

# COUNCIL ON AGING

South Hadley, Massachusetts

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

Director: Joanne Trybus

jtrybus@southhadley.ma.gov

45 Dayton Street, South Hadley, MA 01075

Tel. 538-5042 Fax 532-8206

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## THE GOLDEN CHRONICLE

SEPTEMBER 2014

Chairperson: Donna Robideau

Social Services Coordinator:

Ann Andras

aandras@southhadley.gov

Web: www.southhadley.ma.gov

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### 55+ ANNIVERSARY PARTY

WEDNESDAY

SEPTEMBER 17TH

11:30 A.M.

SO. HADLEY SENIOR CENTER

45 DAYTON STREET

Every Weekday: Nutritious & Delicious Lunch -11:45 a.m. - 12:15 p.m. in the Senior Center Dining Room. Please reserve a day in advance. Reservations close at 9 a.m. each day. It is better to reserve your place and cancel, but please remember to cancel if you cannot make the luncheon. Suggested donation \$2.25 for persons 60 and over. **For guests or people under 60 the charge is \$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

**Wed., Oct. 22, Friesians of Majesty.** Interact with these beautiful, majestic horses and their babies in the mare/foal barn; watch a captivating show featuring these beautiful animals. Includes lunch at the Grafton Inn. **Cost \$92.00. Call Susan Canedy, 536-2106.** **Wed., 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.** **Tues., 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, 533-7742.** **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, 533-7742** Both casinos require a Player's Club Card or a Picture ID. **May 17-24, 2015, BERMUDA** 8 days/7 nights aboard *luxurious ship* sailing to the pink sands of Bermuda, **The Celebrity Summit.** Includes transp. 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 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, 533-7742.** A \$5.00 non-refundable deposit due on all non-casino trips. *Because So. 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.*



ARE YOU CELEBRATING YOUR 55TH ANNIVERSARY OR MORE? IF SO, YOU ARE INVITED TO A PARTY IN YOUR HONOR. THE MENU ENTRÉE IS ROAST PORK WITH GRAVY AND THE HONOREES WILL BE GUESTS OF THE FRIENDS OF SOUTH HADLEY ELDERLY, INC. PLEASE PLAN ON ARRIVING BY 11:20 A.M. FOR ALL OTHERS THE SUGGESTED DONATION IS \$2.25, UNDER 60 GUESTS \$3.00 CHARGE.

IF YOU HAVE BEEN MARRIED 55 YEARS (1959 OR BEFORE) AND WOULD LIKE TO BE AMONG OUR GUESTS, CALL 538-5042 BY SEPTEMBER 12TH. IF YOU WANT YOUR FAMILY AND FRIENDS TO SIT AT YOUR TABLE, PLEASE GIVE THEIR NAMES WHEN YOU MAKE YOUR RESERVATION. TO GIVE EVERYONE A CHANCE TO ATTEND, WE ASK THAT YOU LIMIT THE NUMBER OF GUESTS TO NO MORE THAN FOUR.

IF YOU WOULD LIKE TO SHARE YOUR WEDDING PICTURES, PLEASE BRING THEM IN.



## FROM THE DIRECTOR

It seems unbelievable that I am writing an article with the thought of seeing you in September. It was not a very warm summer and many prefer the cooler weather. The senior center will be a busy place as activities resume after taking a break for the summer. Doreen is working on an art class as well as Zumba. However, for the Zumba class we must have a minimum number of participants to make it possible.

The picnic was a success due to the teamwork of staff and faithful volunteers and I extend my sincere thanks to everyone who helped in any way. Our thanks to the Friends of South Hadley Elderly, Inc. for the Bingo prizes, Connie Clancy for the nice gift baskets and gift cards, Claire Bielanski for the gift cards, Wingate of South Hadley for the gift basket and Joyce Gay for the candle. Special thanks to Officer Steve Fleming and Sergeant Mike Pollender for assisting, especially with the unexpected pick up of a grill. It was also nice to have Rep. John Scibak attend and as usual he added some humor to the day.

If you have been married 55 years or longer, please join us at the 55+ Anniversary luncheon. It is one of the highlights of the year.

