

COUNCIL ON AGING

South Hadley, Massachusetts

The sun never sets on our Activities...

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THE GOLDEN CHRONICLE

JUNE 2014

Chairperson: Donna Robideau
 Social Service Coordinator:
 Ann Andras
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HAPPY BIRTHDAY 90+ BIRTHDAY LUNCHEON WEDNESDAY, JUNE 18th

This year we will honor those who are turning 90 or over at a **SPECIAL LUNCHEON to be held on June 18th at 12 Noon. If you were born in 1924 PLEASE LET THE RECEPTIONIST KNOW when you make your reservation. Those who are 91 or over this year are also welcome to attend.** Because of limited space in the dining room each celebrant will be allowed to invite 1 guest. Celebrants will have their luncheon paid for by the Friends of South Hadley Elderly, Inc. Guests must pay for their own luncheon (60 and over suggested donation \$2.25 and 59 and under charge of \$3.00) Call in early! Give your name and date of birth and the name of your guest. The oldest resident in attendance will receive a small cake. For your listening pleasure there will also be Harp music. We hope to see all nonagenarians that day! Space is limited, please keep in mind we want to accommodate as many 90 and over celebrants as possible. The menu is Roast Turkey/Gravy, Mashed Potatoes, Tarragon Corn, Cranberry Sauce, Biscuit, Carrot Cake.

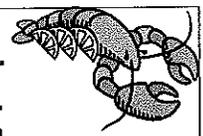


CONGRATULATIONS TO RENA MYRICK WHO WILL BE TURNING 104 IN OCTOBER. SHE RECEIVED THE HONORARY BOSTON POST CANE AT THE ANNUAL TOWN MEETING.



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). Reservations close at 9 a.m. each day. Remember to cancel if you cannot make the luncheon. **THE SUGGESTED DONATION IS \$2.25 FOR PEOPLE 60 AND OVER, BUT REMEMBER IT IS A DONATION. EVERYONE 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
Tuesday, July 15, The Gloucester House Restaurant's famous Lobsterbake.



Followed by an **Essex River Cruise** through a tidal estuary exploring the vegetation, flora and wildlife of a salt water marsh. **Cost \$99.00. Call David Bellefeuille 533-7724. Monday, August 11, Saratoga Raceway.** Join us for our annual fun trip to the races. Includes admission, reserved grandstand seating and a good old-fashioned homemade dinner at Grandma's Restaurant. **Cost \$72.00 Call Barbara Laramee 536-8567.**

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, 3 breakfasts, 3 dinners and daily excursions **Cost \$460.00.** Call for flyers for full details. **Please call Judy Fortier, 534-3598 or Susan Canedy, 536-2106. Wednesday, October 22, Friesians of Majesty.** Interact with these beautiful, majestic horses and their babies in the mare/foal barn. Also, watch a captivating show featuring these beautiful animals. **Cost \$92.00. Call Susan Canedy, 536-2106. Wednesday, Nov. 12, Twin River Casino in Lincoln, Rhode Island.** Player's Club Card or Picture ID required. **Cost \$25.00. Call Howie Walsh, 593-6286.** \$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

As the fiscal year comes to a close it is time to thank everyone who has supported the South Hadley COA in any way throughout the past year. The volunteers have provided service equivalent to 9 full-time positions. We are always looking for volunteers for various positions and projects. Call Doreen McDonald if you are interested in volunteering, especially with the special lunches. You can help as little or as much as your schedule permits. I want to thank all of the staff and other Town employees who assist us whenever we ask. Thank you to the Executive Office of Elder Affairs, Senator Stan Rosenberg, Representative John Scibak, and WestMass ElderCare for all of their support.

PLEASE NOTE THAT OUR 90+ BIRTHDAY CELEBRATION WILL TAKE PLACE AT THE LUNCHEON ON WEDNESDAY, JUNE 18TH. SPACE WILL BE LIMITED SO CELEBRANTS SHOULD BE SURE TO MAKE THEIR RESERVATIONS IMMEDIATELY BY FRIDAY, JUNE 6TH.

I hope everyone enjoys the beautiful month of June!

Joanne



MEDICATION MANAGEMENT-A workshop by Priscilla M. Ross, RN of Cooley Dickinson VNA & Hospice will be held on **Wednesday, June 11th at 10 a.m. in the card room.** Representatives from the pharmacy, private home care, senior services programs, skilled nursing facility and VNA will help you identify the safest and most reliable methods for you to manage your medications.

