

# COUNCIL ON AGING

South Hadley Massachusetts

*The sun never sets on our Activities...*

Director/Editor: Joanne Trybus

E-Mail: [jtrybus@southhadleyma.gov](mailto:jtrybus@southhadleyma.gov)

45 Dayton St., So. Hadley, MA 01075-1924

Tel. (413) 538-5042 Fax: 532-8206

Assistant Director: Lisa Napiorkowski

[lnapiorkowski@southhadleyma.gov](mailto:lnapiorkowski@southhadleyma.gov)

Chairperson: Donna Robideau

Social Service Coordinator:

Ann Andras

E-Mail: [aandras@southhadleyma.gov](mailto:aandras@southhadleyma.gov)

WebSite: [www.southhadleyma.gov](http://www.southhadleyma.gov)



**NOVEMBER 2014**

\*\*\*\*\*

## THANKSGIVING LUNCHEON



Our annual special Thanksgiving luncheon will be held on Wed., November 19th. The menu will be turkey and all the fixings. Suggested donation is \$2.25. **Reservations will be taken for this luncheon starting on Monday, November 3rd.** Since this is a very popular event, please make your reservations early by calling 538-5042. Please do not leave your name on the answering machine and do not call before 8 a.m.

Daily nutritious & delicious lunch served 11:45 a.m.—12:15 p.m. in the Senior Center Dining room. **NOTE CHANGE: Please reserve your meal by 1 p.m. of the previous day. Please cancel your meal by 9 a.m. each day.** Monday reservations should be made by Friday. Suggested donation is \$2.25 for 60 and over. **Guests under 60 must pay a charge of \$3.00** for the meal. FEDERAL GUIDELINES SPECIFY THAT FOOD SHOULD NOT BE TAKEN FROM THE LUNCH SITE. The only exceptions are bread, fruit, milk or non-perishable items.



**VETERAN'S LUNCH** will be held on Wednesday, November 12th. Program begins at 11:30 am and lunch will be served at 12 noon. To demonstrate our sincere gratitude for your service to our country, all Veterans are invited to lunch as guests of the South Hadley Friends of the Elderly. **You must make a reservation for your lunch with Doreen McDonald at 538-5042, Ext. 205 by Tuesday, November 4th.** If you are bringing a guest please let Doreen know because we need to plan for the number of diners.

**CHRISTMAS BASKETS** will again be distributed through the S. Hadley Food Pantry. Non-perishable food items may be dropped off at the Senior Center. The So. Hadley COA will continue to provide grocery gift cards and electric light credits to residents 60 and over during the holiday season. Recipients are able to accommodate any special dietary restrictions by purchasing their own food, or even buy a treat! After reading the thank you notes from recipients of a gift card or electric light credit, it is evident how grateful they are for the financial support. Monetary donations or grocery store gift cards will be greatly appreciated to help subsidize the program. Please send checks payable to COA Christmas Baskets to: 45 Dayton Street, SH. If you choose to purchase gift certificates to local grocery stores please bring them to the Senior Center by December 5th.

## South Hadley Senior Travel

**Wednesday, November 12, Twin River Casino in Lincoln, Rhode Island.** Player's Club Card or Picture I D required. **Cost \$25.00. Call Howie Walsh, 593-6286. Tuesday, December 9,** a delicious holiday luncheon in **Old Sturbridge Village at the Oliver Wright Tavern.** After lunch it is a short walk to their theatre, where you will be treated to a **Holiday Cabaret** production filled with Holiday songs and celebration. **Cost \$84.00. Call David Bellefeuille, 533-7724. Tuesday, January 13, Mohegan Sun.** Full casino package. **Cost \$23.00. Call Howie Walsh 593-6286. Tuesday, February 10, Foxwoods.** Full casino package. **Cost \$23.00. Call David Bellefeuille, 533-7724.** Both casinos require a Player's Club Card or a Picture ID. **May 17-24, 2015, BERMUDA** for 8 days/7 nights aboard the *most luxurious ship* sailing to the pink sands of Bermuda, **The Celebrity Summit.** Includes transportation to NJ Pier, 3 days docked in Kings Wharf, 7 nights aboard ship, all meals and daily award-winning entertainment. **Cost depends on cabin choice.** For more information or for a flyer contact: **Susan Canedy, 536-2106 or Judy Fortier, 534-3598. October 8-16, 2015, Canyon Country** featuring **Arizona and Utah.** 9 days, 12 meals. **Double \$2,829.00.** For more information call **David Bellefeuille, 533-7724.** A \$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

This is the month to give thanks for our blessings. I want to take a moment to thank the staff and volunteers for their extra effort in the last few weeks as we re-group. THANK YOU!

