

COUNCIL ON AGING

South Hadley, Massachusetts

The sun never sets on our Activities...

Director/Editor: Joanne Trybus
 E-Mail: jtrybus@southhadleyma.gov
 45 Dayton Street
 South Hadley, MA 01075-1924
 Tel. 538-5042 Fax 532-8206

Assistant Director: Lisa Napiorkowski
 lnapiorkowski@southhadleyma.gov



Chairperson: M. Connie Laplante

Social Services Coordinator:
 Position open

APRIL 2013

WebSite: www.southhadleyma.gov

VOLUNTEER APPRECIATION



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. Suggested donation \$2.25 for persons over 60 and \$3.00 for all others. FEDERAL GUIDELINES SPECIFY THAT FOOD SHOULD NOT BE TAKEN FROM THE LUNCH SITE. The only exceptions are bread, fruit, milk or non-perishable items.

FRIDAY, APRIL 26TH

Our annual Evening of Appreciation will be held on April 26th from 6:00- 8:00 p.m. Dining room doors will open at 5:30 p.m. Everyone who recorded their hours during 2012 will receive an invitation. Most invitations will be hand delivered by the first week of April. Please reply on or before April 19th by calling 538-5042, or stop by the office. Free transportation will be provided upon request. When you make your reservation, please let the receptionist know you need a ride. Please come and enjoy the fun as the staff pays tribute to the many wonderful and faithful volunteers who help to make our many programs possible.

Names of volunteers will be accepted first and if room permits guests will be welcome.

THE MEMBERS OF THE STAFF EXTEND THEIR SINCERE GRATITUDE TO THE 190+ VOLUNTEERS FOR YOUR ASSISTANCE DURING THE LAST YEAR. IF YOU WERE NOT PART OF OUR TEAM, WE COULD NOT PROVIDE THE MANY PROGRAMS AND SERVICES.

PLEASE NOTE: DUE TO A REDUCTION IN STAFF AND THE NEED TO MAINTAIN OFFICE COVERAGE, PLEASE PLAN ON ARRANGING FOR THE LOAN OF HEALTH EQUIPMENT BETWEEN 10 A.M. AND 2 P.M. YOUR COOPERATION IS GREATLY APPRECIATED!

South Hadley Senior Travel Club

Monday, April 22, Mohegan Sun. Players Club Card or Picture ID required for casino package. **Cost \$22.00. Payment due upon reservation.** Call David Bellefeuille, 533-7724. **Tuesday, May 14, World Trade Center Site and 9/11 Memorial.** Includes lunch on your own @ **South Street Seaport.** Then a one hour New York harbor cruise aboard the **ZEPHYR** where you'll see such sites as the Empire State Building, the Brooklyn Bridge, the Statue of Liberty and Ellis Island. **Cost \$79.00.** Call Judy Fortier, 534-3598. **Tuesday, June 11, Authentic Mississippi Paddlewheel River Rose Cruise, Hudson River, NY.** Full course luncheon at **Torches** on the Hudson. Shopping stop at Fair Acre Farms. **Cost \$85.00.** Very popular trip, second bus may be added. Call Susan Canedy, 536-2106. **Tuesday, July 9. The Schooner Argia.** A 2 1/2 hour smooth sail on the protective waters of the historic Mystic River. Lunch is directly across the street from the schooner at the **Mystic Riverwalk Restaurant.** Time after lunch to browse the shops of **Olde Mystic Village.** **Cost \$96.00.** Call Judy Fortier at 534-3598. **WINTER 2014 CARRIBEAN CRUISE** aboard the **Norwegian Gem.** Dates: Feb. 8 -Feb, 17, 2014. There will be an informational **Cruise Presentation** on Thursday, April 18 @ 1:00 p.m. in the South Hadley Senior Center dining room. **Cost depending on category.** Call Barbara Laramée 536-8567 or 335-8786. **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

Spring, my favorite season! I can not wait to see a crocus or a daffodil in bloom. The groundhog's forecast of an early spring was obviously incorrect since all the snow seems to have fallen after his prediction. Robins are around but I read they are staying in the area throughout the winter so seeing one is not a sure indicator of a new season. Get out of the house and maybe you would like to stop by and see what the center has to offer?