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 ☆ **CONGRATULATIONS TO** ☆
 ☆ **LARRY DUBOIS FOR** ☆
 ☆ **RECEIVING THE LIONS CLUB** ☆
 ☆ **CITIZENSHIP AWARD** ☆
 ☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆

SPECIAL THANKS TO: Dolores Sweeney for the donation of tickets to the South Hadley Police Association BASH comedy night.

**South Hadley Women's Club for the \$200 donation to the COA that will be deposited into the Nutrition gift account.

**Everyone who supported the Friends of South Hadley Elderly, Inc. Card Party.

**Marc & Patricia Bisson for the 2 beautiful black rocking chairs

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

Unfortunately with summer comes the season of scams, especially for paving driveways, painting, etc. Do not fall victim to a scam artist. Check out business credentials before signing a contract. Do not hesitate to call the South Hadley Police if you are suspicious or a stranger is on your property. Remember the saying: "If it sounds too good to be true, beware because it probably is not!"

A note of thanks has been received from the Helma Court No. 64, Ladies Oriental Shrine of North America, Inc. of Springfield, MA thanking us for the support of their Aluminum Tab Collection/Recycling Project.

MANDATORY SANITATION TRAINING
 CHRISTINE BROWN, NUTRITIONIST FROM WEST-MASS ELDERCARE WILL PRESENT A SANITATION TRAINING FOR ALL NUTRITION STAFF AND VOLUNTEERS ON **THURSDAY, JUNE 19 AT 1 P.M. IN THE SENIOR CENTER DINING ROOM.**

DONATIONS Since January 2014 newsletter-ACTIVITY GIFT/NECESSITIES: Paul & Carol Henneman, Virginia Johnston, Pete & Leah St. Jacques, Robert Schwartz, Dave LaRoche, Christopher Ratkiewicz, Wanda Dziadek, Donna Robideau, Gilbert & Claudette Pinsonneault, Bud Andras, John Johnston. ACTIVITY GIFT/TRANSPORTATION: South Hadley Women's Club, American Legion Post 206. ACTIVITY GIFT/RECUMBENT BIKE: The Bishops. BUILDING FUND: Marlene Perkins. CHRISTMAS BASKETS/FUEL: South Hadley Knights of Columbus. LIGHTS ON: Carole J. Sullivan, Kathy Gallivan, Carlene & Roland Allard, First Congregational Church, Inc., South Hadley Women's Club Bowling League, Lions International South Hadley 11963, South Hadley Travel Club. MINIBUS MAINTENANCE: Joanne Kluza, Terry Roy, Anna D. Merrington. MINIBUS FUTURE PURCHASE: Irene J. Presz. NEWSLETTER: Tadanori & Nobue Yamashita, Kenneth Williams, Barbara Vanderpoel, Shirley Burdzy, Michael & Arline Laporte, Tekla McInerney, Claude Lambert, Robert & Ruth Lynch, Heather Ecklin, Gail Lapierre, Lorraine Lavallee, Ken Ellis, Sophie Kuzbeski, Shirley Jodoin, Stella Warzenski, Nellie Cabot, Doris Tanguay, Joe & Mary Hirschel, Krystyna Sulek, Bob & Gloria Boudreau, Barbara Brown, Wendell & Cecile Clark, Mary Jane Follett, Joanne Kluza, Pat Howe, Audrey Heaphy, Noella Loiselle, Theresa Boudreau, Lorraine Arny, Marlene Perkins, Marguerite & Robert Quesnel, Gloria Brown, Pat Salisbury, Ola Herbert, John Leonard, Don Boissoneault, Richard & Kathy Kirby, Mary Mulvaney, Paul & Carolyn Henneman, Rhea Vient, James & Marie Stathis. NUTRITION: Judith M. Gooch, Frances Mytkowicz*, Francis Conti and many anonymous donations. *denotes multiple donations

SHINGLES VACCINE AVAILABLE TO UNINSURED ADULTS-The South Hadley Board of Health has a limited quantity of state-supplied Zoster (Shingles) vaccine to administer to **UNINSURED** adults, 60 years and older. If someone is 65 and older, but does not have Medicare Part D, they can be considered uninsured and receive state-supplied Zoster vaccine. Eligible persons would need to have an order from their primary physician to administer the vaccine. For more information, call Marge Bernard, R.N. at 536-6688 as soon as possible.