November and December are busy months and some of our faithful volunteers will be on leave due to health issues. New volunteers are both needed and welcome to join our COA team. If you have 2 or 3 hours a month to donate your time will be greatly appreciated. Please contact Doreen McDonald at 538-5042, Ext. 205. For the current volunteers, we need Home-Delivered Meals packers in addition to dining room assistance. If you are able to commit to a few more hours per month, please contact Doreen. Research has proven that volunteering helps to insure good health and possibly increased longevity.



There are numerous reasons to be grateful at the South Hadley Senior Center. However this year has been a bonus year with the arrival of the new van. Through the generosity of Paul Bernard and the Bernard family, the COA is operating a new 12-passenger vehicle with room for 2 wheel-chairs. If you have never used the transportation service now may be a great time to give it a try. Transportation to various locations within South Hadley is available Monday through Friday between 9 a.m. and 3 p.m. The cost is \$2.50 round trip. If you need a ride to the Senior Center the cost is \$1.50 round trip. Special out of town trips are provided a few times throughout the year. The cost depends on the destination and sometimes the Subsidized Senior Transportation Account is used to fund the ride.

Happy Thanksgiving to all!

### CONGRATULATIONS TO:

**BLANCA BRUNELLE**

AND

**MARGARET RYAN**

THEY RECEIVED THE PRESIDENT'S CALL TO SERVICE AWARD FOR LIFETIME ACHIEVEMENT at the RSVP Volunteer Recognition luncheon. A volunteer must donate 4,000 hours of service to achieve this goal.

## SPECIAL THANKS TO:



\*\*Carey's Flowers, Inc. for the fall arrangement that was used for the raffle at the RSVP volunteer luncheon.

\*\*Big Y for the bread and delicious baked goods.

\*\*Virginia Sligo for the "Salute to the Services Military Band" CD.

\*\*Angelo Parlengas for the paper towels



\*\*Mike Koske and his family for the very generous donation of \$7,500 for the Caregiver's Support Group and Services Gift Account in memory of Janet "Penny" Koske. Sincere thanks from the South Hadley COA and all of the caregivers and loved ones who will benefit from their generosity.

\*\*Carleen Labonte for the paper towels

\*\*Gail Laprade for the donuts

The Friends of South Hadley Elderly, Inc, will hold their annual meeting on Thursday, November 13th at 1 p.m. in the Dining Room of the Senior Center. Election of officers will take place. All members are welcome to attend.

The "Friends" provide a free ride to vote on Nov. 4th. Call the COA office at 538-5042 to sign up.

\*\*\*TIME TO TURN YOUR CLOCKS BACK ONE HOUR ON SUNDAY, NOVEMBER 2ND. IT IS A GOOD TIME TO CHECK THE BATTERIES IN YOUR SMOKE DETECTORS.

**November is Diabetes Month—Be sure to have your glucose checked.** The symptoms may be vague but undetected Diabetes can be very detrimental to one's body.

### Important Reminder

Now that we are entering the winter season there is a possibility lunches, home-delivered meals, meetings and activities may be cancelled. If WMEC cancels their meal program, usually South Hadley COA does the same. Their notice is posted on the local television channels. South Hadley COA cancellations will appear on the television stations and also may be sent through the town-wide Everbridge program.

**EASTFIELD MALL TRIP MON., NOV. 17TH. NO COST FOR THE FARE AS IT WILL BE PROVIDED COURTESY OF DONATIONS TO THE SUBSIDIZED SENIOR TRANSPORTATION ACCOUNT. CALL 538-5042 TO MAKE YOUR RESERVATION.**



**Outreach News**  
by Ann M. Andras  
Social Service Coordinator

**2014/2015 Fuel Assistance Updates**

The Franklin/Hampshire County Fuel Assistance Program officially begins November 1st. Many residents have received their re-certification paperwork in late August and throughout September. Typically, those households heating with oil or wood burning are the first to apply, followed by natural gas and electric customers.

