

COUNCIL ON AGING

South Hadley Massachusetts



The sun never sets on our Activities...

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THE GOLDEN CHRONICLE

MAY 2014

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**HAPPY MOTHER'S DAY TO ALL
 MOTHERS, GRANDMOTHERS,
 GREAT-GRANDMOTHERS AND
 GREAT-GREAT GRANDMOTHERS.**



Every Weekday: Nutritious & Delicious Lunch 11:45 am - 12:15 pm, in the South Hadley Senior Center Dining Room. Please reserve a day in advance (538-5042). Remember to cancel if you cannot make the luncheon. 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.

SPRING LUNCH AND CHORALITES CONCERT-WEDNESDAY MAY 21ST

Come and join the fun by having lunch (Chicken Parmesan/Sauce & Pasta) and then stay for a delightful concert by the Choralites immediately following the meal. They will perform some patriotic songs in recognition of Memorial Day.

MOTHERS' GARDEN

PLANT SALE-Saturday, May 17th, 9-12 at the COA Mothers' Garden. The proceeds from the plant sale go to buy plants for the window boxes, winter wreaths for the building, and new plants and materials for the Mothers' Garden.

NEEDED-Gardeners are needed for the Mothers' Garden at the Senior Center. We usually work for two hours one morning a week and then the watering of the window boxes is done two times a week. We have a sign-up sheet for the window boxes so no one has to do it more than 2 times a season. If you can help either in the garden or with the window boxes, please call Linda at 532-3921. This is the 13th year for these gardens and they are looking for an overhaul. Many hands make light work and we are a happy bunch. Happy Gardening everyone!

The Friends of South Hadley Elderly, Inc. ANNUAL CARD PARTY ON TUESDAY, MAY 13TH 6:30 P.M. AT THE ST. PATRICK'S CHURCH SOCIAL CENTER. THERE WILL BE WONDERFUL HOMEMADE DESERTS AND GREAT RAFFLE PRIZES. THIS IS A MAJOR FUND-RAISER FOR THE "FRIENDS" SO PLEASE SUPPORT THE EVENT. CARD PARTY TICKETS ARE \$4.00 AND RAFFLE TICKETS ARE 3/\$1.00. TICKETS ON SALE AT THE DAILY LUNCHES.

South Hadley Senior Travel Club

Tuesday, May 27. The Aqua Turf "Who Loves You" a musical tribute to Frankie Valley. Includes 5 young Broadway veterans recreating the music of the era. Plus Aqua Turf's famous family style lunch. Cost \$95.00. Call Susan Canedy 536-2196. Tuesday, June 27, Cape Cod Canal cruise. A scenic and historic cruise with live commentary along the Cape Cod Canal. Prior to the cruise, a Grand Buffet at the Daniel Webster Inn. Cost \$82.00. Call Judy Fortier, 534-3598. Tuesday, July 25, Lobster Bake at The Gloucester House Restaurant followed by an Essex River Cruise through a tidal estuary. Cost \$99.00. Call David Bellefeuille 533-7724. 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. \$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 South Hadley Senior Center Wednesday and Thursday 10-11:30 a.m. Flyers available.



**MAY IS OLDER AMERICANS MONTH AND
 YOU ARE INVITED TO VISIT YOUR SENIOR CENTER**

NOTES FROM THE DIRECTOR

May is Older Americans Month and the theme for this year is "Safe Today, Healthy Tomorrow." **If one feels safe, it would seem he or she would be healthier.** The Senior Center is a very safe environment as well as user friendly. Stop by and visit and see for yourself.

Because May is a special month there are several programs and activities that will be helpful as well as educational. For fun, join in on the "Friends" Card Party on May 13th and/or the Choralites luncheon and concert on May 21st.