HAPPY FATHER'S DAY TO ALL FATHERS, GRANDFATHERS AND GREAT GRANDFATHERS.



Outreach News

by Ann M. Andras
Social Service Coordinator

Companion Escort Program

Are you an elder living in South Hadley and in need of transportation to your medical appointments? If so, please call me so that I can talk to you about the Companion Escort Program.

This grant provides funding for the Council on Aging to pay a driver an hourly rate and mileage to accompany elders to their medical appointment. The driver not only provides the transportation in their vehicle, they also stay with you until your doctor visit is over. This is a more personalized form of transportation.

This program has been a long-time service that has provided "free" medical transportation to several residents and we would like to open the program to some of you who were previously unaware of this valuable service or simply find yourself in need of extra help at this time in your life.

Ideally, if you have a medical appointment within South Hadley we encourage you, if possible, to make arrangements to use the Council on Aging Mini-van service.

However, if you have a doctor visit in Springfield, Chicopee or Holyoke we can help.

There are income guidelines as with any grant – funded service, but we consider all requests. Seniors who have no family support in the area benefit greatly from a Companion Escort. Participants should be able to move about physically without assistance since our drivers do not have handicap equipped vehicles.

If you would like to be considered for this service please call Ann at 538-5042 extension 206 to fill out the necessary paperwork.

Once approved for the Companion Escort Program, you should call and notify me of an upcoming appointment. I in turn contact and schedule a driver. It's that easy! This would be the perfect time to THANK our long-time dedicated Companion Escort drivers: Carol Poirier and Rick Dufault and welcome new drivers: Carlene Labonte, and Helen Woodill.

Just a thought..... "Be glad of life because it gives you the chance to love and to work and to play and to look up at the stars."
Henry Van Dyke

DONATIONS TO THE SOUTH HADLEY COUNCIL ON AGING ACCOUNTS:

Throughout the year we are asked how an individual can make a donation to help the Senior Center. Kindly check off one of the accounts listed below that you would like to have your donation go to. If your donation is in memory of someone and you would like us to send an acknowledgement, please indicate the individual's name and address below.

Thank You for Your Assistance!

DONATION FROM: _____ **ADDRESS:** _____

Contribution in memory/honor of: _____

Please send Acknowledgement to: (kindly indicate name, address & relationship): _____

- | | | |
|---|--|---|
| <input type="checkbox"/> Activities Account | <input type="checkbox"/> Clinic Account | <input type="checkbox"/> Nutrition Gift Account |
| <input type="checkbox"/> Minibus Maintenance Acct. | <input type="checkbox"/> Building Fund | <input type="checkbox"/> Mothers' Garden |
| <input type="checkbox"/> Minibus (Future Purchase) | <input type="checkbox"/> Emergency Fund | <input type="checkbox"/> "Lights On" |
| <input type="checkbox"/> Subsidized Senior Transportation | <input type="checkbox"/> Computer Class | <input type="checkbox"/> Services Account |
| <input type="checkbox"/> Transportation Account | <input type="checkbox"/> Newsletter Account | <input type="checkbox"/> Christmas Baskets |
| <input type="checkbox"/> Wherever Needed Most | <input type="checkbox"/> Caregivers Gift Account | |

Please Make Check Payable To: South Hadley Council on Aging, 45 Dayton Street, South Hadley, MA 01075.
Contributions are tax deductible.

Donations made "In Memory/Honor" of someone **WILL** be published in the Monthly COA Newsletter.

Please check if you **DO NOT** want your name published.