The Massachusetts Fuel Assistance Program helps needy families by paying a **portion** of their heating bills from November 1 to April 30.

**Who should apply?**

- \* Renters and homeowners who pay for their own heat.
- \* Renters whose heat is included in their rent. **Those who have a housing subsidy cannot receive heating assistance.**

If you are a first time program applicant

you must apply in person. I am available to meet with South Hadley elders who need assistance with their application.

Help with fuel assistance applications requires an appointment. I can be reached at 538-5042 ext. 206. I will make a home visit for those who cannot physically come to my office. Applications can be handled at any of the Community Action satellite offices or their main office in Greenfield. They can be reached at 1-800-370-0940.

Income Guidelines	
No. of People	Income Limit
1	\$32,065
2	\$41,932

**What will I need to Provide when Applying:**

For the person who is applying, bring:

- \* Social Security Number
- \* Photo ID
- \* Proof of Address

**Homeowners:**

- \* mortgage statement, real estate tax bill, homeowners insurance bill
- \* Heating bill
- \* Electric bill
- \* All income for four weeks before the appointment.
- \* Social Security Award letter
- \* Pension verification letter
- \* Current bank statement
- \* Proof of all interest income
- \* Renters: copy of lease

**\*\*\*Scam Warning\*\*\***

Local elders have reported to the Executive Office of Elder Affairs that they have received a telephone call from someone claiming to be from Medicare. The caller wants to send Dr. "X" to your home the following day. If you receive this call HANG UP immediately, do not give any personal information. Medicare does not call elders on the phone. Medicare will contact you by mail if needed. This is a **SCAM**. Be diligent when protecting your privacy.

*Ann*

**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.  
 NOVEMBER MENU**

- 3) VEAL PATTY W/GRAVY, Sweet Potato, Mixed Vegetables, Multi-Grain Bread, Tropical Fruit or Diet Tropical Fruit.
- 4) BIRTHDAY/ANNIVERSARY—AMERICAN CHOP SUEY, Wax Beans, Italian Bread, Juice, Cake or Diet Cake.
- 5) ROASTED CHICKEN W/GRAVY, Mashed Potatoes, Peas w/Mushrooms, Cranberry Sauce, Whole Grain Bread, Mandarin Oranges or Diet Mandarin Oranges.
- 6) SWEDISH MEATBALLS, Brown Rice, Roll, Cole Slaw (Congregate), Winter Mix Vegetables (HMOW), Jell-O or Diet Jell-O.
- 7) MACARONI & CHEESE, Stewed Tomatoes, Green Beans, Roll, Apricots or Diet Apricots.
- 10) BAKED HAM W/PINEAPPLE, Sweet Potato, Broccoli, Rye Bread, Peaches or Diet Peaches.
- 11) CENTER CLOSED—VETERANS DAY HOLIDAY
- 12) VETERANS LUNCHEON, Beef Sirloin Tips w/ Mushrooms, Mashed Potatoes, Carrots, Roll, Cake or Diet Cake.
- 13) LIVER & ONIONS, Mashed Potatoes w/Gravy, Beets & Onions, Roll, Apricots or Diet Apricots.
- 14) CATFISH FILLETS, Rice Pilaf, Corn, Multi Grain Bread, Fruit/Orange.
- 17) BBQ CHICKEN, Roasted Potatoes, Corn, Whole Grain Roll, Pineapple or Diet Pineapple.
- 18) MILD BEEF CHILI, Egg Noodles, Carrots, Wheat Bread, Orange Juice, Fruit Cocktail or Diet Fruit Cocktail.
- 19) THANKSGIVING LUNCHEON—ROASTED TURKEY W/ GRAVY, Mashed Potatoes, Bread Dressing, Squash, Cranberry Sauce, Pie w/Topping or Diet Pie w/Topping.
- 20) CHICKEN PATTY W/GRAVY, Roasted Potato, Spinach, Wheat Bread, Applesauce or Diet Applesauce.
- 21) BAKED SALMON FILLETS, Wild Rice, Broccoli, Whole Wheat Roll, Rice Pudding or Diet Rice Pudding.
- 24) SWEET & SOUR CHICKEN, Mashed Potatoes, Squash Blend, Whole Grain Bread, Pineapple or Diet Pineapple.
- 25) SHELLS & TOMATO SAUCE, Italian Bread, Mixed Vegetables, Juice, Cookies or Diet Cookies.
- 26) SHEPHERD'S PIE W/GRAVY, Mashed Potatoes, Green Beans, Biscuit, Tropical Fruit or Diet Tropical Fruit.
- 27) CENTER CLOSED—THANKSGIVING HOLIDAY
- 28) CENTER CLOSED—HOLIDAY

