

COUNCIL ON AGING

South Hadley Massachusetts

The sun never sets on our Activities...

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Chairperson: Donna Robideau
 Social Service Coordinator:
 Ann Andras
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MARCH 2014

ST. PATRICK'S DAY LUNCH & CONCERT



WEDNESDAY, MARCH 12TH

SUGGESTED DONATION \$2.25

Come and celebrate the holiday with us. The entrée is corned beef and cabbage. A Colleen and court will be chosen via raffle. Entertainment by the Choralites who will sing some wonderful holiday music, immediately following lunch. Reservations will be taken **beginning on Monday, March 3rd at 8 a.m.** Call **538-5042** or stop by the office. **Please do not leave a message.**



NOTE: DAYLIGHT-SAVINGS TIME BEGINS EARLY THIS YEAR. REMEMBER TO MOVE YOUR CLOCKS ONE HOUR FORWARD ON SUNDAY, MARCH 9TH.

VOLUNTEERS NEEDED

An Occupational Therapy Master's Degree Student from Springfield College has contacted me seeking the assistance of three women who have been diagnosed with cancer and treated to participate in her research. All information will be kept confidential and anonymous. She will talk one on one with each participant. A digital recorder will be used for later transcription. Her research is based on how being goal directed can assist a person in resolving anger and other negative emotions following an acute phase of cancer. If you are interested please contact Joanne at 538-5042, Ext. 204.



Every Weekday: Nutritious & Delicious Lunch 11:45 a.m.-12:15 p.m. in the South Hadley Senior Center Dining Room. Please reserve a day in advance (538-5042) and cancel if you cannot attend. 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 Brauhaus, 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. 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. **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.

A Travel Club Representative is at South Hadley Senior Center Wed. and Thurs. 10-11:30. Flyers available.

NOTES FROM THE DIRECTOR

I assume everyone is patiently waiting for spring after this long, cold and difficult winter. I know I am!

My personal thanks to Marc, Wendy, Alyssa, Crystal and Gary of Beers and Story Funeral Home for making the Valentine's Day lunch very special. This group has been providing the cake and doing the video for the last 13 years.

The South Hadley Youth Commission under the guidance of their Director, Danielle Stelma distributed over 100 Valentine Cards to participants at the Center. The nicely designed cards demonstrated creativity. Special thanks to the 3rd and 4th Graders at Mosier School for their efforts in making the Valentine's Cards. As always the "Friends" do something special for the home-delivered meals clients and this year a card and stamps were sent home. Thank you to Donna Robideau for coordinating the program. Special thanks to the Anna Mae Parker memorial fund for providing the carnations to the home-bound clients.

Because of the confusion on Valentine's Day I am explaining the open/close procedure of the Senior Center. Years ago the South Hadley COA stopped tagging onto the So. Hadley School cancellations because during vacation weeks it was a problem. In **South Deerfield** there is a **South County** Senior Center. Many participants viewed the television on February 14th and confused it with South Hadley. On stormy mornings I receive an early telephone call from Lisa Lovell, Nutrition Director at WestMass ElderCare. If you see WMEC-No Meals, usually South Hadley follows suit but NOT always. I call Channels 3, 40 and 22 early to cancel programs for the **SOUTH HADLEY COUNCIL ON AGING OR SENIOR CENTER**. Each television station has a different name but you **MUST LOOK FOR SOUTH HADLEY**. If the Town is closed staff do not report to work.

Our COA minibus is not running at this time. I am collaborating with our Town Administrator, Mike Sullivan to find a temporary solution to providing transportation services until the new minibus arrives, hopefully soon! I apologize for any inconvenience, especially for lift-van passengers. Please call PVTa if you need the lift. The South Hadley COA is providing transportation with a leased van at this time but unfortunately it does not accommodate wheelchair passengers.

Reservations for the St. Patrick's luncheon begin on **Monday, March 3rd at 8 a.m.** Please do not leave a message on voice mail. Do not hesitate to add your name to the waiting list since we often call everyone by the day of the event. Please note there will be no movie Tuesday, March 11th or Osteo exercise on Wednesday, March 12th.

There is a new recumbent bicycle in the exercise room. My only request is that you allow a staff member to instruct you before you use it. A Physician's permission form is required.

Happy Spring!!!

