEET &amp; SOUR CHICKEN</b> 10 Music Appreciation-CE 10 Tai Chi-EX 1 Poker-DR, 1 Pinochle-DR Canasta-DR, 1 Mah Jongg-CR  <b>VOLUNTEER APPRECIATION WEEK</b></p>	<p><b>8 BIRTHDAY/ANNIVERSARY VEAL PARMESAN W/PASTA</b> 9-12 SHINE (by appt.)-C1 10 Beginning Exercise-EX 11:15 Berkshire Hills Music Academy-DR 1 Bingo-CR/12:45 Movie-EX 1 Needlecraft-CE <b>Town Election</b></p>	<p><b>9 FRENCH MEAT PIE W/GRAVY</b> 9-12 AARP Tax Assist-C2 (last day) 9:30 Grocery Shopping 10 Travel Club-C1 10:30 Osteoporosis Exercise-EX 1-2:30 Diabetic Support Group-EX 1 Pitch-CR/1 Mah Jongg-CE 1 Choralites-DR</p>	<p><b>10 GRILLED HAM &amp; CHEESE</b> 10 Beginning Exercise-EX 10 Travel Club-C1 <b>10 Veteran's Meeting-CE</b> 12:30-2pm Blood Pressure -C2 <b>1 Friends Meeting -DR</b> 1 Scrabble-L 1 Quilting-CE 1 Golden Agers-CR</p>
<p><b>14 MEATLOAF W/GRAVY</b> 9:30 Foot Nurse (by appt.)-C1 10 Music Appreciation-CE 10 Tai Chi-EX 1 Poker-DR, 1 Pinochle-DR, 1 Canasta-DR 1 Mah Jongg-CR <b>4 COA Board Meeting-C2</b></p>	<p><b>15 BAKED CHICKEN W/ GRAVY</b> 10 Lo-Vision Support-C2 10-11 Brown Bag-CE 10 Beginning Exercise-EX 1 Bingo-CR 12:45 Movie-EX 1 Needlecraft-CE</p>	<p><b>16 BAKED STUFFED SHELLS</b> 8:45 HIP-EX 9:30 Grocery Shopping 10 Travel Club-C1 <b>10 Strokes for Different Folks/ Holyoke Medical Ctr. CR</b> 10:30 Osteoporosis Exercise-EX 1 Pitch-CR/1 Mah Jongg-CE 1 Choralites-DR</p>	<p><b>17 ROASTED TURKEY W/GRAVY</b> 10 Beginning Exercise-EX 10 Travel Club-C1 1 Scrabble-L 1 Quilting-CE 1 Golden Agers-CR</p>
<p>21 <b>PATRIOTS' DAY HOLIDAY CENTER IS CLOSED</b></p> 	<p><b>22 LIVER &amp; ONIONS</b> Travel Club Trip 9-12 SHINE (by appt.)-C1 10 Loomis Community Program - CR 10 Bereavement Support Group-C2 10 Beginning Exercise-EX 1 Bingo-CR/12:45 Movie-EX 1 Needlecraft-CE</p>	<p><b>23 CHICKEN CACCIATORE</b> 9:30 Grocery Shopping 10 Travel Club-C1 10:30 Osteoporosis Exercise-EX 1 Pitch-CR 1 Mah Jongg-CE 1 Choralites-DR</p>	<p><b>24 SHEPHERD'S PIE</b> 10 Beginning Exercise-EX 10 Travel Club-C1 <b>10:30 Blood Pressure Screening w/Fire District #1-DR</b> 1 Scrabble-L 1 Quilting-CE 1 Golden Agers-CR</p>
<p><b>28 BAKED HAM W/ PINEAPPLE</b> 9:30 Foot Nurse (by appt.) -C1 10 Music Appreciation-CE 10 Tai Chi-EX 1 Poker-DR 1 Pinochle-DR 1 Canasta-DR 1 Mah Jongg-CR</p>	<p><b>29 TERIYAKI CHICKEN</b> 9 Newsletter Collating-CE 10 Bereavement Support Group-C2 10 Beginning Exercise-EX 1 Bingo-CR 12:45 Movie-EX 1 Needlecraft-CE</p> 	<p><b>30 STUFFED CABBAGE W/ SAUCE</b> 9:30 Grocery Shopping 10 Travel Club-C1 10:30 Osteoporosis Exercise-EX 1 Pitch-CR 1 Mah Jongg-CE 1 Choralites-DR</p>	<p><b>IN TOWN TRANSPORTATION AVAILABLE MONDAY-FRIDAY FROM 9-3, BY APPOINTMENT ONLY.</b></p>  <p><b>ROOM KEY</b> B=Billiards Room CR=Card Room CE=Ceramics C2=Formerly Old Office C1=Conf. Room Off Library EX=Exercise Room DR=Dining Room L=Library</p>