ALL MEALS ARE SERVED WITH BREAD AND A 1/2 PINT OF MILK. FOR RESERVATIONS PLEASE CALL 538-5042 NO LATER THAN 1:00 P.M. THE PREVIOUS DAY. PLEASE CALL BY FRIDAY TO EAT ON MONDAY. KINDLY CANCEL RESERVATION NO LATER THAN 9:00 A.M. ON THE DAY OF LUNCH.

## Water to Stay Hydrated

By Taryn Krietzman  
 University of Massachusetts Dietetic Intern

Our bodies rely on water. In fact, more than 50% of the human body is made of water. It helps us maintain a normal body temperature, keeps our blood flowing, flushes out wastes, aids in digestion, protects the brain and spinal cord, keeps joints mobile, forms saliva, and much, much more. It is clear that water is essential, but often times we don't get enough.

When we don't get enough water, our bodies don't perform their best. Older adults and people with certain chronic diseases are at an increased risk of becoming dehydrated. Signs that you may not be getting enough water include thirst, dry mouth, dry skin, headache, lightheadedness, decreased and dark urine, constipation, confusion, and lethargy.

It is important to drink enough water to stay healthy and feel well. Healthy men and women are recommended to drink different amounts of water each day (those with certain health conditions may need a different amount). For healthy men it is 100 ounces per day and for healthy women it is 75 ounces per day. This can come in liquid forms such as water, tea, juices, and soups. It can also come from foods. Many fruits and vegetables contain a high amount of water that counts towards your daily intake. Foods like melons, berries, cucumbers, tomatoes, peaches, and squash are a few of the many fruits and vegetables you can choose to help you stay hydrated.

It is often difficult to drink the amount of water that we should in a day. Here are some helpful tips that can help you get closer to the recommended amount of water:

- ◆ Add flavor to water by adding a wedge of lemon, or some strawberries.
- ◆ Carry a water bottle with you so you always have hydration nearby.
- ◆ Try using a straw when drinking water.

☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆  
 ☆ **THANKSGIVING HOLIDAY MEALS** ☆  
 ☆ Special thanks to the So. Hadley Knights of Columbus ☆  
 ☆ #1721 for Preparing and Delivering Dinners on ☆  
 ☆ **THANKSGIVING DAY** to the Homebound. ☆  
 ☆ Home Delivered Meal Clients Will Receive a Meal ☆  
 ☆ through WestMass Elder Care with Regular Drivers on ☆  
 ☆ the **DAY AFTER THANKSGIVING.** ☆  
 ☆ **NO CONGREGATE MEALS ON FRIDAY,** ☆  
 ☆ **NOVEMBER 28TH.** ☆  
 ☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆

## IN MEMORIAM

### IN MEMORY OF:

### FROM:

#### NUTRITION:

TOM TETLOW Irene Tetlow

PATRICK "RICK" FORHAN June Forhan  
Joan Richter

WILLIAM QUIMBY Sara & Gil Bach

SIMONE BARTHELETTE Noella Loiselle

GILBERT BACH Gloria Camarda  
Galaxy Community Council

#### NEWSLETTER:

MRS. PAT ROOT Gloria Labonte

MRS. ROSE PHANEUF Gloria Labonte

MISS LORETTA INKEL Gloria Labonte

KEN WILSON Elaine Wilson

CARL KIONTKE Lorraine Kiontke

#### SERVICES ACCOUNT:

LENORA ROBILLARD Richard Robillard &  
Sue St. Martin  
Michael Paul Robillard

GILBERT BACH Edwin & Merle Buckhout  
Bertha Fydenkevez  
Africano Family  
Mrs. Dominick Triolo