I look forward to greeting you in September. I also request for your own safety that you **follow the one-way arrows entering the senior center parking lot. Thank you.**



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First Diabetic Support Group meeting for the fiscal year will be held on Wednesday, October 8th at 1 p.m. in the large conference room.

### 3RD ANNUAL PENNY'S PRIDE MEMORY RIDE



On Saturday, September 6th a motorcycle ride in memory of Janet "Penny" Koske will be held along with a BBQ/Pig Roast. All money raised will be donated to the South Hadley Council on Aging Alzheimer's Caregivers' Support Group and the Services Gift Account. The event is held rain or shine. Registration begins at 10:30 a.m. at Ebenezer's, 60 Bridge Street, South Hadley. Ride departs at 12 noon. Party begins at 4 p.m. Tickets: \$20 for rider/\$10 for passengers/\$10 for non-riders. Donations can be made to: Penny's Pride Memory Ride. For more information contact Sandra at (413) 575-2590 or Jeri Lyn Koske 262-2576.

**TRIAD**—The South Hadley TRIAD/S.A.L.T. Council will meet on Tuesday, September 30th at 9 a.m. at the South Hadley Police Station. New members are welcome.

### WISH LIST: Paper Towels

**COMING SOON TO YOUR SENIOR CENTER!** The Friends of So. Hadley Elderly are sponsoring the 3rd annual HOLIDAY CRAFT FAIR on **Saturday, October 25TH** from 9 a.m. to 2 p.m. Interested vendors are invited to apply with Connie Clancy 533-1614 or [conclancy@verizon.net](mailto:conclancy@verizon.net). Space is limited, apply ASAP. Join us for holiday shopping and a nice lunch. Baked goods will be appreciated for the bake sale.

**\*\*SPECIAL THANKS TO: ST. PATRICK'S LADIES GUILD FOR THE \$500 DONATION THAT WILL HELP SUPPORT THE NUTRITION ACCOUNT AND THE SENIOR CENTER BUILDING.**

**\*\*SENATOR STANLEY ROSENBERG AND REPRESENTATIVE JOHN SCIBAK FOR ADVOCATING FOR THE \$8.00 PER SENIOR ALLOCATION IN THE FORMULA GRANT!**

**\*\*SPRINGFIELD ELDER AFFAIRS FOR FUNDING THE NUTRITION SENIOR AIDE POSITION.**

**\*\*MCCRAY'S FARM FOR 10 HALF-GALLONS OF SKIM MILK**

**\*\*BILL SCHENKER FOR THE FRESH VEGETABLES**

**\*\*VIRGINIA SLIGO FOR THE SUGAR SUBSTITUTE PACKETS**

**\*\*JOYCE GAY FOR THE 2 GALLONS OF LAUNDRY DETERGENT AND PAPER TOWELS.**

**\*\*CHARLIE TOWSE FOR THE LIBRARY BOOKS**

**\*\*OLA HERBERT FOR THE FANS**

**\*\*DR. STEVE MARKOW FOR HELPING TO FUND DAN DANIELS ENTERTAINMENT AT THE ICE CREAM SOCIAL**

**\*\*WARREN MCAVOY FOR THE PAPER TOWELS**

**\*\*RUTH SKUSE FOR DISH DETERGENT, CLEANSER AND SUGAR SUBSTITUTE PACKS.**

**\*\*THERESA BRINDAMOUR FOR THE 48 OZ. CAN OF COFFEE**

**\*\*JEAN & WALTER WOJNAROWSKI FOR THE MANY BAGS OF YARN FOR THE KNITTERS**

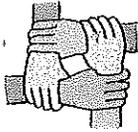
**\*\*TO BEERS AND STORY FOR THE FLOWERS FROM THE FUNERALS OF CARLENE ALLARD, DOROTHY SPENCER CHASE, DORIUS DESROCHES, JR., AND JOANNA DFAULT. OUR DEEPEST SYMPATHY TO THEIR FAMILIES.**

**\*\*THERESA ROBERTS FOR THE BEAUTIFUL ROSES FROM HER GARDEN**



**GREAT NORTHEAST SHAKE OUT (EARTHQUAKE DRILL) TO BE HELD ON OCTOBER 16TH AT THE SENIOR CENTER.**

Transportation is available to and from the South Hadley Senior Center and destinations in town. It is provided in part by the Executive Office of Elder Affairs, Town funding and many generous donations. In July 2014, the minivan provided 626 rides.



