

COUNCIL ON AGING

South Hadley Massachusetts

The sun never sets on our Activities...

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Chairperson: Donna Robideau

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 Website: www.southhadleyma.gov

FEBRUARY 2014

HAPPY VALENTINE'S DAY

FRIDAY, FEBRUARY 14TH, SUGGESTED DONATION \$2.25. Pot Roast dinner with special dessert provided by Beers & Story Funeral Home and a picture display of 2013.



AARP VOLUNTEER TAX ASSISTANCE begins Wed., Feb. 5th through Wed, April 10th. Call 538-5042 to make an appointment for this service for low to moderate income seniors. **WHAT TO BRING TO Your TAX-AIDE APPOINTMENT:** IDENTIFICATION/General: - Soc. Security Cards and Photo ID Drivers License (Bring SS Cards for all dependents); Prior Year's (2012) Tax Returns (Fed + Mass) and any work papers in AARP envelope; Listing of any Estimated Tax Payments made in Tax Year 2013; Checkbook: if you want to "direct deposit" any refund; Original notarized Power of Attorney (or Executor) documents: if signing on behalf of Taxpayer; If Non-Medicare, a copy of the HC-1099 (proof of insurance for MASS); If Legally BLIND: bring current Certificate of Blindness; If Permanently and Totally DISABLED: bring Doctor's certificate; Please REMOVE all tax documents (1099s, W-2s, etc) from envelopes PRIOR TO appt.; INCOME (Any of these that apply): Year-end **Social Security SSA-1099** form showing benefits received, (or **RRB-1099**); Any 1099 Forms: **Interest** (1099-INT) to include Municipal Bond Interest, **Dividends** (1099-DIV), **Retirement Incm** (1099-R), Proceeds from **Stock/Bond Sales** (1099-B) including original purchase price of any assets sold, **Unemployment Comp** (1099-G), Non-Employment Compensation (1099-MISC); or Forms K-1. Employer **Wages W-2** or **Gambling W-2G** or **Unemployment Insurance**, **-Other Cash Income** (eg, Alimony, Jury Duty pay, etc); ALL must be reported. CIRCUIT BREAKER Credit (ONLY for those over-65 who own or rent--non-subsidized housing); Actual Real Estate Tax bills (All): showing your Ownership, (or a printout) from town hall; Actual paid Water + Sewer bills (NOT applicable to Hadley); DEDUCTIONS/ CREDITS (Any of these that apply): Real Estate taxes paid; Alimony paid (to include Recipient's SSN); IRA contributions; College Tuition payments need Form 1098-T from the college, and Receipts for College supplies; Student Loan Interest; Child Care provider information; Residential Energy Credit. Continued on Page 2

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). Suggested donation \$2.25 for persons over 60. Guests under 60 must pay \$3.00. **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

Monday, March 17, 2014 (St. Patrick's Day) Platzl Brauhouse, in Pomona NY, St Patrick's Festival. Full day of food, fun and entertainment. Beer & soda 12 to 5 PM. Complimentary wine with dinner. Standing rib roast at 4:00 PM. **Cost \$89.00.** Call Susan Canedy, 536-2106.

Tuesday, April 22, New England Aquarium. Includes admission to the newly remodeled aquarium & IMAX plus dinner at the **Cheesecake Factory Restaurant** in Cambridge. **Cost \$82.00.** Call Judy Fortier, 534-3598.

Tuesday, May 27, Aqua Turf, "Who Loves You", A musical tribute to Frankie Valli and the four seasons. Includes Aqua Turf's famous family style luncheon. **Cost \$95.00.** Call Susan Canedy, 534-2106.

Tuesday, June 17, Cape Cod Canal Cruise. A historic and scenic narrated cruise along the Cape Cod Canal. Grand Buffet Lunch at the Daniel Webster Inn on Cape Cod. **Cost \$82.00.** Call Judy Fortier, 534-3598.