RUTH DESJEUNES Donald Desjeunes

#### BUILDING FUND:

FREDERICK BACH James Procon

GILBERT BACH Mr. & Mrs. John Calka  
Mr. & Mrs. Robert Ruzsala

## IN MEMORIAM

### IN MEMORY OF:

### FROM:

#### SUBSIDIZED SENIOR TRANSPORTATION:

RALPH David Perwak

MARGARET HATCH Barbara Hatch

GILBERT BACH Margaret J. Africano  
Alan & Lorraine Pavlica  
Joanne Holly & Richard Remillard

LENORA ROBILLARD Chicopee Parks and  
Recreation Department

#### CHRISTMAS BASKETS:

BARBARA LARAMEE Chris & Jim Backus

JEFFREY DEC Ola L. Herbert

DORIS ROBINSON Ola L. Herbert

CARL KIONTKE Lorraine Kiontke

#### VETERANS CLUB:

BILL SLIGO Virginia Sligo & Family

#### ACTIVITIES/NECESSITIES ACCOUNT:

PATRICK "RICK" FORHAN Lois L'Esperance

BILL SLIGO Virginia Sligo & Family

#### LIGHTS ON:

CARLENE ALLARD Gertrude H. Sand

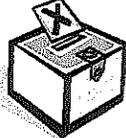
*In Memory of*

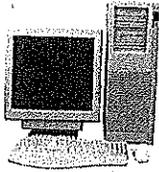
**James Sturtevant**

(1-Year Anniversary)

From the Morning Pool Room Gang

"We miss you Jim"

<p><b>3 Veal Patty/gravy</b>  10 Music Appreciation-CE  10 Tai Chi -EX  1 Poker -DR/Pinochle-DR  1 Canasta-DR  1 Mah Jongg-CE</p>	<p><b>4 Birthday/Anniversary American Chop Suey</b>  <b>9-2 SHINE-C1</b>  10 Beginning Exercise  1 Bingo-CR  12:45 Movie-EX  1 Needlecraft-CE  <b>Ride to Vote</b></p>	<p><b>5 Roasted Chicken/gravy</b>  9:30 Grocery Shopping  10 Travel Club-C1  10:30 Osteoporosis Exercise-EX  1 Pitch-CR  1 Mah Jongg-CE  1 Choralites-DR</p>	<p><b>6 Swedish Meatballs</b>  <b>10 Alzheimer's Support-C2</b>  10 Beginning Exercise-EX  10 Travel Club-C1  1 Scrabble-L /Quilting-CE  1 Golden Agers-CR</p>	<p><b>7 Macaroni &amp; Cheese</b>  9:30 Grocery Shopping  10 Coffee &amp; Conversation-DR  10:30 Osteoporosis Ex. -EX  1 Knitting-L/Bridge-CE  1 Cribbage-CR  1 Canasta -DR</p>
<p><b>10 Baked Ham/pineapple</b>  <b>9:30 Foot Nurse ( by Appt.)</b>  10 Music Appreciation-CE  10 Tai Chi-EX  1 Pinochle-DR  1 Canasta-DR  1 Poker -DR  1 Mah Jongg-CE  <b>4 COA Board Meeting</b></p>	<p><b>11 Veteran's Day-Senior Center Closed</b></p> 	<p><b>12 Veterans Luncheon-Beef Sirloin Tips/gravy</b>  <b>So. Hadley Sr. Travel Club Trip</b>  9:30 Grocery Shopping  10 Travel Club-C1  10:30 Osteoporosis Exercise-EX  1 Pitch-CR  1 Mah Jongg-CE  1 Choralites-DR</p>	<p><b>13 Liver &amp; Onions</b>  <b>10 Alzheimer's Support-C2</b>  10 Beginning Exercise-EX  10 Travel Club-C1  <b>12:30-2pm Blood Pressure -C2</b>  1 Quilting-CE  1 Scrabble-L/Golden Agers-CR  1 Friends Annual Meeting-DR</p>	<p><b>14 Catfish Filets</b>  9:30 Grocery Shopping  10 Coffee &amp; Conversation-DR  10:30 Osteoporosis Ex.-EX  1 Knitting-L/Bridge-CE  1 Cribbage-CR  1 Canasta-DR</p>
<p><b>17 BBQ Chicken</b>  <b>10-2 Eastfield Mall Trip</b>  10 Music Appreciation-CE  10 Tai Chi-EX  1 Poker-DR  1 Pinochle-DR  1 Canasta-DR  1 Mah Jongg-CE</p>	<p><b>18 Mild Beef Chili</b>  <b>9-2 SHINE-C1</b>  <b>10 Lo-Vision Support-C2</b>  <b>10-11 Brown Bag-CE</b>  10 Beginning Exercise-EX  1 Bingo-CR  12:45 Movie-EX  1 Needlecraft-CE</p>	<p><b>19 Thanksgiving Luncheon-Roast Turkey/gravy</b>  9:30 Grocery Shopping  10 Travel Club-C1  <b>NO Osteoporosis Exercise</b>  1 Mah Jongg-CE  1 Pitch-CR  1 Choralites-DR</p>	<p><b>20 Chicken Patty/gravy</b>  <b>10 Alzheimer's Support-C2</b>  10 Beginning Exercise-EX  10 Travel Club-C1  1 Scrabble-L /Quilting-CE  1 Golden Agers-CR</p>	<p><b>21 Baked Salmon Filets</b>  9:30 Grocery Shopping  10 Coffee &amp; Conversation-DR  10:30 Osteoporosis Ex.-EX  <b>11:30 Rep. John Scibak-DR</b>  1 Knitting-L  1 Bridge-CE  1 Cribbage-CR  1 Canasta - DR</p>
<p><b>24 Sweet &amp; Sour Chicken</b>  <b>9:30 Foot Nurse ( by Appt.)</b>  10 Music Appreciation-CE  10 Tai Chi-EX  1 Poker-DR  1 Pinochle-DR  1 Canasta-DR  1 Mah Jongg-CE</p>	<p><b>25 Shells &amp; Tomato Sauce</b>  <b>9 Newsletter Collating-CE</b>  <b>9-1 SHINE-C1</b>  10 Beginning Exercise-EX  1 Bingo-CR  12:45 Movie-EX  1 Needlecraft-CE</p>	<p><b>26 Shepherds Pie/Gravy</b>  9:30 Grocery Shopping  10 Travel Club-C1  10:30 Osteoporosis Exercise-EX  1 Mah Jongg-CE  1 Pitch-CR  1 Choralites-DR</p>	<p><b>27 Happy Thanksgiving-Senior Center Closed</b></p> 	<p><b>28</b></p> <p style="text-align: center;"><b>Senior Center Closed</b></p>
<p><b>IN TOWN TRANSPORTATION AVAILABLE MONDAY-FRIDAY FROM 9-3, BY APPOINTMENT ONLY.</b></p> 	<p><b>ROOM KEY</b>  B=Billiards Room  CR=Card Room  CE=Ceramics  C2=Formerly Old Office  C1=Conf. Room Off Library  EX=Exercise Room  DR=Dining Room  L=Library</p>	<p style="text-align: center;"><b>November 2014</b></p>	<p><b>Election Day is November 4th.</b></p> <p><b>Remember to VOTE</b></p> 	<p><b>Daylight Savings Time ends on November 2nd. Turn clocks back one hour!</b></p> 