## Outreach News

by Ann M. Andras  
Social Service Coordinator

### FUEL ASSISTANCE 2014-2015

It does not seem possible that we need to begin thinking about the next heating season. I have spoken with several seniors who are still paying balances on last winters' fuel bills. For those of you who have received fuel assistance in the past, you will soon receive your re-certification paperwork in the mail. A few of you have begun calling for an appointment with me to assist you and I am happy to do that.

My office hours are Monday thru Friday, 8:30 a.m. to 4:30 p.m. If you would like to make an appointment, please call me at 538-5042 extension 206. Help with your fuel assistance application does require an appointment. First time applicants must wait until I receive notification from Community Action and have the application forms for the 2014-2015 heating season. New applications will not be accepted before November 1st.

As soon as the 2014/2015 income guidelines become available I will share them with you. If you would like more information about the program I am happy to answer your questions.

*I'm writing and thinking about how short the summer season is and how soon autumn will be arriving. Let's enjoy these last few warm days and cool mornings. I love the month of September!*

**Just a thought...** "People who light up your life usually know where the switch is".  
*Author Unknown*

#### MEDICARE NEWS

The Medicare Open Enrollment will be from October 2014 to mid December 2014. This is the time when you can make medical plan or drug changes that will start on January 1, 2015. It is a good time to review your coverage and make sure your health plans work for you. Our SHINE representative, Eileen Burke will be available on Tuesdays (by appointment) to answer your questions in making plan changes. Call 538-5042 to schedule an appointment.

#### 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. SEPTEMBER MENU

- 1) CENTER IS CLOSED—LABOR DAY HOLIDAY
- 2) STUFFED PEPPERS W/SAUCE, Mashed Potatoes, Carrots, Wheat Bread, Tropical Fruit or Diet Tropical Fruit.
- 3) ROASTED CHICKEN W/GRAVY, Potato, Peas & Mushrooms, Cranberry Sauce, Multi Grain Roll, Peaches or Diet Peaches.
- 4) KIELBASA, Lazy Pierogi, Mixed Vegetables, Rye Bread, Pineapple or Diet Pineapple.
- 5) BROILED POLLOCK LOINS, Scalloped Potatoes, Spinach, Whole Grain Bread, Cookies or Diet Cookies
- 8) WHOLE GRAIN LASAGNA, Tomato Sauce, Broccoli, Garlic Bread, Mixed Fruit or Diet Mixed Fruit.
- 9) BIRTHDAY/ANNIVERSARY—ROASTED TURKEY W/GRAVY, Mashed Potatoes, Ratatouille, Cranberry Sauce, Multi Grain Bread, Cake or Diet Cake.
- 10) BBQ CHICKEN, Roasted Potatoes, Spinach, Rye Bread, Apricots or Diet Apricots.
- 11) COLD PLATE: TURKEY SALAD, Pasta Salad, Three Bean Salad, Whole Grain Roll, Juice, Jell-O or Diet Jell-O.
- 12) POTATO CRUSTED POLLOCK, Rice Pilaf, Creamed Corn, Cornbread, Tropical Fruit or Diet Tropical Fruit.
- 15) HAM W/PINEAPPLE SAUCE, Sweet Potatoes, Romano Blend Vegetables, Rye Bread, Mandarin Oranges or Diet Mandarin Oranges.
- 16) CHICKEN A LA KING, Brown Rice, Multi Grain Roll, Oriental Mixed Vegetables, Pudding or Diet Pudding.
- 17) 55+ WEDDING ANNIVERSARIES—ROASTED PORK W/ GRAVY, Mashed Potatoes, Wax Beans & Tomatoes, Biscuit, Cake or Diet Cake.
- 18) GROUND BEEF STROGANOFF, Noodles, Peas, Whole Grain Bread, Pineapple or Diet Pineapple.
- 19) BREADED CATFISH, Rice Pilaf, Winter Blend Vegetables, Whole Wheat Bread, Pears or Diet Pears.
- 22) BROCCOLI QUICHE, Potato Puffs, Green Beans, Whole Grain Bread, Pineapple or Die Pineapple.
- 23) COLD PLATE—EGG SALAD, Potato Salad, Pickled Beets, Multi Grain Roll, Brownies or Diet Brownies.
- 24) VEAL PATTY W/GRAVY, Mashed Potato, Mixed Vegetables, Multi Grain Bread, Pears or Diet Pears.
- 25) SALISBURY STEAK W/GRAVY, Egg Noodles, Winter Blend Vegetables, Whole Grain Bread, Cookies or Diet Cookies.
- 26) BREADED POLLOCK, Mashed Potatoes, Zucchini Blend, Rye Bread, Tropical Fruit or Diet Tropical Fruit.
- 29) LIVER & ONIONS, Baked Potatoes, Green Beans, Whole Wheat Bread, Peaches or Diet Peaches.
- 30) AMERICAN CHOP SUEY, Broccoli Florets, Corn Bread, Pudding or Diet Pudding.