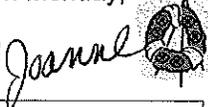
As part of the Elder Law Education Program, on May 14th Attorney Gina Barry, member of the Mass. Bar Association, will speak about legal issues pertinent to estate planning. It is extremely important to make your plans while you are able to state your wishes. Don't wait until an emergency occurs.

On May 12th there will be an informational program on property tax exemptions. On May 19th a bone scan clinic will be held. On May 21st there will be a program on "Vertigo" a worrisome health issue. Please call to register for these programs so the necessary accommodations may be made.

I want to thank the staff for their efforts in making the Volunteer Appreciation Event a huge success last month. We can never thank our faithful volunteers enough for their hours of service. Sadly one of our long-time volunteers recently passed away. Dot Hurley donated over 20 hours a week for decades at the senior center receiving the RSVP Presidential Award a few years ago. Also Ralph Paquette, a volunteer minibus driver for Saturday church runs recently passed away. My deepest condolences to their families.

My best wishes to all mothers, grandmothers, great-grandmothers and great-great grandmothers for a very special Mother's Day because their work is never done!

Also in May we remember our deceased veterans who fought and sacrificed their life to keep us free! There is a parade followed by a ceremony at Town Hall on Monday, May 26th.

Happy May and Older Americans Month! 

I GOOFED!

When writing the article about the Friends of the South Hadley Elderly Annual Card and Game Party for the April issue of the Chronicle, I was so happy to get it to Joanne on time, I made a mistake. I know some of you will find that hard to believe, but...The date of the Card Party is Tuesday, May 13, 2014— NOT the 14th. All other items remain the same. I would like to add, however, that we need door prizes (unused or new, please) and baked goods. The baked goods should be finger foods such as cookies, bars, cupcakes, etc. and can be left at the Senior Center or the Social Center the day of the party. We also need your help during the day and in the evening. Table prizes are set up during the day and ticket sellers, kitchen help and servers are needed during the early evening. Contact any of the "Friends" listed for door tickets, raffle books, or offers of door prizes: Claire Bielanski, Sheila Adams, Donna Robideau, Connie Clancy, Jean Lambert, Kay Washburn, Doris Bibeau, Phyllis Lacoste, Melide Normand, Carleen LaBonte, or Ann Root. You can also leave a message for us at the Senior Center. If there are five or more "in-Town" persons needing a ride, the van will be available. Let us know when you purchase your tickets or call 538-5042. *Donna Robideau*

SPECIAL THANKS TO:

**Liz Methot for the pretty pink tablecloths in the dining room.

**Ted Tylunas for the donation of 2 tickets to the S. Hadley Police Association/B.A.S.H. Comedy Night.

VERY SPECIAL THANKS TO: THE SOUTH HADLEY SENIOR TRAVEL CLUB WHO RECEIVED \$675.00 FROM NORWEGIAN CRUISE LINES FROM THE FEBRUARY 2014 CRUISE. THE TRAVEL CLUB OFFICERS HAVE DESIGNATED \$337.50 FOR THE SERVICES ACCOUNT AND \$337.50 FOR THE "LIGHTS ON" ACCOUNT.

HOUSE NUMBERS AVAILABLE

TRIAD HOUSE NUMBERING IS BACK IN BUSINESS. A VISIBLE HOUSE NUMBER MAY SAVE YOUR LIFE! TO HAVE A RED REFLECTIVE NUMBER INSTALLED ON YOUR PROPERTY, CALL 538-5042 AND THE INFORMATION IS PASSED ON TO THE S.A.L.T. COUNCIL. PLEASE GIVE YOUR NAME, ADDRESS AND PHONE NUMBER. IF YOU WISH, YOU MAY MAKE A \$7.00 DONATION TO THE SO. HADLEY TRIAD, c/o South Hadley Senior Center, 45 Dayton Street, South Hadley, MA 01075.

PROPERTY TAX EXEMPTIONS

Monday, May 12th 10 a.m. in the Card Room
Melissa Couture, Associate Assessor will provide information on the types of exemptions available and the requirements. Please call 538-5042 to register.