NIAGARA FALLS. We are considering a 4 day trip to Niagara Falls in September 2014. Please call Judy Fortier, 534-3598 or Susan Canedy, 536-2106 for more information if you think you would like to join us. Your call does not obligate you in any way. \$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.* A Travel Club Representative is at the So. Hadley Senior Center every Wednesday and Thursday 10:00-11:30. Flyers available.

NOTES FROM THE DIRECTOR

Although it been a very cold New England winter the senior center is a warm and friendly place to visit. I invite you to make an appointment with Doreen if you have not stopped by. A delicious and nutritious meal is prepared on site daily for congregate participants and home-delivered meals clients. Coffee and a breakfast snack are available from 9 a.m. until lunch. This is a great opportunity for me to extend my thanks to John Piskor, the Chef at the Ledges for his assistance during a staffing crisis and to Mike Sullivan and Doug Juhasz for sending him to the COA.

I want to take a moment to express my thanks to the individuals who have made donations to the various accounts. The Christmas Gift Card/Lights On program has enabled our department to assist 72 elder households, the highest number yet for this particular project. The newsletter donations assist in keeping the newsletter in the mail. If you have not done so, please consider making a \$5.00 donation to help with the mailing costs of this newsletter. Postage costs continue to increase but your generosity will help to insure the mailing of this publication to the 2,500 households of residents 60 and over. Individuals who live out of town pay \$10.00 to have the publication mailed to their home. The delay in the last edition of the publication caused much dismay and hopefully is a statement of appreciation for the newsletter. Unfortunately it arrived in the mail later than usual due to the holidays and postal regulations. But the one constant I personally observed is the dedication of the newsletter collating volunteer group as we worked together to get the newsletter in the mail. As I always say, "What would we do at the COA without our faithful volunteers?"

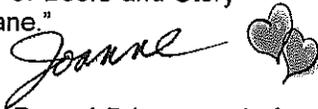
The Tax Assistance season will begin soon. The tax aides are volunteers not professional tax advisors. Call the COA office at 538-5042 to make your appointment, find out what to must bring to the appointment, or for more information. Per the request of the tax aides, please open all of your envelopes and take out the various forms to save time.

Applications are available for COA Board members. Please stop by or call the office for one.

Census forms can be dropped off at the senior center. It will save you a stamp!

February is "heart" month, so I encourage everyone to wear red on Friday, February 7th. I hope to see you on the 14th! Thanks to Marc Gaudreau of Beers and Story we enjoy a "walk down memory lane."

HAPPY VALENTINE'S DAY!



Tax information continued from Page 1 Bring record of any credits taken from 2006-2012; Loss Carry forwards: if you have sold stocks or bonds at a loss in prior years **DEDUCTIONS if Itemizing** (ONLY if the total is greater than your Standard Deduction): Record of all State Income tax paid; Form 1098--Home Mortgage interest; Medical/Dental Receipts, to include Health/LTC insurance premiums; -Receipts for Charitable Contributions; Auto Excise Tax bill. Due to a limited number of slots, please **cancel at least 24 hours in advance** so a wait-listed person can take your place.

SPECIAL THANKS TO THE FOLLOWING:
**To the Friends of South Hadley Elderly for the \$5,000 donation for special events and necessary supplies for 2014.
**Donna Robideau for the donation to the Activity Gift Emergency Account.

KNOW THE TEN SIGNS-MONDAY, FEB. 24TH-10 A.M. in the Card Room. As one ages, there can be changes in memory. Yet, memory loss or behavior changes severe enough to disrupt daily life are not a typical part of aging. Knowing the 10 Warning Signs can help determine if one should speak to your doctor and get a diagnosis for yourself or someone you care about. Join us to learn the "10 Signs" because early detection matters! Pre-registration is encouraged by calling 538-5042.