## DOREEN'S INFO

Welcome Spring! Now that the spring weather is upon us, many of us are putting on our sneakers and taking walks outside. It might take some time to wake up those sleepy muscles, so remember we have several exercise programs offered at the COA that can help. In order to participate in any of these programs we need to have a physician's approval and emergency contact on file.

Last month we celebrated St. Patrick's Day and were treated to an Irish concert by our own Choralites.

Much is taking place this month so take a closer look at the calendar. The week of April 7th marks "Volunteer Appreciation Week". Our theme this year is *Volunteers Make A World of Difference*. And they sure do! Also that week is our monthly Birthday/Anniversary lunch that is being held on Tuesday, April 8th<sup>th</sup>. If you are celebrating a birthday or anniversary, the Friends of South Hadley Elderly would like to treat you to lunch. Remember reservations are required and one invited guest. AARP Tax Assistance will be ending that week as well. The Veteran's group will be meeting on the 10<sup>th</sup>. John O'Connor from the So. H. Veterans Service Dept is our scheduled speaker.

"Cultures Around the World", a monthly lunch time presentation will be done on the 18<sup>th</sup>. Earth Day is the topic.

Thank you to those who collected empty egg cartons in the past for the COA, but your efforts are no longer needed and we are no longer collecting them.

Soon the Mothers' Gardeners will be out planting, weeding the garden and working on the window boxes. If you would like to volunteer and join this group with the green thumbs, just contact me. The So. H. COA is looking for Church/ Volunteers on the second Wednesday of each month. We would like to have two to four volunteers help with working in the dining room. If your church or you are interested, please call me at 538-5042, ext. # 205. We are also looking for volunteers to be Newsletter Assemblers once a month on Tuesdays. Just give me a call and I would be happy to give you more information.

It's said so often by me and others at the COA, but operations could not run as well as they do without our dedicated volunteers. The volunteers are our extended family and they brighten each day for all of us. They could be spending their time somewhere else, but they choose to spend it with us and I and staff are so grateful. To show our appreciation on April 25<sup>th</sup> we will have our annual Volunteer Appreciation Dinner.

January the volunteers logged 929.25 hours, and in February they logged in 1131.25 hours. I would like to acknowledge our newest volunteers Regina Packard, Earl Ingham, Ken Bozek, Alice Cataldo and Anne Ouimet.

*Doreen*



## **SOUTH HADLEY COUNCIL ON AGING Computer Learning Center**

Address: South Hadley Senior Center  
45 Dayton Street  
South Hadley, MA 01075  
Telephone: 413-533-6889

South Hadley Council on Aging has dissolved its relationship with the "SeniorNet" organization and is now called "SHCOA Senior Computer Learning Center."

We are in the process of a reorganization which will benefit both the quality of our programs and our students. Students will no longer be required to join SeniorNet before enrolling in a class. Our dedication to teaching with individual attention for each student will not change.

We are now offering individual tutoring sessions (as many as a student feels is necessary) at \$10.00 per hour. Charges for an entire course vary from \$25.00 for a class with 5 to 8 2-hour sessions and \$15.00 for those with less than 5 sessions. We will soon offer a Typing Tutorial (1 to 2 sessions as needed) and a Greeting Cards Workshop (2 sessions) both at \$15.00.

Please call us at 533-6889 to let us know of your interest in these or other offerings in the near future.

### **"STROKES FOR DIFFERENT FOLKS"**

**Presented by: HOLYOKE MEDICAL CENTER  
WEDNESDAY, APRIL 16TH  
10 A.M. IN THE CARD ROOM**

Angela is the first contact that you or a loved one will meet, if you enter Holyoke Medical Center for a questionable STROKE/TIA. Come and hear the newest information that can save your life, or the life of your loved ones. REMEMBER strokes happen to your GRANDCHILDREN as well. Angela will provide educational information about strokes and hold a discussion and question and answer period during the workshop. Please call 538-5042 to register for this program.