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.

## Smart Foods for Brain Health

By Christine Brown  
Nutritionist, WMEC

Research has shown that a brain-healthy way of eating reduces the risk of heart disease and diabetes. It also helps the blood flow to the brain. Healthy brain foods are a way to stave off dementia and to stay healthy in our senior years.

There are several "Smart Foods" that you can include in your daily eating regimen.

- ◆ Eat fruits and vegetables. The fruits should include the dark skinned varieties such as blueberries, raspberries, blackberries, plums, red grapes, cherries, raisins. Also include avocados and oranges. For vegetables, eat dark green leafy kale, spinach, broccoli, beets, eggplant, red bell pepper, onion and corn.
- ◆ Eat cold water fish such as halibut, mackerel, salmon, trout and tuna for the healthy Omega-3 fats.
- ◆ Munch a handful of nuts each day such as almonds, pecans and walnuts.
- ◆ Eat peanuts, which are classified as a legume. The dry roasted, unsalted variety are preferred.
- ◆ Enjoy sunflower, sesame and flax seed.
- ◆ Eat plenty of beans such as kidney, pinto and garbanzo.
- ◆ Spice up your life with cinnamon, rosemary, oregano and turmeric.
- ◆ Have a cup of freshly brewed caffeinated tea. It can be either hot or iced. The caffeine can boost your brain power.
- ◆ Enjoy dark chocolate which has powerful antioxidants. One half to one ounce is all you need. More is not better in this case. A modest amount will enhance focus and concentration and improve your mood.

To further enhance your brain health, exercise both your body and your brain daily. Take an easy walk, do chair exercises, do the crossword puzzle and word games. All the above plus "Smart Foods" help to keep both mind and body healthy.

### NUTRITION WORKSHOP

By WestMass ElderCare Nutrition Intern  
And Christine Brown, Nutritionist at WMEC

Thursday, September 18th at 11:15 a.m.  
Dining Room

## IN MEMORIAM

### IN MEMORY OF:

### FROM:

#### NUTRITION:

PETER & REGINA THERIAULT	Noella Loiselle
JO & FRED BIELANSKI	Clarice Bielanski
SUSAN LEVER	Donald Lever
DORIS NALLY	Bob & Liz Methot
BARBARA LARAMEE	Howard & Janet Walsh Susan M. Canedy South Hadley Senior Travel Club Judy Fortier

#### NEWSLETTER:

CECILE BENOIT	Corinne LeMay
ROGER GELINEAU	Ed & Geri Bennett
JOHN SZAFRANOWICZ	Anne Szafranowicz
BARBARA LARAMEE	Mark & Louise Hunter Barbara Sullivan
MARY ANN PINKOS	Tom & Janet Leary

#### BUILDING FUND:

FREDERICK BACH	James Procon
EILEEN TONELLI	Virginia Petri Dressell
BOBBIE & ANDY CABANA	Clarice Bielanski
JAMES B. NEWTON	Donald & Marlene Gagne
BARBARA LARAMEE	Mr. & Mrs. M. Mendes Dorothy & Bob Gaulin Deborah & Steven Lacoste Irene & Eugene Pula Walter & Dorothy Skibel Norm, Dennis, Robert Laramee Holyoke Pediatric Association