COMPANION/ESCORT DRIVERS NEEDED. Hourly rate: \$10.00 plus mileage: \$.56 per mile. Grant funding enables the South Hadley COA to provide transportation for elders in private vehicles. You must fill out an application, provide references, pass a CORI, have adequate car insurance and the physical ability to help others in and out of your vehicle. For more information, please call Ann Andras at 538-5042, Ext. 206 or Joanne Trybus at 538-5042, Ext. 204.

WISH LIST: Dish Detergent (hand-washing type); Kleenex, Shower chairs or benches

THE DIABETIC SUPPORT GROUP MEETING WILL BE WEDNESDAY, FEBRUARY 12TH AT 1 P.M. Join us for a **Feel Good Workshop with Diabetes Nurse Educator, Patricia Moriarty, and Registered Dietitian Jean Klepacki.** Test your knowledge on hidden sugars, wear comfortable clothing."

DO NOT GIVE OUT YOUR CREDIT CARD NUMBER UNLESS YOU HAVE MADE THE CALL.

CALLING ALL "FRIENDS"

Just a reminder! The Friends of South Hadley Elderly are collecting dues for the 2014 membership year. Please send your \$5.00 check, payable to the Friends of South Hadley Elderly, or cash to Donna Robideau, 12 Edgewater Lane, South Hadley. If you wish, you can leave your money and information at the Senior Center and a member of the "Friends" will get it. Thanks for your continued support. Without your memberships, donations and memorials we would not be able to fund the various activities, programs and miscellaneous expenses to benefit our seniors. Please consider joining "The Friends of South Hadley Elderly, Inc. and send in your money for dues today.

MAH JONGG TEACH AND LEARN SESSIONS to be held on Friday mornings from 10 a.m. until 12 noon in the small conference room off of the library beginning on February 1st and ending March 29th. This instructional period will replace the Wednesday teach and learn session held during the Wednesday afternoon games in March and September. Please be prompt because if no one comes in before 10:15 a.m. the instructor will leave.

The Circuit Breaker:
Tax Relief for Massachusetts
Senior Citizens
15th Anniversary

Dear Friends,

Here's a reminder about "The Circuit Breaker," a tax credit for Massachusetts senior citizens age 65 and older.

It's called the Circuit Breaker Tax Credit because it is "triggered," like an electrical circuit breaker, when property tax payments exceed 10 percent of a senior's annual income.

Those who qualify will still be required to pay property taxes to their local communities. But they will receive a dollar credit for every dollar their property tax, and certain water and sewer bills, exceed 10 percent of their income, up to the \$1,030 maximum.

Senior citizens who rent their homes can also take advantage of the same dollar for dollar credit, up to the same \$1,030 maximum, if 25 percent of their annual rent exceeds 10 percent of their annual income.

No special application is required. If you are qualified, you can receive this credit by filling out a 2013 Massachusetts state income tax return before the April 2014 deadline.

Official information packets from the state Department of Revenue for 2013 state income tax returns will include Circuit Breaker schedules and will be available in local libraries and post offices beginning early in 2014.

Here are the basic requirements for eligibility:

- Must be a Massachusetts resident, age 65 or older;
- Must own or rent residential property in Massachusetts as your primary residence;
- Must have an annual income of \$55,000 or less for a single filer; \$69,000 or less for a head of household; and \$82,000 or less for joint filers.

You are ineligible for this tax credit if:

- You are married and do not file a joint return;
- You are a dependent of another tax filer;

- You receive a federal or state rent subsidy directly, or live in a property tax exempt facility;
- Your property is assessed at a value greater than \$700,000.

This tax credit was approved in 1999, was implemented in 2001, and is based on a bill I filed after hearing concerns raised by seniors in Pelham. Over the years it has helped tens of thousands of seniors save millions on their property taxes.

If you need more information, please don't hesitate to contact my district office at 413-587-6365, or the state Department of Revenue Customer Service Bureau at 617-887-MDOR, or toll-free at 800-392-6089, or visit their website, www.massdor.com.

This law is based on a bill I filed after hearing concerns raised by seniors in Pelham. I hope this tax credit will help alleviate some of the burdens property taxes can create.