### **GOT DRUGS?**

Free Collection Day for Safe Disposal -  
No Questions Asked

**Saturday, April 26, 2014-10:00 AM until 2:00 PM**  
South Hadley Police Department

Medicines can remain in original containers with labels  
**Cannot accept needles, syringes, lancets, thermometers, IV bags, chemo drugs, any liquids**  
Sponsored by: The Drug Enforcement Adm., Hampshire/Franklin TRIAD, D.A. David E. Sullivan, Hamp. Cty. Sheriff Robert J. Garvey, Franklin Cty. Sheriff Christopher Donelan, Local Police Depts., DPH, MCOA, Smith Voc. HS, Daily Hamp. Gazette and other community partners.

**South Hadley Council On Aging**  
 45 Dayton Street  
 South Hadley, MA 01075  
 (413) 538-5042  
 (413) 532-8206 FAX

PRSRT STD  
 U.S. Postage  
**PAID**  
 Permit #3085  
 Springfield, MA  
 01152

DATED MATERIAL

"THE GOLDEN CHRONICLE" IS PRINTED WITH GRANT FUNDS PROVIDED BY THE MASSACHUSETTS EXECUTIVE OFFICE OF ELDER AFFAIRS AND BY OUR ADVERTISERS AND CONTRIBUTORS. ALTHOUGH THE SHCOA CANNOT ENDORSE THE ADVERTISERS, WE ASK THAT YOU PATRONIZE THEIR BUSINESS.


**VNA & Hospice of Cooley Dickinson**  

**GET FIT 584-1060**  
 If you or someone you love has fallen or has a fear of falling, call us for our specialized falls prevention program.  
 168 Industrial Drive  
 Northampton, MA 01060-2379  
[www.VNAandHospice.Org](http://www.VNAandHospice.Org)

**Ryder Funeral Home**  
 Pre-Need Funeral Planning  
 33 LAMB STREET • SOUTH HADLEY  
 533-1735  
 MYRON W. RYDER      WILLIAM W. RYDER  
 FOUNDER                      DIRECTOR  
[www.ryderfuneralhome.com](http://www.ryderfuneralhome.com)

Proud to Support  
**The Council on Aging**  
  
 10 Offices throughout the Pioneer Valley  
 Connecting All Offices 413-527-4111  
[bankesb.com](http://bankesb.com)  
 Member FDIC      Member DIF

  
**Holyoke VNA**  
 Hospice Life Care  
 NURSING • REHAB • HOSPICE  
 413-534-5691  
[www.Holyokevna.org](http://www.Holyokevna.org)

  
**HUTT**  
 EYE ASSOCIATES  
 ALFRED HUTT, MD, FACS  
 10 Hospital Dr. Holyoke, MA 01040  
 536 - 0006

  
**BEERS & STORY**  
**SOUTH HADLEY FUNERAL HOME**  
 •Preplanning  
 •Burial •Cremation  
 646 Newton St.  
 South Hadley 533-4400  
[www.beersandstory.com](http://www.beersandstory.com)  
 Marc G. Gaudreau  
 Wendy L. Story  
 Directors

**STATE REP. JOHN W. SCIBAK**  
 P. O. BOX 136, SO. HADLEY, MA  
 Tel: (413) 539-6566 Fax: (413) 539-5855  
 E-mail: [Rep.Johnscibak@hou.state.ma.us](mailto:Rep.Johnscibak@hou.state.ma.us)

  
**CHICOPEE VNA**  
 Visiting Nurse Association, Inc.  
 Caring for you since 1942  
 2024 Westover Road • Chicopee, MA 01022  
 (413) 437-9862  
 Great to Be Home Care

**Hair Services for Men & Women**  
*in your home*  
 Call Barbara at  
 538-9516 or 885-0371  
*Serving the Elderly & Disabled 25 Years*

  
**LoomisVillage**  
 A member of The Loomis Communities  
 246 North Main St.  
 South Hadley, MA 01075  
 (413) 532-5325  
[www.LoomisCommunities.org](http://www.LoomisCommunities.org)

  
**ACE Drain & Sewer Cleaning**  
 South Hadley  
 538-9930  
 Owner Ronald T. Padykula  
 Radio Dispatched • Sinks • Tubs • Toilets • Sewer Lines  
 Video Inspection of Pipes • Fully Insured • Reasonable Rates

**SOUTH HADLEY DENTAL ASSOC., INC.**  
 MARJORIE S. BLOCK, D.M.D.  
 15 DAYTON ST., SOUTH HADLEY, MA 01075  
 TEL (413) 536-4455 FAX (413) 532-1757