Joanne

Thank You!

SPECIAL THANKS TO:

- **The Friends of South Hadley Elderly, Inc. for sponsoring the subscription to the Daily Hampshire Gazette.
- **The Anna Mae Parker memorial fund for the carnations sent home to the meals on wheels clients on Valentine's Day
- **Lions International South Hadley 11963 for the \$100.00 donation for "Lights On."
- **The Friends of South Hadley Elderly, Inc. for the Valentine's Day cards and stamps sent home to the Home-Delivered Meals clients and for the treats candy for the congregate diners.



*SPECIAL THANKS TO WENDY STORY AND MARC GAUDREAU OF BEERS & STORY SOUTH HADLEY FUNERAL HOME FOR THE DELICIOUS CAKE FOR THE CONGREGATE VALENTINE'S LUNCH. THANK YOU TO MARC FOR THE WALK DOWN MEMORY LANE WITH THE SLIDE

SHOW OF 2013. IT WAS VERY NICE TO REMINISCE. A note of thanks to Crystal Champigny and Gary Buelow for their assistance. Amy Withers, Crystal's sister baked and decorated the beautiful cake and we enjoyed every bite. Thanks to all of you for helping to make the day special in spite of bad weather.

WISH LIST THANKS

- **Connie Southard for the boxes of Kleenex tissues
- **Leo Asselin for the dish detergent
- **Carlene Allard for the many boxes of Kleenex tissue
- **Carleen & Patrick Labonte for the dish detergent
- **Kathy & Dick Kirby for the plastic utensils

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.



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



Outreach News

By Ann

Hampshire Elder Law Program

The Hampshire Elder Law Program (H.E.L.P.) is a public service program administered by the Hampshire County Bar Association. H.E.L.P.'s mission is to meet the civil legal needs of low income elders in Hampshire County.

H.E.L.P. can provide legal assistance for:

- Bankruptcy
- Consumer Protection
- Divorce
- Guardianship
- Health Care Proxies
- Powers of Attorney
- Probate of Estate
- Wills
- Other Elder Matters

Volunteer Attorneys

The H.E.L.P. volunteer attorneys are members of the Hampshire County Bar Association, are in good standing with the Massachusetts Bar, and are experienced in the civil legal services to be provided.

What is the Hampshire County Bar Association?

The Hampshire County Bar Association is a service organization composed of attorneys and dedicated to improving the quality of the practice of law in this county by providing support to the community, the bench and the bar, on issues that are relevant to the local community.

Collaboration

H.E.L.P. will collaborate with the Hampshire Probate and Family Court Community Outreach Program, Western Massachusetts Legal Services, Highland Valley Elder Services, Massachusetts Justice Project, and WestMass ElderCare, Inc., to provide Hampshire County elders with assistance in obtaining legal advice and services.

If you meet the eligibility requirements, you will be referred to one of their attorneys for assistance.

Eligibility Requirements

- Must be 60 years of age or older
- A Hampshire County resident
- Low Income
- In need of Legal Assistance
- Unable to hire an attorney

If you think you are in need of legal assistance and cannot afford to hire an attorney, contact H.E.L.P. at 413-586-8729

Find a cozy chair in front of a window where the sun is streaming in. Close your eyes and visualize those warm sunny days in your garden. Spring is just around the corner!

Just a thought... "Find the good. It's all around you. Find it, showcase it, and you'll start believing in it."

Jesse Owens

Bereavement Support Group Up-Date

Each Spring the Council on Aging hosts a Bereavement Support Group for those South Hadley elders who have had a loss of a loved-one during the previous year. At this time we are in the process of organizing the group and securing a grief facilitator. Please watch the newsletter for additional information. If you have experienced a recent loss and would like to be considered for the support group, please call Ann at 538-5042 ext. 206.

Fuel Assistance 2013-2014

It's not too late to apply for Fuel Assistance. Applications can be processed up to April 30, 2014. If you are a senior living in South Hadley, I can assist you with an application to Community Action for some help in paying your home heating bills. Financial guidelines are:

No. in Household	Income
1	\$32,065
2	\$41,932

An appointment is required for fuel assistance. Call Ann at 413-538-5042 extension 206. Home visits are available for those who are in need.