Best Wishes,

STAN ROSENBERG

State Senator

Winter Safety Tips from Massachusetts Emergency Management Agency (MEMA)

- ⇒ Have sufficient heating fuel, as regular sources may be cut off. Have emergency heating equipment and fuel (a gas fireplace, wood burning stove or fire-place) so you can keep at least one room livable. Be sure the room is well ventilated.
- ⇒ If you have medication that requires refrigeration, check with your pharmacist for guidance on proper storage during an extended outage.
- ⇒ If you use medical equipment in your home that requires electricity, talk to your health care provider about how you can prepare for its use during a power outage. Ensure you have extra batteries for medical equipment and assistive devices.
- ⇒ Keep your car tank at least half full because gas stations rely on electricity to power their pumps.
- ⇒ Know where the manual release lever of your electric garage door opener is located and how to operate it. Garage doors can be heavy, so know that you may need help to lift it.
- ⇒ Leave on one light which will indicate when your power returns.
- ⇒ Make sure you always have a well-stocked **Winter Home Emergency Supply Kit** that includes flashlights, portable radio, extra batteries, a first aid kit, bottled water, non-perishable food and a manual can opener.

NUTRITION PROGRAM

PLEASE MAKE RESERVATIONS 24 HOURS IN ADVANCE.*
MENU SUBJECT TO CHANGE. The Nutrition Program is funded
by the Older Americans Act through a contract with:

WESTMASS ELDERCARE, INC. FEBRUARY MENU

- 3) ROASTED CHICKEN W/GRAVY, Rice Pilaf, Peas, Multi Grain Bread, Pineapple or Diet Pineapple.
- 4) BIRTHDAY/ANNIVERSARY—BAKED HAM W/PINEAPPLE SAUCE: Sweet Potatoes, California Mixed Vegetables, Whole Grain Roll, Cake or Diet Cake.
- 5) BAKED MEATLOAF W/GRAVY, Mashed Potatoes, Corn, Whole Wheat Bread, Apricots or Diet Apricots.
- 6) STUFFED PEPPERS W/SAUCE, Mashed Potatoes, Green Beans, Multi Grain Bread, Bread Pudding or Diet Bread Pudding.
- 7) POLLOCK LOINS, Wild Rice, Zucchini Blend, Tropical Fruit or Diet Tropical Fruit.
- 10) SHEPHERD'S PIE W/GRAVY, Spinach, Biscuit, Pears or Diet Pears.
- 11) ROAST PORK W/GRAVY, Mashed Potatoes, Multi Grain Bread, Mixed Vegetables, Fruit Cup or Diet Fruit Cup.
- 12) CHICKEN PATTY W/GRAVY, Confetti Rice, Peas & Carrots, Whole Grain Bread, Tropical Fruit or Diet Tropical Fruit.
- 13) LOW SODIUM HOT DOGS, Baked Beans, Rolls, Green Beans, Pineapple or Diet Pineapple.
- 14) VALENTINE'S DAY LUNCHEON—POT ROAST W/GRAVY, Au Gratin Potatoes, Broccoli, Roll, Strawberry Cake or Diet Strawberry Cake.
- 17) CENTER CLOSED—PRESIDENTS' DAY HOLIDAY
- 18) STUFFED CABBAGE W/TOMATO SAUCE, Mashed Potatoes, Carrots, Multi Grain Bread, Pudding or Diet Pudding.
- 19) BROCCOLI & CHEESE QUICHE, Potato Puffs, Green Beans, Whole Grain Roll, Mandarin Oranges or Diet Mandarin Oranges.
- 20) KIELBASA, Lazy Pierogi, Egg Noodles, Broccoli, Rye Bread, Peaches or Diet Peaches.
- 21) POTATO CRUSTED POLLOCK, Rice Pilaf, Spinach, Whole Grain Roll, Pears or Diet Pears.
- 24) BEEF STEW, Egg Noodles, Winter Mix Vegetables, Biscuit, Jell-O or Diet Jell-O.
- 25) OVEN BAKED CHICKEN, Baked Potato, Peas & Onions, Cranberry Sauce, Whole Grain Bread, Pears or Diet Pears.
- 26) MACARONI & CHEESE, Stewed Tomatoes, Green Beans, Whole Grain Roll, Mixed Fruit or Diet Mixed Fruit.
- 27) ROASTED TURKEY W/GRAVY, Mashed Potatoes, Roasted Vegetables, Cranberry Sauce, Peaches or Diet Peaches.
- 28) CHEESE LASAGNA W/SAUCE, Romano Beans, Garlic Bread, Grape Juice, Cookies or Diet Cookies.