UNDERSTANDING "VERTIGO"

Wednesday, May 21st at 10 a.m. in the Card Room
Staff from Attain Therapy in South Hadley will host an informational session on Vertigo. If you have experienced dizzy spells, this program may help to explain the reasons why. There are many possible causes. Please call 538-5042 to register.

SOUTH HADLEY 2014 SPRING YARD WASTE CURBSIDE COLLECTION WILL TAKE PLACE BETWEEN MAY 5TH AND MAY 31ST. PAPER BAGS OR OPEN TOP CONTAINERS ONLY PLACED ON CURB BY 7 A.M. ON THE DAY OF YOUR COLLECTIONS. No plastic bags. Please keep yard waste barrels separate and apart from trash barrels. CALL 'V' AT 538-5033 WITH QUESTIONS.

WEDNESDAY, MAY 14TH AT 10 A.M. COURTESY OF THE MASS. BAR ASSOCIATION, ATTORNEY GINA BARRY WILL GIVE A PRESENTATION ON "TAKING CONTROL OF YOUR FUTURE—A LEGAL CHECK UP." THIS IS AN OPPORTUNITY TO LEARN ABOUT ESTATE PLANNING AND INSURING ONE'S WISHES ARE FOLLOWED IN CASE OF ILLNESS OR INCAPACITY. DO NOT WAIT UNTIL A CRISIS ARISES. CALL 538-5042 TO REGISTER.



Outreach News

by Ann

10 Low-Impact Exercises for Seniors

Exercise is important for good health at any age, and seniors are no exception. It's important to talk with your doctor before you begin any new exercise regimen, but once you get the all-clear, a low-impact exercise routine can greatly improve your physical and mental well-being. Looking for some new ideas?

- **Walking** is one of the best low-impact endurance exercises. It requires little planning to get started and the best part is it's FREE!
- **Swimming** helps improve flexibility. Because the water relieves stress on your bones and joints, swimming carries a lower risk of injury, and conditions your whole body.
- **Cycling** might not seem like a low-impact exercise, but in fact cycling is very easy on your joints since your body absorbs minimal shock from pedaling.
- **Stretching** can improve your flexibility and range of motion. No matter what your regular workout routine is adding some stretches would be beneficial.
- **Water Aerobics** combines cardiovascular exercise with strength training for a low-impact, full-body workout.
- **Yoga** fulfills all of the categories of good exercise, combining endurance with stretches, strength training and balance.
- **Gardening** is an enjoyable, beneficial way to get in your daily exercise. Digging in the dirt, watering plants, weeding and other gardening activities work your muscles, and you can watch your efforts pay off with beautiful flowers and vegetables along with better health.
- **Tai Chi** is a meditative exercise that flows slowly from pose to pose. Like yoga, tai chi is low impact, and it improves balance, strength and flexibility.
- **Lifting Weights** is actually an excellent low-impact way to build muscle and improve overall health.
- **Golf** is more than a fun way to socialize and get outdoors. Swinging the club helps build your muscles and improve your range of motion, while walking the course helps with endurance training.

Start Today and Enjoy!

Just a thought... "Life is movement. It's the person who sits on the couch who's living dangerously."

Grete Waitz

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.