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. MARCH MENU

- 3) SWEET & SOUR CHICKEN, Egg Noodles, Multi Grain Bread
Squash Blend, Juice, Rice Pudding or Diet Rice Pudding.
- 4) BIRTHDAY/ANNIVERSARY—FRENCH MEAT PIE: Scalloped
Potatoes, California Blend Vegetables, Wheat Bread, Cake or
Diet Cake.
- 5) BROCCOLI & CHEESE QUICHE, Brown Rice, Succotash,
Whole Grain Bread, Mandarin Oranges or Diet Mandarin Or-
anges.
- 6) STUFFED PEPPERS W/TOMATO SAUCE, Mashed Potatoes,
Carrots, Rye Bread, Apricots or Diet Apricots.
- 7) BAKED STUFFED SHELLS W/SAUCE, Broccoli & Cauliflower,
Garlic Bread, Pineapple or Diet Pineapple.
- 10) SALISBURY STEAKS W/GRAVY, Noodles, Beets, Cornbread,
Mandarin Oranges or Diet Mandarin Oranges.
- 11) ROAST PORK W/GRAVY, Roasted Potatoes, Peas & Onions,
Multi Grain Roll, Peaches or Diet Peaches.
- 12) ST. PATRICK'S DAY LUNCH—CORNEBEEF W/
CABBAGE, Boiled Potatoes, Carrots, Soda Bread, Cake w/Mint
Frosting or Diet Cake.
- 13) VEAL PATTY W/GRAVY, Mashed Potatoes, Mixed Vegetables,
Whole Grain Bread, Tropical Fruit or Diet Tropical Fruit.
- 14) FLORENTINE POLLOCK, Rice Pilaf, Peas/Carrots/Cauliflower,
Roll, Cookies or Diet Cookies.
- 17) BAKED HAM & NOODLE CASSEROLE, Peas & Carrots, Rye
Bread, Tropical Fruit or Diet Tropical Fruit.
- 18) MEATBALLS W/SPAGHETTI, Tomato Sauce, Garlic Bread,
Spinach, Pears or Diet Pears.
- 19) ROAST TURKEY W/GRAVY, Mashed Potatoes, Wax Beans,
Whole Grained Roll, Cake or Diet Cake.
- 20) GROUND BEEF STROGANOFF, Noodles, Broccoli, Biscuit,
Fruit or Diet Fruit.
- 21) BAKED SALMON FILLETS, Rice, Corn, Multi Grain Roll, Juice,
Tapioca Pudding or Diet Tapioca Pudding.
- 24) CHICKEN TERYAKI, Brown Rice, Peas & Onions, Whole
Wheat Bread, Mandarin Oranges or Diet Mandarin Oranges.
- 25) CHEESE LASAGNA W/SAUCE, Broccoli, Garlic Bread, Pears
or Diet Pears.
- 26) SHEPHERD'S PIE W/GRAVY, Carrots, Multi Grain Bread, Jell-
O or Diet Jell-O.
- 27) SWEET & SOUR PORK, Confetti Rice, Mixed Vegetables, Rye
Bread, Tropical Fruit or Diet Tropical Fruit.
- 28) BAKED POLLOCK LOINS, Au Gratin Potatoes, Spinach, Multi
grain Roll, Fruit Cup or Diet Fruit Cup.
- 31) AMERICAN CHOP SUEY, Zucchini Blend, Garlic Bread, Or-
ange Juice, Brownies or Diet Brownies.

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.

March is National Nutrition Month

By Christine Brown
Nutritionist WestMass ElderCare

March is National Nutrition Month and it is time to
reinforce the importance of nutrition – as a key
ingredient of good health. Good nutrition along with
physical activity will result in a healthier lifestyle.

March is a time to think about new foods.
Treat your taste buds to different flavors.
Try new colors and textures. Try ALL foods
but eat them in moderation for a healthier life style.

Balance the foods that you eat with your activity level.
Be active and be creative and enjoy a variety of ways to
stay active. Walk a bit – as little as a mile a day would
lead to a healthier lifestyle.

Build muscle and strength at any age with regular
weight training. Lifting one pound cans of fruits or
vegetables provide enough strength training to begin
a training regimen.