ALL MEALS ARE SERVED WITH BREAD AND A 1/2 PINT OF MILK. FOR RESERVATIONS OR CANCELLATIONS, PLEASE CALL 538-5042 NO LATER THAN 9:00 A.M. PLEASE TRY TO CALL ON FRIDAY TO EAT ON MONDAY.

Start Your Day Right with Breakfast!

By Christine Brown
Nutritionist WMEC

Have you ever heard the saying "Eat breakfast like a king, lunch like a prince and dinner like a beggar"? It's true that breakfast is an important meal of the day.

Eating breakfast is a great way to nourish your body and maintain a healthy weight. Skipping breakfast will not help you lose weight. In fact, studies find that people are more likely to have a healthy weight if they eat breakfast. You might get so hungry skipping breakfast that you overeat later in the day.

Eating breakfast is food for your brain too. The energy from your meal can improve your ability to think and concentrate. It can also help put you in a good mood for the day!

So what is a good breakfast? A balanced breakfast would contain a protein or dairy food, a vegetable or fruit, and a whole grain. A balanced breakfast will keep you full longer and be more nutritious.

It's wise to avoid sugary cereals, donuts or other packaged breakfast foods that are high in sugar, fat, and sodium.

If you're not very hungry in the morning or can't find the time to prepare a full balanced breakfast first thing, try to have a little something within 30 minutes of waking up, such as a piece of fruit. Then you can eat more a little bit later.

Here are a couple examples of a healthy breakfast:

- Oatmeal with blueberries and a cup of milk
- Fresh fruit smoothie with yogurt (add wheat germ and flax seed to the smoothie for additional nutrients) and a piece of whole wheat toast.
- Soft boiled egg with a mini whole wheat bagel.

If you don't usually eat breakfast, give it a try and you might be surprised!

IMPORTANT: Winter is here so there is a possibility meals, meetings, classes or programs might be cancelled. Please watch television stations 22, 40 or 3 to view the closings. Usually if WestMass ElderCare cancels their meal program, South Hadley follows suit but sometimes it varies so watch for South Hadley Senior Center notice. The staff reports to work unless **Town Hall** is closed.

IN MEMORIAM

IN MEMORY OF:

FROM:

NUTRITION:

RAYMOND MARION Jean Lambert
Phyllis & George Polizou
Mr. & Mrs. James Deni, Sr.
Michael J. Halpin
Eleanor M. Raleigh
Jane & Robert H. Bontempo
Richard P. Towne, Jr.

ALICE PYSZ South Hadley Golden Agers

DONALD ST. PIERRE Jean Lambert

BILL LAMBERT Jean Lambert

PHILLIP HERBERT Bob & Liz Methot
Judie Strzempko
Leonard J. LeBlanc
Dorothy St. Pierre
Verna M. Kaifer
Mary Ann Pinkos
Jean Lambert
Redcliffe Canoe Club
Michael R. Koske
Claire Bielanski
Joyce & Bernie Gay
Tillie Laverdiere
Judy Fortier
Alice Pont
John Scibak

LUANNE REYNOLDS Noella Loiselle

CHRISTMAS BASKET:

TED TAMBURRO Debra Tamburro

FREDERICK BACH James M. Procon

PHILLIP HERBERT John Howes &
Frances O'Connell

BUILDING FUND:

RAYMOND MARION Lillian & Harold Leviton

FREDERICK BACH James M. Procon

MOTHER'S GARDEN:

DONNA POTVIN Janie Brochu

IN MEMORIAM

IN MEMORY OF:

FROM:

SUBSIDIZED SENIOR TRANSPORTATION:

RALPH David Perwak

LIGHTS ON:

HELEN R. KENNEDY Kathleen Kennedy

PHILLIP HERBERT Jean & Phyllis Lacoste
Melide Normand & Kenneth Williams
Frank & Mary Thetreault
Raymond & Joan Hopfe
Deborah & Kevin Baldini

MINIBUS (FUTURE PURCHASE):

PHILLIP HERBERT The Dineen Family
(Carol, Paula, Todd & Marci)

NEWSLETTER:

HELEN R. KENNEDY Kathleen Kennedy

PHILLIP HERBERT Ed & Gerri Bennett

FRANK J. DZIJA Ed & Gerri Bennett

VETERAN'S CLUB:

BILL SLIGO Theresa Brindamour

TRANSPORTATION ACCOUNT:

HELEN R. KENNEDY Kathleen Kennedy

PHILLIP HERBERT Dianne & Bruce Perron
Linda & Robert Scott

ACTIVITIES/NECESSITIES:

JO-ANN GARTON Ron & Gayle Kenneson

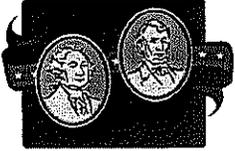
PHILLIP HERBERT Grace M. Kelly

With our Sincere Gratitude!

The South Hadley COA is very thankful for receiving a very generous donation of \$1,000 for our Activity Account