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. JUNE MENU

- 2) TARRAGON CHICKEN, Confetti Rice, Summer Blend Vegetables, Cranberry Sauce, Whole Wheat Bread, Jell-O or Diet Jell-O.
- 3) VEAL PARMESAN W/PASTA, Garlic Bread, Spinach, Tossed Salad: Congregate, Apricots or Diet Apricots.
- 4) MACARONI & CHEESE, Stewed Tomatoes, Green Beans, Peaches or Diet Peaches.
- 5) COLD PLATE—HAM SALAD: Potato Salad, Cucumber & Onion Salad, Roll, Brownies or Diet Brownies.
- 6) BROCCOLI QUICHE, Scalloped Potatoes, Mixed Vegetables, Multi-Grain Bread, Mandarin Oranges or Diet Mandarin Oranges.
- 9) CHICKEN MARSALA, Mushrooms, Egg Noodles, Stewed Tomatoes, Pears or Diet Pears.
- 10) BIRTHDAY/ANNIVERSARY—POT ROAST W/SAUCE, Oven-Browned Potatoes, Yellow Squash, Roll, Cake or Diet Cake.
- 11) STUFFED CABBAGE, Mashed Potatoes, Carrots, Rye Bread, Pineapple or Diet Pineapple.
- 12) CHICKEN PATTY W/GRAVY, Potato Puffs, Corn, Cranberry Sauce, Oatmeal Bread, Tropical Fruit or Diet Tropical Fruit.
- 13) CHEESE LASAGNA W/SAUCE, Broccoli, Rolls, Cookies.
- 16) COLD PLATE—TURKEY SALAD, Pasta Salad, Carrot/Raisin Salad, Whole-Grain Roll, Orange Juice, Banana.
- 17) SALISBURY STEAKS W/GRAVY, Mashed Potatoes, Carrots, Rye Bread, Pineapple or Diet Pineapple.
- 18) 90+ BIRTHDAY CELEBRATION, Roasted Turkey w/Gravy, Mashed Potatoes, Tarragon Corn, Cranberry Sauce, Biscuit, Carrot Cake, Diet Carrot Cake.
- 19) AMERICAN CHOP SUEY, Brussels Sprouts, Cornbread, Pears or Diet Pears.
- 20) BREADED CATFISH, Brown Rice, Broccoli Florets, Whole Grained Bread, Cookies or Diet Cookies.
- 23) OVEN FRIED CHICKEN, Roasted Potatoes, Ratatouille, Multi-Grain Bread, Peaches or Diet Peaches.
- 24) SWEDISH MEATBALLS, Egg Noodles, Spinach, Multi Grained Roll, Cake or Diet Cake.
- 25) SWEET & SOUR PORK, Rice Pilaf, French Cut Green Beans, Rye Bread, Tropical Fruit or Diet Tropical Fruit.
- 26) COLD PLATE—TUNA SALAD, Potato Salad, Pickled Beets w/Onions, Whole Grained Roll, Orange.
- 27) BREADED POLLOCK LOINS, Rice, California Blend Vegetables, Pudding or Diet Pudding.
- 30) LIVER & ONIONS, Mashed Potatoes, Broccoli & Cauliflower, Whole Grain Bread, Pears or Diet Pears.

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.

Added Sugars and the New Food Label:

A Consumer's Right to Know

By Audrey Perkins
UMass Dietetic Intern

Repeatedly we are told not to eat too much sugar because it is not good for us. It causes undesirable effects on our health when eaten in excess, including weight gain, wrinkles, diabetes, and tooth decay. Now recent research shows a diet high in added sugars can also contribute to cardiovascular disease.

In food, there exist two kinds of sugar: added and **natural**. **Natural** sugars are found *naturally* in foods like fruit, vegetables (fructose) and milk (lactose). Added sugars (table sugar, brown sugar, honey, or caloric sweeteners) on the other hand, are *added* to foods, usually in high amounts during processing and preparation to enhance flavor and extend shelf life.

Natural and added sugars provide calories in addition to daily food intake. Unlike added sugars that contribute zero nutrients, eating foods with **natural** sugar generally provides additional essential nutrients, like fiber, vitamins, and minerals.

In February, the Food and Drug Administration sent a press release proposing an update to the Nutrition Facts label asking for changes that requires the listing of added sugars from **natural** sugars in packaged foods.

So how much added sugar should be limited in our diet? The American Heart Association recommends women consume no more than 100 calories a day in added sugars, or 6 teaspoons. Men should limit their intake to 150 calories daily or no more than 9 teaspoons.

Until changes to the label occur, the best way to know whether you are consuming added sugars is by reading the ingredients list on the food package. It is easy to be convinced foods are good choices for us when in reality they have above recommended levels of added sugar. This is common in many cereals and granola brands. A good choice contains 25 percent or less of calories from sugar and at least 5 grams of fiber.

Below is a list of names indicating added sugars you may find on an ingredients list:

Brown Sugar, Corn Sweetener, Corn Syrup, Fruit Juice Concentrates, High Fructose Corn Syrup, Honey, Invert Sugar, Malt Sugar, Molasses, Raw Sugar, Sugar.