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. MAY MENU

- 1) QUICHE LORRAINE, Brown Rice, Corn, Whole Grained Roll, Orange Juice, Apricots or Diet Apricots.
- 2) SALISBURY STEAK W/GRAVY, Mashed Potatoes, Green Beans, Cake or Diet Cake.
- 5) CHICKEN MARSALA, Linguini, Stewed Tomatoes, Multi-Grained Bread Applesauce or Diet Applesauce.
- 6) KIELBASA, Lazy Pierogi, Spinach, Rye Bread, Cookies or Diet Cookies.
- 7) ROAST TURKEY W/GRAVY, Mashed Potatoes, Corn, Cranberry Sauce, Pudding or Diet Pudding.
- 8) TERIYAKI CHICKEN, Brown Rice, Oriental Mixed Vegetables, Multi-Grained Bread, Pineapple or Diet Pineapple.
- 9) CATFISH FILLETS, O'Brien Potatoes, Broccoli, Peaches or Diet Peaches.
- 12) COLD PLATE: TURKEY SALAD, Pasta Salad, Beet & Onion Salad, Rye Bread, Orange Juice, Jell-O or Diet Jell-O.
- 13) BIRTHDAY/ANNIVERSARY—BEEF TIPS W/GRAVY, Roasted Potatoes, Wax Beans, Multi Grained Roll, Cake or Diet Cake.
- 14) CHICKEN CACCIATORE, Rice, Zucchini Blend, Garlic Bread, Fruit Cocktail or Diet Fruit Cocktail.
- 15) BAKED HAM W/FRUIT SAUCE, Sweet Potatoes, Corn, Roll, Orange Juice, Peaches or Diet Peaches.
- 16) MEATLOAF W/GRAVY, Mashed Potatoes, Carrots, Whole Grained Bread, Fresh Fruit.
- 19) FRENCH MEAT PIE W/GRAVY, Egg Noodles, Zucchini, Multi Grained Bread, Juice, Fruited Jell-O or Diet Fruited Jell-O.
- 20) ROAST PORK W/GRAVY, Wild Rice, Green Peas, Whole Wheat Bread, Applesauce or Diet Applesauce.
- 21) CHICKEN PARMESAN W/SAUCE, Pasta, Italian Bread, Green Beans, Tropical Fruit or Diet Tropical Fruit.
- 22) HOT ROAST BEEF SANDWICHES, Mashed Potatoes, Spinach, Roll, Brownies or Diet Brownies.
- 23) COLD PLATE: TUNA SALAD, Macaroni Salad, Vegetable Salad, Fresh Fruit.
- 26) CENTER CLOSED—MEMORIAL DAY
- 27) MILD BEEF CHILI W/RICE, Carrots & Cauliflower, Rice, Rye Bread, Vanilla Pudding or Diet Pudding.
- 28) CHICKEN MARINARA, Pasta, Green Beans, Oatmeal Bread, Mandarin Oranges or Diet Mandarin Oranges.
- 29) SHEPHERD'S PIE W/GRAVY, Summer Blend Vegetables, Biscuit, Mixed Fruit or Diet Mixed Fruit.
- 30) FLORENTINE POLLOCK, Wild Rice, Broccoli, Corn Bread, Fruit Crisp or Diet Fruit Crisp.

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.

Promote Heart Health with

The Mediterranean Diet

By Mary Gates
Keene State College Dietetic Intern

Research has shown that a diet rich in plant-based foods and healthy fats is beneficial in preventing heart disease. To adopt a Mediterranean diet, follow these simple guidelines!

- ◆ Eat primarily plant-based foods. This includes fruits, vegetables, whole grains, beans, and nuts.
- ◆ Instead of butter, use healthy fats, such as olive oil.
- ◆ Flavor your foods using herbs and spices instead of salt.
- ◆ Eat fish and poultry at least twice a week.
- ◆ Limit red meat to only a few times per month.

Make even just one of these easy changes may improve your heart health. The Mediterranean diet has been shown to provide the following health benefits.

- ◆ Lowers cholesterol
- ◆ Reduces hypertension
- ◆ Promotes healthy arteries
- ◆ Reduces cardiovascular disease risk factors
- ◆ With portion control, promotes a healthy weight.