*In Loving Memory of Cathy Quinn
and in Honor of Her Family*

On behalf of her cousins
Catherine Kirby Malinski & Rita Kirby Vining

<p>ROOM KEY B=Billiards Room CR=Card Room CE=Ceramics C2=Formerly Old Office C1=Conf. Room Off Library EX=Exercise Room DR=Dining Room</p>		<h1 style="text-align: center;">FEBRUARY 2014</h1>	<p style="text-align: center;">IN TOWN TRANSPORTATION AVAILABLE MONDAY-FRIDAY FROM 9-3, BY APPOINTMENT ONLY.</p> 	<p style="text-align: center;">Black History Month</p> 
<p>3 ROASTED CHICKEN W/ GRAVY S. H. Sr. Travel Club Trip 10 Music Appreciation-CE 10 Mah Jongg Teach & Learn—C1 11 Tai Chi-EX/1 Poker—DR 1 Pinochle-DR 1 Canasta-DR 1 Mah Jongg-CE</p>	<p>4 BIRTHDAY/ANNIVERSARY BAKED HAM W/PINEAPPLE SAUCE 9-12 SHINE (by appt.) 10 Beginning Exercise-EX 1 Bingo-CR 12:45 Movie-EX 1 Needlecraft-CE</p>	<p>5 BAKED MEATLOAF 9-12 AARP Tax Assistance(by appt.) - C2 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>6 STUFFED PEPPERS W /SAUCE 10 Beginning Exercise-EX 10 Travel Club-C1 10 Alzheimer's Group -C2 1 Scrabble-L /Quilting-CE 1 Golden Agers-CR</p>	<p>7 POLLOCK LOINS 9:30 Grocery Shopping 10 Coffee & Conversation-DR 10:30 Osteoporosis Exercise-EX 1 Knit-L/Bridge-CE 1 Cribbage-CR/Canasta-DR 1 Zumba/Gold Chair—EX</p>
<p>10 SHEPHERDS PIE W/GRAVY 9:30 Foot Nurse (by appt.) 10 Music Appreciation-CE 10 MOLST Presentation/Holyoke VNA—CR 10 Mah Jongg Teach & Learn—C1 11 Tai Chi-EX/1 Poker—DR/Pinochle -DR 1 Canasta-DR 1 Mah Jongg-CR 4 COA Board Meeting-C2</p>	<p>11 ROAST PORK / GRAVY 10 Beginning Exercise-EX 1 Bingo-CR 12:45 Movie-EX 1 Needlecraft-CE</p>	<p>12 CHICKEN PATTY W/ GRAVY 9-12 AARP Tax Assistance(by appt.) -C2 9:30 Grocery Shopping 10 Travel Club-C1 10:30 Osteoporosis Exercise-EX 1 Pitch-CR,1 Mah Jongg-CE 1 Charalites-DR 1 Diabetic Support Group—C2</p>	<p>13 LOW-SODIUM HOT DOGS 10 Beginning Exercise-EX 10 Travel Club-C1 10 Veteran's Meeting—CE 12:30-2pm-Blood Pressure Screening w/nurse—C2 1 Quilting-CE,1 Scrabble-L 1 Golden Agers-CR</p>	<p>14 VALENTINE'S LUNCHEON POT ROAST W/ GRAVY 9:30 Grocery Shopping 10 Coffee & Conversation-DR 10:30 Osteoporosis Exercise-EX 1 Bridge-CE/Cribbage-CR 1 Canasta -DR/Knit-L 1 Zumba/Gold Chair—EX</p>
<p>17 PRESIDENTS' DAY HOLIDAY CENTER IS CLOSED</p> 	<p>18 STUFFED CABBAGE / SAUCE 9-12 SHINE (by appt.) 10-11 Brown Bag-CE 10 Beginning Exercise-EX 1 Bingo-CR 12:45 Movie-EX 1 Needlecraft-CE</p>	<p>19 BROCCOLI & CHEESE QUICHE 9am-12 AARP Tax Assistance(by appt.) - C2 9:30—Activity/Volunteer Coord. meeting 9:30 Grocery Shopping 10 Travel Club-C1 10:30 Osteoporosis Exercise-EX 1 Choralites-DR 1 Mah Jongg-CE 1 Pitch-CR</p>	<p>20 KIELBASA 10 Beginning Exercise-EX 10 Travel Club-C1 10 Alzheimer's Group -C2 1 Quilting-CE 1 Scrabble-L 1 Golden Agers-CR</p>	<p>21 POTATO COATED POL- LOCK Black History Month Presentation 9:30 Grocery Shopping 10 Coffee & Conversation-DR 10:30 Osteoporosis Exercise-EX 11:30 Rep. John Scibak-DR 1 Knitting-L/Bridge-CE 1 Cribbage-CR 1 Canasta-DR 1 Zumba/Gold Chair—EX</p>
<p>24 BEEF STEW 9:30 Foot Nurse (by appt.) 10 Music Appreciation-CE 10 Know the 10 Warning Signs— CR 10 Mah Jongg Teach & Learn— C1 11 Tai Chi-EX/1 Poker-DR 1 Pinochle-DR 1 Canasta-DR 1 Mah Jongg-CR</p>	<p>25 OVEN BAKED CHICKEN 9 Newsletter Collating-CE 10 Beginning Exercise-EX 1 Bingo-CR 12:45 Movie-EX 1 Needlecraft-CE</p>	<p>26 MACARONI & CHEESE 9-12 AARP Tax Assistance(by appt.) -C2 9:30 Grocery Shopping 10 Travel Club-C1 10:30 Osteoporosis Exercise-EX 1 Choralites-DR 1 Mah Jongg-CE 1 Pitch-CR</p>	<p>27 ROASTED TURKEY W/GRAVY Beginning Exercise-EX (Last Ses- sion) 10 Travel Club-C1 10:30 Blood Pressure Screening w/Fire District #1-DR 1 Quilting-CE 1 Scrabble-L 1 Golden Agers-CR</p>	<p>28 CHEESE LAZAGNA W/ SAUCE 9:30 Grocery Shopping 10 Coffee & Conversation-DR 10:30 Osteoporosis Exercise-EX 1 Knitting-L/Bridge-CE 1 Cribbage-CR 1 Canasta-DR 1 Zumba/Gold Chair—EX (Last Session)</p>