## SO. HADLEY COUNCIL ON AGING

### Computer Learning Center

South Hadley Senior Center

45 Dayton Street,

South Hadley, MA 01075

Telephone: (413) 533-6889

The South Hadley Council on Aging Computer Learning Center offers a wide variety of computer courses ranging from one-time workshops to four weeks of two lessons each week. Courses are taught with experienced teachers as well as coaches for all students. There is a fee for this service.

In the early part of November we will be offering Picasa classes.

The SHCOA Computer Learning Center is available to all seniors. It is not necessary to live in South Hadley to participate. For more information call (413) 533-6889. Leave your name and number and your call will be returned.

### SNOWBIRDS

Please let us know so we can hold your newsletter or if you wish to have the newsletter mailed to your forwarding address. Your cooperation with this request is sincerely appreciated. THANK YOU! Joanne

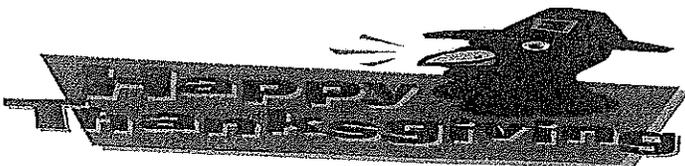
### MEDICARE OPEN ENROLLMENT

OCTOBER 15TH TO DECEMBER 7TH

It is that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO or PPO), you should have received a notice from your plan. That notice outlines changes to be made to your plan for 2015: it is important to **review, understand and save** this information.