Sources: American Heart Association www.heart.org
Food and Drug Administration www.fda.gov

IN MEMORIAM

IN MEMORY OF:

FROM:

NUTRITION:

LUANNE REYNOLDS	Noella Loiselle
GEORGE HALKYARD	Eileen Halkyard
SHIRLEY EISENSTOCK	James Eisenstock
DOROTHY HURLEY	Chester & Nancy Towne Eileen Sullivan
CECILE PATRYN	Carmen B. Breton
PHILLIP HERBERT	Bill & Dorothy Schenker

NEWSLETTER:

ROLAND ALLARD	Roland & Sharlene Racine, Sr.
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BUILDING FUND:

FEDERICK BACH	James Procon
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MOTHER'S GARDEN:

RUTH MILLER	Barbara Sullivan
LESLIE LINNEHAN	Theresa Linnehan

ACTIVITIES ACCOUNT:

LEO A. LABONTE	Gloria Labonte
WILLIAM LUCHINI	Rose Luchini
DOROTHY HURLEY	Doris Tanguay

SUBSIDIZED SENIOR TRANSPORTATION:

EDWARD WARZENSKI	Stella Warzenski
JOSEPH	David Perwak
DONALD DEAN	Dorothy Gauthier & Family

IN MEMORIAM

IN MEMORY OF:

FROM:

EMERGENCY FUND:

RALPH PAQUETTE	Florence Gallivan
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TRANSPORTATION:

OLIVE KIDWELL	So. Hadley Newton Manor Tenants Association
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RALPH PAQUETTE	Jennie A. Malinowski Ludlow Fish & Game Club, Inc.
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LIGHTS ON:

RICHARD (GUS) GULSVIG	Margaret & James Comisso
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HEALTH & SAFETY FAIR

Please join us on **Saturday, June 28, 2014** for the **Community-Wide Health and Safety Fair** sponsored by the local S.A.L.T. Council of TRIAD. **This event is free and open to all ages – there's something for everyone.** The event will be held between 10:00 A.M. and 1:00 P.M. with the majority of events at Mosier School. Parking and "Safe Kids" will be available at M. E. S. Middle School. "Safe Kids" will provide training for parents, older siblings, and grandparents on the correct way to install a seat belt that will eliminate or minimize injuries to younger children in the event of a car accident. Across the street at Mosier School, there will be informational tables staffed by various social service and non-profit agencies, as well as demonstrations by fire department personnel, police, State police, and Hampshire County Sheriff's Department. There will be trained dogs – K9 and arson – that will show off their skills. Some of the demonstrations planned and, subject to availability, include a State police helicopter, crime scene investigation, bomb squad personnel, Jaws of Life, a kitchen-fire demonstration and many other items we're still working on. Representatives from various drug stores and hospitals will also be on site with programs they offer. A possibility of pneumonia and shingles shots being available is also in the works – so bring your Medicare/Medicaid and insurance cards – just in case. **Remember: June 28, 2014 – 10:00 A.M. to 1:00 P.M. at the Middle and Mosier Schools.** Please plan to attend and let us know whether this is something you would like to see again.