Better Bars — a Nutrient Rich Dessert

2 cups cooked beans (kidney, pinto or navy)
2/3 cup dried milk
1/2 cup applesauce
1 egg beaten
1/2 cup molasses
1/2 cup oil
Mash beans into paste
Add the rest
1 cup of flour
1 tsp. baking soda
1 tsp. cinnamon
1/2 tsp. cloves
1/2 tsp. nutmeg
1 cup raisins
Stir to mix
Pour into greased 8" x 8" pan
Bake 350 degrees for 40 minutes.

IMPORTANT: CLOSING is announced on television sta-
tions 22, 40 or 3. MEAL PROGRAM: If WestMass ElderCare
cancels their delivery meal program, South Hadley COA fol-
lows suit. The OFFICE IS OPEN unless the **Town Hall** is
closed. There is a South "County" Senior Center—Please **do**
not confuse it with the South Hadley Senior Center. The
South Hadley School Closings **do not** include the Senior
Center — the COA/Senior Center announcement is separate.

IN MEMORIAM

IN MEMORY OF:

FROM:

NUTRITION:

ANNA CHANDLER	Harry Chandler
JOSEPH & ALICE JEZ	Peter J. Jez
ROBERT WILSON	Peter J. Jez
LAWRENCE ANGERS	The Macko Family
PHILLIP HERBERT	Kathy Gallivan
CECILE A. PATRYN	Jan Boczon Irene Hambley AAA Automobile Club of the Pioneer Valley Carol A. Ibsen Janet Zalewa Jean Lambert Deborah Baldini Employees at Town Hall Melide Normand Canasta Group (SHCOA) Frances Mytkowicz Bob & Liz Methot Ola Herbert Linda J. Bennett Noella Loiselle Carol Szlachetka Reneé K. Henderson Kathy & Florence Gallivan
ALICE PYSZ	Florence & Kathy Gallivan

BUILDING FUND:

FREDERICK BACH	James Procon
ROLAND F. ALLARD	David Morton, CPA/PC Joan M. Mikolajczyk Doris Pichette Gertrude H. Sand Richard & Janet Rudolph

ACTIVITIES/NECESSITIES:

ROLAND F. ALLARD	Joyce & Bernie Gay
CECILE PATRYN	Joyce & Bernie Gay

MINIBUS (FUTURE PURCHASE):

PHILLIP HERBERT	Ellen Labrecque
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IN MEMORIAM

IN MEMORY OF:

FROM:

TRANSPORTATION:

CECILE A. PATRYN	Lucille Ryan Marie Tamburro
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LIGHTS ON:

WILLIAM "BILL" SLIGO	Elinor White
LIONEL BRINDAMOUR	Elinor White Grace Kelly
ROLAND ALLARD	Theresa Brindamour
CECILE PATRYN	Elinor White

SERVICES ACCOUNT:

DOROTHY VILBON	Alfred R. Vilbon
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NEWSLETTER:

EDWARD CWIEKA	Jennie Cwieka
CLAIRE WALLACE	Tom & Linda Wallace
RENE CASAVANT	Joan Casavant
ROLAND F. ALLARD	Betty View
PHILLIP HERBERT	Ed & Gerri Bennett

VETERAN'S GROUP:

BILL SLIGO	Kathy Gallivan
LIONEL BRINDAMOUR	Kathy Gallivan Theresa Brindamour Charlie & Joanie Allard

MINIBUS MAINTENANCE ACCOUNT:

MOM & DAD	David Perwak
JIM KELLY	John Howes and Francis O'Connell

SUBSIDIZED SENIOR TRANSPORTATION:

PHILLIP HERBERT	Stella Warzenski
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<p>3 SWEET & SOUR CHICKEN 10 Music Appreciation-CE 10 Tai Chi-EX 1 Poker-DR 1 Pinochle-DR 1 Canasta-DR 1 Mah Jongg-CE</p>	<p>4 BIRTHDAY/ANNIVERSARY FRENCH MEAT PIE 9-12 SHINE (by appt.) 10 Beginning Exercise-EX 1 Bingo-CR 12:45 Movie-EX 1 Needlecraft-CE</p>	<p>5 BROCCOLI & CHEESE QUICHE 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</p>	<p>6 STUFFED PEPPERS W/ TOMATO SAUCE 10 Alzheimer's Group-C2 10 Beginning Exercise-EX 10 Travel Club-C1 1 Quilting-CE 1 Scrabble-L 1 Golden Agers-CR</p>	<p>7 BAKED STUFFED SHELLS W/ SAUCE 9:30 Grocery Shopping 10 Coffee & Conversation-DR 10:30 Osteoporosis Exercise-EX 1 Bridge-CE/Cribbage-CR 1 Canasta /Knitting-L 1 Zumba/Gold Chair-EX</p>
<p>10 SALISBURY STEAKS W/ GRAVY 9:30 Foot Nurse (by appt.) 10 MOLST Presentation/Holyoke VNA- CR 10 Music Appreciation-CE 10 Tai Chi-EX 1 Poker-DR,1 Pinochle-DR 1 Canasta-DR/1 Mah Jongg-CR 4 COA Board Meeting-C2</p>	<p>11 ROAST PORK W/GRAVY 9-12 SHINE (by appt.) 9:30 WMEC Advisory Meeting - C2 10 Beginning Exercise-EX 1 Bingo-CR 12:45 No Movie 1 Needlecraft-CE</p>	<p>12 ST. PATRICK'S DAY LUNCHEON CORNED BEEF W/ CABBAGE 9-12 AARP Tax Assist-C2 9:30 Grocery Shopping 10 Travel Club-C1 10:30 NO Osteoporosis Exercise 1 Choralites' Concert-DR 1 Pitch-CR,1 Mah Jongg-CE,</p>	<p>13 VEAL PATTY W/ GRAVY 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 FLORENTINE POLLOCK 9:30 Grocery Shopping 10 Coffee & Conversation-DR 10:30 Osteoporosis Exercise-EX 1 Bridge-CE 1 Cribbage-CR 1 Canasta 1 Knitting-L 1 Zumba/Gold Chair-EX</p>
<p>17 BAKED HAM & NOODLE CASSEROLE So. H. Sr. CTR. TRIP 10 Music Appreciation-CE 10 Tai Chi-EX 1 Poker-DR 1 Pinochle-DR 1 Canasta-DR 1 Mah Jongg-CR</p>	<p>18 MEATBALLS & SPAGHETTI 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>19 ROAST TURKEY W/GRAVY 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</p>	<p>20 GROUND BEEF STROGANOFF 9:30 Grocery Shopping 10 Alzheimer's Group-C2 10 Travel Club-C1 10:30 Osteoporosis Exercise-EX 1 Quilting-CE 1 Scrabble-L 1 Golden Agers-CR</p>	<p>21 BAKED SALMON FILLETS Cultural Diversity Presentation 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 /1 Knitting-L 1 Zumba/Gold Chair-EX</p>
<p>24 CHICKEN TERIYAKI 9:30 Foot Nurse (by appt.) 10 Music Appreciation-CE 10 Tai Chi-EX 1 Poker-DR 1 Pinochle-DR 1 Canasta-DR 1 Mah Jongg-CR</p>	<p>25 CHEESE LASAGNA W/ SAUCE 9-12 SHINE (by appt.) 9 Newsletter Collating-CE 10 Beginning Exercise-EX 1 Bingo-CR 12:45 Movie-EX 1 Needlecraft-CE</p>	<p>26 SHEPHERD'S PIE W/GRAVY 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</p>	<p>27 SWEET & SOUR PORK 10 Beginning Exercise-EX 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 BAKED POLLOCK LOINS 9:30 Grocery Shopping 10 Coffee & Conversation-DR 10:30 Osteoporosis Exercise-EX 1 Bridge-CE 1 Cribbage-CR 1 Canasta 1 Knitting-L 1 Zumba/Gold Chair-EX</p>
<p>31 AMERICAN CHOP SUEY 10 Music Appreciation-CE 10 Tai Chi-EX 1 Poker-DR 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>MARCH 2014 </p>	<p>IN TOWN TRANSPORTATION AVAILABLE MONDAY-FRIDAY FROM 9-3, BY APPOINTMENT ONLY. </p>	<p>Dates to remember Sunday—Mar. 9 th—Daylight Savings Mar. 17th—St. Patrick's Day Mar. 20—First Day of Spring </p>

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 | | |

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.