Source: "The Mediterranean Diet Review" - WebMD, October 2013

10 Tips for Elders to Meet their Nutrition Goals

Elders who have diabetes, heart disease, or a weight loss goal may be on a nutrition plan. People who suffer from arthritis or fibromyalgia should also pay close attention to their nutrition because they may not get enough exercise. Before making any changes to diet or activity level, it is always advised that people consult with their primary care physicians to plan the right approach. In many cases, a physician may refer people to a nutritionist. Some benefits to practicing better nutrition include improved health, increased energy, and weight loss.

Here are ten tips to help you make better nutritional choices:

- ◆ Set realistic goals around healthy eating.
- ◆ Reduce salt in your diet and replace it with healthier seasonings.
- ◆ Look for ways to add more color to your meals by adding vitamin-rich fruits and vegetables.
- ◆ Drink more water to help keep you hydrated throughout the day.
- ◆ Know that it is okay to politely decline certain foods when it conflicts with your restricted diet.
- ◆ Practice portion control.
- ◆ Consider bringing your own healthy choices to a gathering, so you can control what you eat.
- ◆ Make sure you are getting enough calcium to help prevent osteoporosis.
- ◆ Lean on your support system to help you stay on track.
- ◆ Remember the health benefits of committing to your new nutrition plan to help you stay motivated.

Many people struggle with making good nutrition choices, but it can be easier to follow through on new, healthy habits when people have a support team. Remember that with consistency and gradual improvements to your diet, you can realize your nutrition goals and achieve positive outcomes. (Source: Kathy Swideriski—"The Caregiver Homes Blog")

MAY 2014

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
 L=Library

**IN TOWN TRANSPORTATION IS
 AVAILABLE MONDAY-FRIDAY
 9-3 BY APPOINTMENT ONLY**



1 QUICHE LORRAINE
10 Alzheimer's Support-C2
 10 Beginning Exercise-EX
 10 Travel Club-C1
 1 Scrabble-L
 1 Quilting-CE
 1 Golden Agers-CR

2 SALISBURY STEAK /GRAVY
 9:30 Grocery Shopping
**9:30 Chronic Disease Self
 Management Program-CR**
 10 Coffee & Conversation-DR
 10:30 Osteoporosis Exercise-EX
 1 Bridge-CE/1 Cribbage-CR/1 Ca-
 nastas-DR/1 Knitting-L
 1 Zumba/Golden Chair-EX

5 CHICKEN MARSALA
9:30 Foot Nurse (by appt.) C2
 10 Music Appreciation-CE
 10 Tai Chi-EX
1 HIP - Weigh in-EX
1:30-HIP Meeting-C2
 1 Poker-DR/1 Pinochle-DR
 1 Canasta-DR/1 Mah Jongg-
 CE

6 KIELBASA
9-12 SHINE (by appt.)-C1
**10 Bereavement Support
 Group-C2**
 10 Beginning Exercise-EX
 1 Bingo-CR
 12:45 Movie-EX
 1 Needlecraft-CE

7 ROASTED TURKEY W/GRAVY
 9:30 Grocery Shopping
 10 Travel Club-C1
 10:30 Osteoporosis Exercise-EX
 1 Pitch-CR
 1 Mah Jongg-CE
 1 Choralites-DR

8 TERIYAKI CHICKEN
 10 Beginning Exercise-EX
 10 Travel Club-C1
10 Veteran's Meeting-CE
**12:30-2pm Blood Pressure
 Screening w/Nurse -C2**
 1 Scrabble-L /Quilting-CE
 1 Golden Agers-CR

9 CATFISH FILETS
 9:30 Grocery Shopping
**9:30 Chronic Disease Self Man-
 agement program-CR**
 10 Coffee & Conversation-DR
 10:30 Osteoporosis Exercise-EX
 1 Bridge-CE
 1 Cribbage-CR
 1 Canasta-DR/1 Knitting-L
 1 Zumba/Golden Chair-EX

**12 COLD TURKEY SALAD
 PLATE**
 10 Music Appreciation-CE
 10 Tai Chi-EX
**10 Property Tax Exemptions/
 Melissa Couture, Assoc.Assessor -
 CR**
 1 Poker-DR/1 Pinochle-DR
 1 Canasta-DR
 1 Mah Jongg-CR
 4 COA Board Meeting-C2