During open enrollment you will be able to change your plan for next year. If you would like help understanding your upcoming changes and options, a trained SHINE counselor is available to offer FREE and CONFIDENTIAL counseling on all Medicare and related health insurance programs. The SHINE counselor is available on Tuesdays from 9 a.m. until 2 p.m. To make an appointment 538-5042.

TRANSPORTATION IS PROVIDED IN PART BY THE EXECUTIVE OFFICE OF ELDER AFFAIRS.



## DOREEN'S INFO

Happy November to all. I find it interesting as the season's change we do too. Changing our wardrobe, our diet eating apples, squash, making hot soup. Even our exercise routine changes from outdoor swimming to raking leaves and modifying our walking path according to the weather. This season we tend to "hibernate" and slow down. We are more aware of taking care of ourselves by avoiding a cold or the flu.

This is also a great time to spend some time here at our COA. Much is happening this month. The Alzheimer's Support group meets weekly on Thursdays. This is an opportunity for those with Alzheimer's or those caring for someone with Alzheimer's to get information, suggestions and advise. The monthly Birthday/Anniversary lunch will be held on the fourth of this month. If you are celebrating a birthday or anniversary, the Friends of South Hadley Elderly would like to treat you to lunch. Remember reservations are needed and you are welcome to bring one guest. Don't forget to vote on this day. The COA is offering rides to the voting booths - reservations are needed. Every vote counts.

November 12<sup>th</sup> is our Veteran's Luncheon. We will be honoring all Veteran's. Some of our seniors went to the War Memorial in Washington, D.C with the New England Honor Flight last month. Hopefully some may share their experience with us. A special event is taking place on the 17<sup>th</sup>. There will be a shopping trip to the Eastfield Mall. Reservations are needed. On Tuesdays SHINE will be at the COA. Reservations are also needed. On the same day Lo Vision Support will be meeting. If you or someone you knows is experiencing vision changes you/they may want to attend this group meeting. Many topics relating to Lo vision is discussed.

On the 19<sup>th</sup> we will be having our annual Thanksgiving Luncheon. This is a time for all to reflect on the many blessings that come our way. This is also the time we get to share a "feast" with our COA family of friends.

Are you bored during the winter months? Are you looking for something to do? Think about donating some volunteer time. Join our volunteer family. I know it will be a rewarding experience for you. Please call me if you are interested - 538-5042, ext. #205.

Volunteer hours logged for September 1,382.25. Thank you volunteers!

Hope you and your family have a Happy Thanksgiving.

*Doreen*

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

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

**RETURN SERVICE REQUESTED**

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

**R&B** **RYAN & BOUDREAU, L.L.P.**  
 129 College Street, P.O. Box 190  
 South Hadley, Massachusetts 01075-0190  
 Paul D. Boudreau, Esq.  
 Serving South Hadley since 1967  
 (413) 536-8891  
 Elder Law Wills and Trusts  
 Guardianships/Conservatorships  
 Probate of Estates

**VNA & Hospice of Cooley Dickinson**  
**FIT**  
 If you or someone you love has fallen or has a fear of falling, call us for our specialized falls prevention program.  
**GET FIT 584-1060**  
 168 Industrial Drive  
 Northampton, MA 01060-2379  
 www.VNAandHospice.Org  
 FALLS INTERVENTION TEAM

**Village Eye Care**  
**Dr. Steven A. Markow**  
 Optometrist  
**413-536-6100**  
 7 Hadley St., South Hadley, MA 01075

Proud to Support  
**The Council on Aging**  
**EB EASTHAMPTON SAVINGS BANK**  
 10 Offices throughout the Pioneer Valley  
 Connecting All Offices 413-527-4111  
 bankesb.com  
 Member FDIC Member DIF

**HolyokeVNA**  
 Hospice Life Care  
 NURSING • REHAB • HOSPICE  
**Holyoke VNA: 413-534-5691**  
**Hospice: 413-533-3923**  
 www.holyokevna.org

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

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

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

**Jeff's Auto Repair**  
 55 School St.  
 South Hadley, MA 01075  
**(413)532-0898**

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

**LoomisVillage**  
 246 North Main St.  
 South Hadley, MA 01075  
 (413) 532-5325  
 www.LoomisCommunities.org

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

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