#### MOTHER'S GARDEN:

DONNA BRUNELLE	Michele Brunelle
EILEEN TONELLI	Clarice Bielanski
LUANNE REYNOLDS	Noella Loiselle
BARBARA LARAMEE	William & Mary Sieruta

#### LIGHTS ON:

BARBARA LARAMEE	Susan M. Canedy
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## IN MEMORIAM

### IN MEMORY OF:

### FROM:

#### TRANSPORTATION:

JOANNE DUFAULT	So. Hadley/Newton Manor Tenants' Association
BEN SULLIVAN	Barbara Sullivan
RENE LAVADIERE	Tillie Laverdiere
ROBERT RHEAUME	Anita Rheaume
BARBARA LARAMEE	Skip & Nadine Pula Walter & Dorothy Skibel Kathy & Dick Kirby

#### MINIBUS MAINTENANCE ACCOUNT:

LIONEL BRINDAMOUR	Theresa Brindamour
MARY ANN PINKOS	Ola L. Herbert
BARBARA LARAMEE	Ron & Marilyn Sicotte A. Cynthia Baker Ellen R. Fitzgerald Robert & Frances Abrams The Woodburn & Blocker Family David Czaporowski Chris & Cindy English

#### SUBSIDIZED SENIOR TRANSPORTATION:

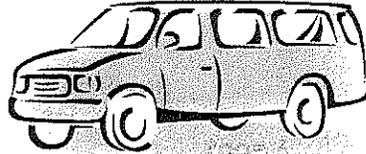
ROBERT GARON	Jeanne Garon
JOE O.	David Perwak
RALPH	David Perwak
BARBARA LARAMEE	Roger & Ann Ouimet Stella Warzenski & Family

#### ACTIVITIES/NECESSITIES ACCOUNT:

JOHN & PHYLLIS CATALDO	Clarice Bielanski
BILL BIELANSKI	Clarice Bielanski
STEPHEN LEBLANC	Shirley A. Danasko
BARBARA LARAMEE	Jon & Kathy Camp
ROGER A. GELINEAU	Susan Brucia

#### CHRISTMAS BASKETS:

ELINOR FESKO	Shirley A. Danasko
BARBARA LARAMEE	Diversified Metals, Inc. Friends of Mass. Mutual Center Ann & Andrew Ironside II Bill & Lorraine Gagnon Pat & Jeanne O'Connor Annette Lamana