<p>2 TERRAGON CHICKEN 10 Music Appreciation-CE 10 Tai Chi-EX 1 HIP - Weigh in—EX 1:30—HIP Meeting—C2 1 Pinochle-DR 1 Canasta-DR 1 Mah Jongg-CR</p>	<p>3 VEAL PARMESAN W/ PASTA 9-12 SHINE (by appt.) 1 Bingo-CR 12:45 Movie-EX 1 Needlecraft-CE</p>	<p>4 MACARONI & CHEESE 9:30 Grocery Shopping 10 Travel Club-C1 10:30 Osteoporosis Exercise-EX 1 Falls Prevention—EX 1 Pitch-CR 1 Mah Jongg-CE</p>	<p>5 COLD HAM SALAD PLATE 10 Alzheimer's Support—C2 10 Travel Club-C1 1 Scrabble-L 1 Quilting-CE 1 Golden Agers-CR</p>	<p>6 BROCCOLI QUICHE 9:30 Grocery Shopping 10 Coffee & Conversation-DR 10:30 Osteoporosis Exercise-EX 1 Bridge-CE/1 Cribbage-CR 1 Canasta-DR/1 Knitting—L</p>
<p>9 CHICKEN MARSALA 9:30 Foot Nurse (by appt.) 10 Music Appreciation-CE 10 Tai Chi-EX 1 Pinochle-DR 1 Canasta-DR 1 Mah Jongg-CR 4 COA Board Meeting</p>	<p>10 BIRTHDAY/ANNIVERSARY POT ROAST W/ SAUCE 1 Bingo-CR 12:45 Movie-EX 1 Needlecraft-CE</p>	<p>11 STUFFED CABBAGE 9:30 Grocery Shopping 10 Travel Club-C1 10 Medication management w/ Priscilla Ross, RN—CR 10:30 Osteoporosis Exercise-EX 1 Falls Prevention—EX 1 Pitch-CR 1 Mah Jongg-CE</p>	<p>12 CHICKEN PATTY W/ GRAVY Veteran's Outing 10 Travel Club-C1 10:30 Blood Pressure Screening w/ Nurse—C2 1 Quilting-CE 1 Scrabble -L 1 Golden Agers—CR</p>	<p>13 CHEESE LASAGNA/SAUCE 9:30 Grocery Shopping 10 Coffee & Conversation-DR 10:30 Osteoporosis Exercise-EX 1 Bridge-CE/1 Cribbage-CR 1 Canasta-DR/1 Knitting—L</p>
<p>16 COLD TURKEY SALAD PLATE 10 Music Appreciation—CE 10 Tai Chi-EX 1 HIP - Weigh in—EX 1:30—HIP Meeting—C2 1 Pinochle-DR 1 Canasta-DR 1 Mah Jongg-CR</p>	<p>17 SALISBURY STEAKS W/ GRAVY So. H. Sr. Travel Club Trip 9-12 SHINE (by appt.) 10 Lo-Vision Support-C2 10-11 Brown Bag-CE 1 Bingo-CR 12:45 Movie-EX 1 Needlecraft-CE</p>	<p>18 "90+ BIRTHDAY CELEBRATION" ROASTED TURKEY W/ GRAVY 9:30 Grocery Shopping 10 Travel Club-C1 10:30 No Osteoporosis Exercise 1 Falls Prevention—EX 1 Pitch-CR 1 Mah Jongg-CE</p>	<p>19 AMERICAN CHOP SUEY 10 Travel Club-C1 10 Beginning Exercise—EX 1 Quilting-CE 1 Scrabble-L 1 Golden Agers-CR</p>	<p>20 BREADED CATFISH Summer Solstice History 9:30 Grocery Shopping 10 Coffee & Conversation-DR 10:30 Osteoporosis Exercise-EX 11:30 Rep. John Scibak—DR 1 Bridge-CE/1 Cribbage-CR 1 Canasta-DR/1 Knitting—L</p>
<p>23 OVEN FRIED CHICKEN 9:30 Foot Nurse (by appt.) 10 Music Appreciation-CE 10 Tai Chi-EX 1 Pinochle-DR 1 Canasta-DR 1 Mah Jongg-CR</p>	<p>24 SWEDISH MEATBALLS 9 Newsletter Collating—CE 1 Bingo-CR 12:45 Movie-EX 1 Needlecraft-CE</p>	<p>25 SWEET & SOUR PORK 9:30 Grocery Shopping 10 Travel Club-C1 10:30 Osteoporosis Exercise-EX 1 Falls Prevention—EX (Last Session) 1 Pitch-CR 1 Mah Jongg-CE</p>	<p>26 COLD TUNA SALAD PLATE 10 Travel Club-C1 10:30 Blood Pressure Screening w/Fire District #1-DR 1 Quilting-CE 1 Scrabble-L 1 Golden Agers-CR (Last Meeting until September)</p>	<p>27 BREADED POLLOCK LOINS 9:30 Grocery Shopping 10 Coffee & Conversation-DR 10:30 Osteoporosis Exercise-EX 1 Bridge-CE/1 Cribbage-CR 1 Canasta-DR/1 Knitting—L</p>
<p>30 LIVER & ONIONS 10 Music Appreciation-CE 10 Tai Chi-EX 1 Pinochle-DR 1 Canasta-DR 1 Mah Jongg-CR</p>	<p>ROOM KEY CR=Card Room CE=Ceramics C2=Formerly Old Office C1=Conf. Room Off Library EX=Exercise Room DR=Dining Room L=Library</p>	<p>JUNE 2014</p> 	<p>IN TOWN TRANSPORTATION IS AVAILABLE MONDAY-FRIDAY 9-3 BY APPOINTMENT ONLY</p> 	<p>June 14th—Flag Day June 21—1st day of Summer June 28th—TRIAD Health & Safety Fair—Mosier School & Middle School—10am—1pm REMEMBER TO * Drink plenty of fluids. * Wear sunscreen & sunglasses. * Wear a hat when outdoors. Page 6</p>