DOREEN'S INFO



South Hadley Council on Aging Computer Learning Center

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

Happy February! Just think - spring is right around the corner. As you know we offer several exercise programs. Last month we introduced Zumba/Golden Chair on Fridays at 1pm. Zumba Instructor April Marion makes the class fun and keeps you moving. The last session will be February 28th. Please share your feedback with me or April. Remember in order to participate in any of these programs we need to have a physician's approval and emergency contact on file.

January was a quiet month for all of us to catch our breath from the fast pace of the holiday season. Mother Nature kept us on our toes with "good old" New England weather. We were never sure what "she" was going to put in our path, but we always had some weather related story to share with our COA friends. In January we introduced a new segment during lunch. We will be featuring "Cultures around the World", monthly with our dedicated volunteer, "Professor" Barbara Hatch. This month, Professor Barbara will be sharing with us interesting facts about Black History Month on Friday the 21st.

Yes it is that time again - tax time. AARP Tax Assistance will again be available this year starting on Wednesday, Feb. 5th and ending Wednesday, April 9th. Please make note that scheduled appointments need to be made.

The Veteran's group is back on track meeting the second Thursday of the month. This month we will be meeting on the 13th. Suggestions and ideas for speakers and activities were discussed at our last meeting. All Veterans are welcome. The COA would like to thank Carl Mortensen for his wonderful donation to our library. Mr. Mortensen donated a binder that documents his trip to the War Memorial in Washington, DC on the Honor Flight, March 2010.

Our monthly Birthday/Anniversary lunch will be held on Tuesday, February 4th. 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.

Friday the 14th we will be taking a stroll down memory lane 2013 during our Valentine's Luncheon. Come for lunch and join us for a reflective look and a time to reminisce. Reservations are required.

The South Hadley Sr. Travel Club has some fun and exciting day trips scheduled for this year. Check their bulletin board located near the front door of the COA or in the Town Reminder - COA press release. HIP will not be meeting this month, but plans to resume meetings in March.

November/2013 the volunteers logged 1058.5 hours. I would like to acknowledge our newest volunteers Mary Hirschel and Elaine Oldread. *Doreen*

The Computer Learning Center is led by a volunteer group with a mission to serve those of all computer abilities interested in learning more about the various types of computer software programs. We will soon be teaching Windows 8 and hope that those who are now using it will be eager to learn more. Future courses may include Word Processing and the Internet.

Please call us at the above telephone number if you have questions or to enroll in a class.

MAH JONGG TEACH & LEARN WILL BE AVAILABLE IN THE SMALL CONFERENCE ROOM OFF THE LIBRARY ON MONDAY MORNINGS IN FEBRUARY AT 10 A.M.

PREVENTING FALLS AMONG OLDER ADULTS

A free educational series will be offered by the VNA & Hospice of Cooley Dickinson at the South Hadley COA/Senior Center beginning on Wednesday, May 21st and continuing weekly for 6 weeks from 1-2 p.m. It is recommended that participants commit to the entire 6-week program to reap the full benefits of the program. Call 538-5042 to register.

WHAT DOES MOLST (MASSACHUSETTS ORDERS FOR LIFE SUSTAINING TREATMENT MEAN FOR ME?) Join the conversation on **MONDAY, February 10th at 10 a.m. in the Card Room.** Pre-registration at 538-5042 is encouraged. Leslie Hennessey from Hospice Life Care will present information about the MOLST form. Throughout Massachusetts, the MOLST Form is now being used in most healthcare settings; Doctor's Offices, Area hospitals, & Long-term care facilities. Attend this informative presentation and learn what you and your loved ones need to know about the MOLST form and the questions your Doctor or healthcare professional may ask you.

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