<p><b>1 LABOR DAY HOLIDAY CENTER IS CLOSED</b></p> 	<p><b>2 STUFFED PEPPERS W/SAUCE</b>  <b>10 Beginning Exercise Resumes—EX</b>  1 Bingo-CR  12:45 Movie-EX  1 Needlecraft-CE</p>	<p><b>3 ROASTED CHICKEN /GRAVY</b>  9:30 Grocery Shopping  10 Travel Club-C1  10:30 Osteoporosis Exercise-EX  1 Pitch-CR  1 Mah Jongg -CE</p>	<p><b>4 KIELBASA &amp; LAZY PIEROGI</b>  <b>10 Alzheimer's Support -C2</b>  <b>10 Beginning Exercise - EX</b>  10 Travel Club-C1  1 Scrabble-L  1 Quilting-CE  <b>1 Golden Agers Resume-CR</b></p>	<p><b>5 BROILED POLLOCK LOINS</b>  9:30 Grocery Shopping  10 Coffee &amp; Conversation-DR  10:30 Osteoporosis Exercise-EX  1 Bridge-CE  1 Canasta-DR  1 Cribbage-CR  1 Knitting-L</p>
<p><b>8 WHOLE GRAINED LASAGNA</b>  <b>So. H. Sr. Travel Club Trip</b>  <b>9:30 Foot Nurse (by appt.)</b>  10 Music Appreciation—CE  10 Tai Chi-EX  1 Pinochle/ Canasta-DR  1 Mah Jongg-CR  <b>4 COA Board Meeting—C2</b></p>	<p><b>9 BIRTHDAY/ANNIVERSARY ROASTED TURKEY/GRAVY</b>  <b>9-12 SHINE (by appt.)</b>  <b>10 Beginning Exercise - EX</b>  1 Bingo-CR  12:45 Movie-EX  1 Needlecraft-CE</p>	<p><b>10 BBQ CHICKEN</b>  9:30 Grocery Shopping  10 Travel Club-C1  10:30 Osteoporosis Exercise-EX  1 Pitch-CR  1 Mah Jongg -CE  <b>1 Choralites Resumes—DR</b></p>	<p><b>11 COLD TURKEY SALAD PLATE</b>  10 Beginning Exercise-EX  10 Travel Club-C1  <b>10 Veteran's Group Resumes</b>  <b>12:30-2pm Blood Pressure Screening w/Nurse-C2</b>  1 Scrabble-L  1 Quilting-CE  1 Golden Agers-CR</p>	<p><b>12 POTATO CRUSTED POLLOCK</b>  9:30 Grocery Shopping  10 Coffee &amp; Conversation-DR  10:30 Osteoporosis Exercise-EX  1 Bridge-CE  1 Canasta-DR  1 Cribbage-CR  1 Knitting-L</p>
<p><b>15 HAM/PINEAPPLE SAUCE</b>  10 Music Appreciation—CE  10 Tai Chi-EX  <b>9-2 Big E Trip</b>  <b>1 HIP - Weigh in—EX</b>  <b>1:30—HIP Meeting—C2</b>  1 Pinochle-DR  1 Canasta-DR  1 Mah Jongg-CR</p>	<p><b>16 CHICKEN A LA KING</b>  10 Beginning Exercise-EX  <b>10-11 Brown Bag-CE</b>  <b>10 Lo-Vision Support-C2</b>  1 Bingo-CR  12:45 Movie-EX  1 Needlecraft-CE</p>	<p><b>17 55+ ANNIVERSARY CELEBRATION</b>  <b>ROASTED PORK W/GRAVY</b>  9:30 Grocery Shopping  10 Travel Club-C1  <b>No Osteoporosis Exercise</b>  1 Pitch-CR  1 Mah Jongg -CE  <b>1:30 Choralites —DR</b></p>	<p><b>18 GROUND BEEF STROGANOFF</b>  10 Beginning Exercise-EX  10 Travel Club-C1  <b>11:15 Nutrition Workshop by WMEC Nutritionist-DR</b>  1 Scrabble-L  1 Quilting-CE  1 Golden Agers-CR</p>	<p><b>19 BREADED CATFISH Latino Heritage Presentation</b>  9:30 Grocery Shopping  10 Coffee &amp; Conversation-DR  10:30 Osteoporosis Exercise-EX  <b>11:30 Rep. John Scibak-DR</b>  1 Bridge-CE  1 Canasta-DR  1 Cribbage-CR  1 Knitting-L</p>
<p><b>22 BROCCOLI QUICHE</b>  <b>9:30 Foot Nurse (by appt.)</b>  10 Music Appreciation—CE  10 Tai Chi-EX  1 Pinochle-DR  1 Canasta-DR  1 Mah Jongg-CR</p>	<p><b>23 COLD EGG &amp; POTATO SALAD PLATE</b>  <b>9 Newsletter Collating-CE</b>  10 Beginning Exercise-EX  1 Bingo-CR  12:45 Movie-EX  1 Needlecraft-CE</p>	<p><b>24 VEAL PATTY/GRAVY</b>  <b>12pm RSVP Luncheon @ Log Cabin</b>  9:30 Grocery Shopping  10 Travel Club-C1  10:30 Osteoporosis Exercise -EX  1 Pitch-CR  1 Mah Jongg-CE  <b>1 Choralites —DR</b></p>	<p><b>25 SALISBURY STEAKS / GRAVY</b>  10 Beginning Exercise—EX  10 Travel Club-C1  <b>10:30 Blood Pressure Screening w/Fire District #1-DR</b>  1 Scrabble-L  1 Quilting-CE  1 Golden Agers-CR</p>	<p><b>26 BREADED POLLOCK</b>  9:30 Grocery Shopping  10 Coffee &amp; Conversation-DR  10:30 Osteoporosis Exercise-EX  1 Bridge-CE  1 Canasta-DR  1 Cribbage-CR  1 Knitting-L</p>
<p><b>29 LIVER &amp; ONIONS</b>  10 Music Appreciation—CE  10 Tai Chi-EX  1 Pinochle-DR  1 Canasta-DR  1 Mah Jongg-CR</p>	<p><b>30 AMERICAN CHOP SUEY</b>  <b>9-12 SHINE (by appt.)</b>  10 Beginning Exercise-EX  1 Bingo-CR  12:45 Movie-EX  1 Needlecraft-CE</p> <hr/> <p><b>Senior Centers EXPERTS AT LIVING WELL</b></p>	<p><b>SEPT. 6, 2014</b>  <b>Penny's Pride Memory Ride</b>  <b>10:30am</b>  <a href="http://pennyspride.wix.com/pennyspride">http://pennyspride.wix.com/pennyspride</a></p>		<p><b>IN TOWN TRANSPORTATION IS AVAILABLE MONDAY-FRIDAY 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>