**13 BIRTHDAY/ANNIVERSARY
 BEEF TIPS W/GRAVY**
 10 Beginning Exercise-EX
**10 Bereavement Support
 Group -C2**
 1 Bingo-CR
 12:45 Movie-EX
 1 Needlecraft-CE
Friends of the Elderly Card Party
6:30pm @ St. Patrick's Center

14 CHICKEN CACCIATORE
 9:30 Grocery Shopping
 10 Travel Club-C1
**10 Elder Law Program/ "A Legal-
 Checkup" w/Attorney Gina
 Barry-CR**
 10:30 Osteoporosis Exercise-EX
 1 Pitch-CR/1 Mah Jongg-CE
 1 Choralites-DR

15 BAKED HAM W/ FRUIT SAUCE
 10 Beginning Exercise-EX
 10 Travel Club-C1
 1 Scrabble-L
 1 Quilting-CE
 1 Golden Agers-CR

16 MEATLOAF W/ GRAVY
 9:30 Grocery Shopping
**9:30 Chronic Disease Self
 Management Program-CR**
 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
 1 Zumba/Golden Chair-EX

19 FRENCH MEAT PIE/GRAVY
9:30 Foot Nurse (by appt.) C2
**9:30 Bone Density Screening
 Clinic (by appt.) - CR**
 10 Music Appreciation-CE
 10 Tai Chi-EX/1 Poker-DR
1 HIP - Weigh in-EX
1:30-HIP Meeting-C2
 1 Pinochle-DR/1 Canasta-DR
 1 Mah Jongg-CR

20 ROAST PORK W/ GRAVY
9 -12 SHINE (by appt.)-C1
10 Lo-Vision Support-CR
 10-11 Brown Bag-CE
**10 Bereavement Support
 Group -C2**
 10 Beginning Exercise-EX
 1 Bingo-CR
 12:45 Movie-EX
 1 Needlecraft-CE

**21 SPRING LUNCH & CONCERT
 CHICKEN PARMESAN W/ SAUCE**
 9:30 Grocery Shopping
 10 Travel Club-C1
10 "Vertigo"/ by Affain Therapy-CR
 10:30 Osteoporosis Exercise-EX
1 Choralites Spring Concert
1 Falls Prevention -EX
 1 Pitch-CR
 1 Mah Jongg-CE

**22 HOT ROASTED BEEF
 SANDWICHES**
 10 Beginning Exercise-EX
 10 Travel Club-C1
 1 Scrabble-L
 1 Quilting-CE
 1 Golden Agers-CR

23 COLD TUNA SALAD PLATE
 OLDER AMERICAN MONTH PRESENTATION
 9:30 Grocery Shopping
**9:30 Chronic Disease Self
 Management Program-CR**
 10 Coffee & Conversation-DR
 10:30 Osteoporosis Exercise-EX
 1 Bridge-CE/1 Cribbage-CR
 1 Canasta-DR/1 Knitting-L
 1 Zumba/Golden Chair-EX

**26 MEMORIAL DAY
 HOLIDAY
 CENTER IS CLOSED**



27 MILD BEEF CHILI W/ RICE
So. H. Sr. Travel Club Trip
9 Newsletter Collating-CE
**10 Bereavement Support
 Group (Last Meeting)-C2**
 10 Beginning Exercise-EX
 1 Bingo-CR
 12:45 Movie-EX
 1 Needlecraft-CE

28 CHICKEN MARINARA
 9:30 Grocery Shopping
 10 Travel Club-C1
 10:30 Osteoporosis Exercise-EX
1 Falls Prevention-EX
 1 Pitch-CR
 1 Mah Jongg-CE