**STANFORD UNIVERSITY
CHRONIC DISEASE
SELF-MANAGEMENT
PROGRAM**

If there is enough interest, a 6-week program will begin in April that will be conducted by trained Case Managers from the Home Care Dept. of West-Mass ElderCare, Inc. The 6 consecutive sessions will be 2-hours each. A minimum of 6 participants is required. 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. Please call the S. Hadley COA at 538-5042 if you are interested in attending. If 6 or more individuals express interest the program will begin in April.



PEEK AND POKE

There is a rack of ladies clothing in the hallway outside Ann's office door and participants are welcome to peek and poke any time the Center is open. The only rules: if the garment fits you, it's yours for free and remember to SHARE. Please do not take several items at once. Many ladies enjoy this service.

If you wish to donate clothing, we welcome only ladies' clothing as men never seem to come and "peek." Please no shoes or under clothing. Items must be current style, in season and of course clean. Usually at this time of year people are cleaning out their closets to pass the time. Please leave with Ann and if she is unavailable let someone in the office know. We have a faithful volunteer, Blanca, taking great care of the rack. Clothing which remains on the rack for a month or more is donated to Good Will.

AARP TAX ASSISTANCE CONTINUES ON WEDNESDAYS THROUGH APRIL 9TH BETWEEN 9 A.M. AND 1 P.M. CALL 538-5042 TO MAKE YOUR APPOINTMENT.

CANDIDATES LUNCHEON WILL BE HELD ON WEDNESDAY, MARCH 26TH. Town elections will take place in April.

"Spring is the time of plans and projects." — Leo Tolstoy, *Anna Karenina*



Got Drugs?

Do you or your relatives have a medicine cabinet full of old medications? Help Get Rid of them SAFELY. We also take non-prescription meds, vitamins and veterinary meds.

FREE COLLECTION DAY—For Safe Disposal No Questions Asked

Saturday, April 26, 2014 10 a.m. - 2:00 p.m.

SOUTH HADLEY POLICE DEPARTMENT

Medicines can remain in original containers with labels

ITEMS WE CANNOT ACCEPT: No Needles; No Syringes; No Lancets; No Thermometers; No IV Bags; No chemo drugs; No liquids of any type

Sponsored by: The Drug Enforcement Administration, Hampshire/Franklin TRIAD, District Attorney David E. Sullivan, Hampshire County Sheriff Robert J. Garvey, Franklin County Sheriff Christopher Donelan, Local Police Departments, Department of Public Health, MA Council's on Aging; Smith Vocational High School, Daily Hampshire Gazette and other community partners.



PREVENTING FALLS AMONG OLDER ADULTS—Free Educational Series Offered by VNA & Hospice of Cooley Dickinson. Unintentional falls are a threat to the independence and health of adults ages 65 and older. Every 18 seconds, an older adult is treated in an emergency department for a fall, and every 35 minutes someone dies as a result of their injuries.

Although one in three older adults falls each year in the United States, falls are not an inevitable part of aging. Falls are often preventable through strengthening and balance training, education, and improving home safety. These proven prevention strategies can help older adults live longer, have greater independence and increase the chance of remaining in their own homes.

The VNA & Hospice of Cooley Dickinson in cooperation with the South Hadley Council on Aging invites you to participate in a free educational series of six "Falls Prevention" sessions at the South Hadley Council on Aging on Wednesdays from 1:00 to 2:00 p.m. beginning May 21st and continuing May 28th, June 4, 11, 18 and 25. VNA physical and occupational therapists will lead sessions on medications, visual concerns, and home safety recommendations.

To reap the full benefits of this program, participants will be asked to commit to attending all 6 one-hour sessions. Practical items such as strengthening devices, medication organizers and visual aids will be distributed to series participants. All participants will receive a copy of the exercise program on DVD. The sessions and items are free of charge, supported by a grant from Tufts Health Plan Foundation. Call 538-5042 to register. Some factors that increase the risk of falls include: Over 65; Fear of falling and a history of falls; Lower extremity weakness; Impaired balance and vision; Taking multiple medications; Unsafe home environment (approximately 60% of falls occur at home).