Currently the staff is busy planning the Volunteer Appreciation and we welcome the opportunity to thank the many faithful volunteers who have assisted us through 2012. Please note, if you are a new volunteer or have no recorded hours in 2012, you will not be invited this year. The recognition is based on a calendar year. Volunteers will be accommodated first. If room allows, guests will also be welcome but first must go on a waiting list. It is a fun evening so please try to come and let the staff wait on you!

I want to thank all of the staff and volunteers for helping to make the St. Patrick's Day luncheon event outstanding! Special thanks to the Choralites for making the event fun!

On behalf of everyone at the South Hadley COA I want to extend our condolences to the family of Gerry Bernard. Gerry drove the minibus for several years and was a strong advocate of our senior center/COA. He truly cared about his passengers.

As the saying goes: "change is inevitable" and so I want to take this opportunity to say thank you and good luck to three employees who are making a transition into another chapter in their lives: Francis Cyr, Angie Wright and Brenda Griffin. Our best wishes to you all.

The building renovations have resumed and the contractor is working in the basement as I write my article. The plan is to have the basement structural work with the foundation pillars completed by the end of this month. After the work has been completed, the remaining grant funding will provide financial assistance with the interior repairs.

Please support the Friends of the South Hadley Elderly, Inc. in their next fund-raising event, the Card Party. Card Party tickets and raffle tickets will be sold at various luncheons throughout the month. The "Friends" are the 501(c)3 non-profit fund-raisers for the COA. In the past this group has purchased the COA vans, the Xerox copier for printing the newsletter at the senior center, the photocopier in the office and the maintenance agreement, the coffee for the coffee station, paid for celebrants' lunches at the monthly birthday/anniversary events and for celebrants at the 90+ birthday and 55+ anniversary luncheons. The "Friends" subsidize the distribution of birthday gifts to the homebound every month and currently the seniors in the delivery program are receiving 5 stamps and a key ring. There are many more "gifts" provided by this group of hard-working and dedicated volunteers. Please support them in any way you are able to do so. They are also looking for new or unused raffle items for the Card Party and they can be dropped off at the senior center.

HAPPY SPRING!!!!

Joanne

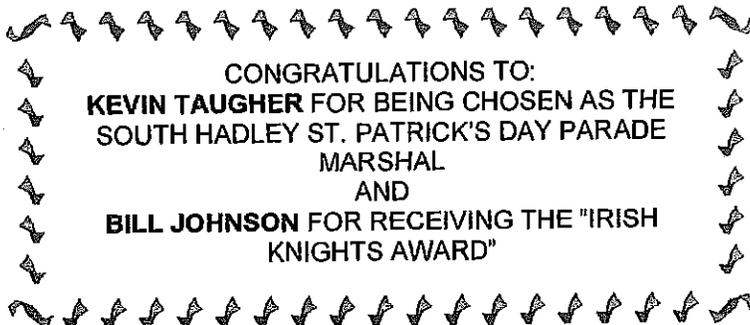


**** SPECIAL THANKS TO: **DAGMAR PROVOST FOR THE MANY CANS OF COFFEE FOR THE DINING ROOM COFFEE POT FOR THE PARTICIPANTS.**

****GERRY'S MUSIC FOR THE DONATION OF TICKETS FOR THE SPRINGFIELD SYMPHONY.**

****THE DPW FOR ALL OF THEIR SUPPORT AND ASSISTANCE WHEN CALLED.**

****TO BILLY METHOT LANDSCAPING FOR CLEANING OUT THE GUTTERS IN SOME VERY COLD WEATHER.**



CONGRATULATIONS TO:
KEVIN TAUGHER FOR BEING CHOSEN AS THE SOUTH HADLEY ST. PATRICK'S DAY PARADE MARSHAL
AND
BILL JOHNSON FOR RECEIVING THE "IRISH KNIGHTS AWARD"

NO Bereavement Support Group this year and Get Going will not meet until further notice.