29 SHEPHERDS' PIE/GRAVY
 10 Beginning Exercise-EX
 10 Travel Club-C1
 1 Scrabble-L
 1 Quilting-CE
 1 Golden Agers-CR

30 FLORENTINE POLLOCK
 9:30 Grocery Shopping
**9:30Chronic Disease Self
 Management Program
 (last session) CR**
 10 Coffee & Conversation-DR
 10:30 Osteoporosis Exercise-EX
 1 Bridge-CE
 1 Cribbage-CR
 1 Canasta-DR/1 Knitting-L
 1 Zumba/Golden Chair-EX

DOREEN'S INFO

Isn't it nice to be out and about in this great spring weather? Aren't you glad you took some for our exercising classes to get your body warmed up? Oh you haven't? I must say we have a wonderful variety of exercise programs here at the COA. In order to participate in any of these programs we need to have a physician's approval and emergency contact on file. Come join us for Tai Chi, Beginners exercise, Osteoporosis exercise and Zumba/Golden chair.

Last month we honored our fantastic volunteers by holding our Volunteer Appreciation dinner. This is our way of saying thank you to the many dedicated people that help the COA run as smoothly as it does. We really couldn't do it without you. I am proud to say we have nearly 200 volunteers that share their time and talent with us - we are so lucky.

May is an active month for us here at the COA. This month marks Older American Month. The theme is: Safe Today, Healthy Tomorrow.

Be aware that new programs are starting. There will be a Real Estate Tax Exemption Informational Program on Monday, May 12 at 10 a.m. Attorney Gina Barry will speak about Elder Law issues on Wednesday, May 14 at 10 a.m. This program is courtesy of the Massachusetts Bar Association. A Bone Density Screening Clinic beginning at 9:30 a.m. will be held on Monday the 19th. Our spring luncheon will be held on the 21st and the Choralites will be giving a concert right after lunch. Also on Wednesday, May 21st at 10 a.m. Attain Therapy will do a workshop on "Vertigo."

Our regular activities will be keeping us busy also. The Alzheimer's group will be meeting on the 1st. This month our monthly Birthday/Anniversary lunch that is held on Tuesday, May 13th. 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.

Here at the South Hadley COA we offer many different card games. If you like to play cards come to the Friends of the Elderly Card Party. This is a worthy group to support and I am sure you will have lots of fun. It will take place on Tuesday, May 13, 6:30 p.m. at St. Patrick's Social Center.

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 January volunteers logged 929.25 hours, in February they logged 1131.25 hours and in March they logged 1065.75 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

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.

In May classes will begin for Introduction to Computers using Windows 8.1. Excel will be scheduled in the near future.

Please call us at 533-6889 and leave your name and telephone number to register or ask questions. We will return your call to confirm and to tell you the class dates.

BONE DENSITY SCREENINGS

On Monday, May 19th beginning at 9:30 a.m. bone density tests will take place in the Card Room. Appointments are required so please call 538-5042 and register.

Lee Jaggi is sponsored by Health New England and uses the heel as the measurement site because most of the bone in your hips is very similar to the bone in your heel. One sits down, takes off shoes and socks and a nurse will apply a dab of surgical gel to both sides of the heel and will position your foot in the sonometry machine. It only takes a few minutes. You will be given a paper report about your bone quality that shows your risk of fracture.

The sonometry machine HNE uses is of hospital-grade quality. Results will be explained and you are encouraged to take the paperwork to your primary care provider at your next appointment.

Bone density scans provide 2 separate scores: T-scores and Z-scores. Each score indicates a different measure of bone health and can tell you information about the strength of your bones compared to healthy individuals with similar backgrounds. These give you an indication of how your bone density compares to the ideal as well as to the expected density for people in your life situation.

If you have a low bone density score, it is essential to take measures to prevent further bone density loss so you are less likely to break bones.

Do not wear pantyhose. The screening generally takes 5 minutes per person but varies by participants interactive abilities.

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

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