DOREEN'S INFO

Happy summer to you all. Looking back it seems like this season would never get here. Just think in six more months we will be dealing with the winter weather again. But for now let's enjoy the warm, beautiful days.

A local establishment, Birthday Wishes is a non-profit that provides parties for homeless children across Western Mass. They are based here in South Hadley and serve 16 shelters. They are currently in need of volunteers. An invitation goes out to individuals or groups to assist in a variety of volunteer opportunities from attending parties, wrapping gifts, and delivering party supplies. For more information contact Sue Ross, Volunteer Director at 866-388-9474, ext. 3.

Volunteer help is needed and appreciated. I am looking for someone who is knowledgeable on setting up a DVD and VCR player here at the COA. We have some disks and tapes that could be utilized. If you feel you can help, please contact me at 538-5042, ext. 205. I am also in need of volunteers to help with preparation for lunch in the dining room and packing meals for our home delivery program Meals on Wheels. If you are interested, please give me a call.

During the summer months our activity calendar changes. Several of our activities do not meet during June, July and August so please take a good look at the monthly calendar to see if the activity you would like to attend is meeting. Last month we had our Spring Luncheon that was well attended and again our volunteer group the Choralites put on a wonderful concert. If you like to sing, please think about joining this group. They will not be meeting during the summer months but will resume practice in September.

This month our monthly Birthday/Anniversary lunch will be held on Tuesday, June 10th. 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. Looking to cool off from the summer heat? Come here on Tuesday afternoon. Tuesday's are movie days. Have refreshments and enjoy a movie. Or is Scrabble more to your liking? Thursday afternoons are set aside for Scrabble games. Call me for more information.

Our annual "90 or more years Birthday Celebration" will be on May 18th. Please call to make your reservation. You may invite one guest to come with you.

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.

In April volunteers logged 1,505.5 hours, **THANK YOU!**

Doreen



South Hadley Council on Aging Computer Learning Center

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

The South Hadley Council on Aging Senior Computer Learning Center is continuing to reorganize since it is no longer affiliated with Seniornet. This is good news for students because it is now unnecessary to pay to join Seniornet before enrolling in a class. The new cost is for complete course or tutoring sessions only. Our dedication to teaching with individual attention for each student has not changed.

The month of June will offer Introduction to Computers using Windows 8.1 and it is hoped to offer Excel during the summer.

Please call us at 533-6889 with questions or to register. Leave your name and telephone number and your call will be returned.

MEDICARE AND MENTAL HEALTH BENEFITS

Since January 2014, Original Medicare increased its payment for **most outpatient mental health services** to the same 80% level as other Medicare Part B services: you or your supplemental insurance must pay the remaining 20 percent coinsurance.

Medicare Advantage plans must cover the same services as Original Medicare, but your plan will likely require an in-network mental health care provider. If you have a Medicare Advantage plan, contact your plan to find out about your copayments.

You can receive mental health services in an outpatient hospital program, at a doctor's or therapist's office or a clinic. Medicare will help pay for outpatient mental health services from general and nurse practitioners, physicians' assistants, psychiatrists, clinical psychologists, clinical social workers or clinical nurse specialists, as long as they are Medicare providers. Know that psychiatrists are less likely to **not** accept Medicare than other practitioners.

Ask your provider if they take Medicare before you begin receiving services!

Medicare covers yearly screenings to detect depression. (Part D) Medicare prescription drug plans must cover nearly all antidepressant, antipsychotic, and anti-convulsant prescription drugs used to treat mental health conditions.

Original Medicare and Medicare Advantage plans continue to provide coverage for inpatient mental health services.

To better understand and access Medicare benefits, call your senior center (538-5042) and ask for a free, confidential SHINE appointment to discuss Medicare health insurance. Or call a SHINE counselor at 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A trained volunteer counselor will call you back as soon as possible.

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