## DOREEN'S INFO

Here we are in the month of September. It's unbelievable isn't it? I hope you all had a safe and relaxing summer. Our gardens should be over flowing with all the rain we had this season. Be sure to check the September calendar for some of our activities that took a "summer break" will be retuning. Reminder dates are:

September 2 – Beginning Exercise returns – All exercise programs require current physician approval forms as well as completed emergency contact forms.

September 8 – South Hadley Senior Travel Club Trip.

September 9 – Birthday & Anniversary Luncheon – reservations are needed.

September 4 – Golden Agers meeting resumes.

September 11 – Veteran's group resumes.

September 10 – Choralites resumes.

September 17 – 55+ Anniversary Luncheon – reservations are needed.

Over the summer we had two fun events take place. Our Ice Cream Social was held in July. This was a Friends of the South Hadley Elderly, Inc. sponsored event. The ice cream really hit the spot and the entertainment by Dan Daniels got our feet tapping and some of us dancing. In August we had our annual picnic. This was a fun event to share a favorite summer activity with our COA family.

September is Latino Heritage Month and on September 19<sup>th</sup>, volunteer Barbara Hatch will share some highlights on the Latino culture. Come join us for lunch and hear her presentation. We are lucky to have a team of volunteers who trained to be Osteoporosis Instructors. Welcome Joan Aras, Nancy Clarke, Christine Fesko, Ellie Bascom and Elaine Konrad. We couldn't hold our two weekly classes without you. Thank you so very much.

Autumn time is a good time to come and visit our center and join in on our many activities. We have several games taking place during the week. Take your pick from playing cards, scrabble, and bingo. If being creative is your cup of tea join our quilting, needlecraft or knitting groups. You are always welcome to spend time in the library reading a good book or working on a puzzle. Movie day is Tuesdays where you can sit and enjoy an interesting movie and have some refreshments. This time of the year is also a good time to join our volunteer family. We are always looking for volunteers to help us during our special luncheons, newsletter collating and brown bag. If interested please call me at 538-5042, ext. 205.

Volunteer hours logged for May were 1,387.25 and for June the total hours were 1,309.75. Thank You!

Happy Grandparent's Day (Sept. 7<sup>th</sup>) and do enjoy the changing colors of the season.

*Doreen*



**SOUTH HADLEY COUNCIL ON AGING**  
**Computer Learning Center-** South Hadley Senior Center; 45 Dayton St., So. 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.

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.

**COUNCIL ON AGING BOARD MEMBERS:** Donna Robideau, Chair; Kenneth Guilbault, Vice-Chair; Elaine Foley-Secretary; Doris Bibeau, Gail Bielizna-Pafford; Eileen Burke; Judith Fortier; Sarah Gmeiner; Thomas McAuley; Virginia Sligo, Theodore Tylunas

**SEEKING PARTICIPANTS FOR THE SENIOR AIDE PROGRAM.** Must be 55+ to apply for paid job training. Income guidelines apply. For more information contact Ed Kaler at (413) 586-6506, Ext. 115 or [edkaler@fhcareers.org](mailto:edkaler@fhcareers.org).

Holyoke VNA/Hospice Life Care is looking for volunteers. Training will begin soon. For more information contact Leslie Hennessey at (413) 533-3923 or [lhennessey@holyokevna.org](mailto:lhennessey@holyokevna.org) to begin the application process.

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