DON'T BE A TARGET OF HEALTHCARE FRAUD. **Protect** yourself from Medicare errors, fraud, and abuse. Protecting your personal information is the best line of defense in the fight against healthcare fraud and abuse. Every day, consumers get ripped off by scam artists, Medicare and Medicaid lose billions of dollars each year. You can make a difference! Here are some ways to take an active role in protecting your healthcare benefits: 1) Treat your Medicare, Medicaid and Social Security numbers like a credit card number. Never give these numbers to a stranger. 2) Remember, Medicare doesn't call or visit to sell you anything. 3) Don't carry your Medicare or Medicaid card unless you will need it. Only take it to doctor's appointments, visits to your hospital or clinic, or trips to the pharmacy. 4) Record doctor visits, tests and procedures in your personal health care journal or calendar. 5) Save Medicare Summary Notices and Part D Explanation of Benefits. Shred the documents when they are no longer useful. **Detect** because even when you do everything right, there is a chance you could be a target of fraud. There are a lot of ways your personal information can be used without your permission. 1) Always review your Medicare Summary Notice and Part D Explanation for mistakes. 2) Compare to your personal health care journal and prescription drug receipts to insure accuracy. 3) Look for charges for something you did not get; billing for the same thing twice; and services that were not ordered by your doctor. **Report** if you suspect errors, fraud or abuse immediately! If you have questions from your Summary or Explanation of Benefits, call your provider or plan first. If you are **not comfortable calling your provider or plan or you are not satisfied with the response you get, call your local SMP (Medicare Patrol) at** Toll-free: 800-892-0890 www.medicareoutreach.org

DOREEN'S INFO

Happy March - spring is coming and we made it through the great New England winter. It will be so nice to see our Mothers' Garden Volunteers planting in the garden and watch the flowers bloom. If you love to work with plants, flowers and gardening join our Mothers' Garden Volunteer group. I know they would appreciate your time and talent. The Zumba/ Golden Chair program was so well received it will be coming back for session two on Friday's at 1pm. Instructor April Marion makes the class fun and enjoyable. The class structure is flexible to meet your physical needs. Sit in the chair or stand (or do both). Remember in order to participate in any of our exercise programs we need to have a physician's approval and emergency contact on file.

Our Valentine Luncheon was well attended and it was so moving and enjoyable to view the video presented by Marc Gaudreau of Beers & Story Funeral Home; "A Walk Down Memory Lane". A huge thank you goes out to our volunteers who helped that day and to Beers & Story for making the luncheon special with the video and cake.

Our monthly Birthday/Anniversary lunch will be held on Tuesday, March 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. Get your green clothes out and join us on March 12th. We will be celebrating St. Patrick's Day with our annual St. Patrick's luncheon. Hungry for some corn beef & cabbage? Come join us for lunch and stay and hear the fabulous Choralites sing Irish songs. Reservations are required for this event.

Our Lo-Vision group will resume meeting on Tuesday, March 18th at 10:00 am in the large conference room.

"Cultures Around the World", with Professor Barbara will be on the 21st. She will be sharing with us interesting facts about Cultural Diversity Week which is the 15th - 23rd right before lunch is served.

Tax time is still with us and AARP Tax Assistance Volunteers will be taking appointments. The ending date is Wednesday, April 9th and scheduled appointments are need.

The South Hadley Council on Aging is looking for a Church Group 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 is interested, please call me at 538-5042, ext. # 205.

December / 2013 volunteers logged 1337 hours. Thank you to all our dedicated volunteers for their help, talents and time.

Enjoy the spring weather! *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

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 considering offering individual tutoring sessions (as many as a student feels is necessary) at \$10.00 per hour and would like to hear of interest from you. If you wish to enroll in an entire course the hourly fee would not apply and a lesser one-time fee will be charged.

As soon as the reorganization is complete we will announce which classes will be offered.

Please call us at 533-6889 to let us know of your interest and feelings about these changes. Your call WILL be returned.

WHAT DOES MOLST (MASSACHUSETTS ORDERS FOR LIFE SUSTAINING TREATMENT MEAN FOR ME? Join the conversation on **MONDAY, March 10th**

at 10 a.m. in the Card Room. This is the makeup presentation from the program cancelled in February. 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.

PREVENTING FALLS AMONG OLDER ADULTS

A free educational series will be offered by the VNA & Hospice of Cooley Dickinson at the So. 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.

South Hadley Council On Aging
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 (413) 532-8206 FAX

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VNA & Hospice of Cooley Dickinson



If you or someone you love has fallen or has a fear of falling, call us for our specialized falls prevention program.

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