The HIP group will meet on the first Wednesday of the month only, not every week.

WHAT IS LOW VISION?

Eyesight is a key to maintaining independence as we age. Twenty-five percent of adults over 65 suffer from low vision. Specialists and new technologies can help seniors with vision impairment live an active life.

'Low vision' refers to varying levels of impairment from legal blindness to having vision corrected with glasses or contacts. Loss of vision can affect one's physical and emotional health. According to Dr. Mark C. Kuperwaser, Director of Ophthalmology at the Hebrew Rehabilitation Center, an affiliation of Harvard Medical School: 'without treatment, vision loss can contribute to isolation and loss of mobility.' 'Vision also plays a role in balance, so vision impairment increases the risk of falling.' In a recent study at the University of Montreal it was discovered that 40-50 percent of vision-impaired older adults fear falling and limit their activities.

Macular degeneration, impairment to central vision, is the leading cause of vision loss and occurs with aging. It affects tasks like reading, driving and seeing pictures or faces. Some lifestyle changes may help prevent macular degeneration. Dr. Kuperwaser recommends: quit smoking, exercise and lose weight if necessary, eat a low-fat diet, increase consumption of fruits, green leafy vegetables and foods high in omega-3 fatty acids, like fish and eggs and check with your eye care provider before taking special eye vitamins.

New treatments can stop the progression of the disease, possibly reversing lost eyesight. If you notice changes in vision seek immediate treatment.

Adaptive tools and technologies include magnifying lenses, telescopes for eyeglasses, a mouse that scans in text projected to a large-screen TV or computer monitor, and knobs for stoves.

A Lo-Vision support group meets monthly at our Center. If you are legally blind you are able to attend. Call Joanne at 538-5042, Ext 204 or Doreen at 538-5042, Ext. 205 for more information. (information above from www.hebrewseniorlife.org)

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"/> Shopping Assistance | <input type="checkbox"/> Emergency Fund |
| <input type="checkbox"/> Subsidized Senior Transportation | <input type="checkbox"/> Senior Net | <input type="checkbox"/> Services Account |
| <input type="checkbox"/> Transportation Account | <input type="checkbox"/> Newsletter Account | <input type="checkbox"/> Christmas Baskets |
| <input type="checkbox"/> "Lights On" | <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.

THE CONVERSATION PROJECT

The South Hadley Council on Aging has invited Holyoke Hospice Life Care to do a presentation about the importance of having the "one conversation that can make all the difference." On Tuesday, April 2nd at 10 a.m. in the card room, join in this informational discussion about the campaign with a simple and transformational goal: to have everyone's end-of-life wishes expressed and respected. Statistics indicate "82% of people say it's important to put their wishes in writing but only 23% have actually done it." Although "60% of people say that making sure their family is not burdened by tough decisions is 'extremely important' 56% have not communicated their end-of-life wishes" to their family (California HealthCare Foundation [2012] survey). Please call to register at 538-5042. It is important to have an approximate number of attendees in order to plan.



COA BOARD MEMBERS NEEDED

Due to the expiration of term-limits, two members of the COA Board must step down in June. Applications for new members are being accepted. If you wish to apply, you may stop by the office and pick up an application. The board establishes policy and serves as an advisory group for the Director. Meetings are held at 4 p.m., the second Monday of each month unless a holiday falls on that date. The meeting typically lasts about one hour. Residents under 60 may serve on the Board and are encouraged to apply. A good cross section of the population is a benefit as plans are made for the future of the senior center. For more information call Joanne at 538-5042.

**TOWN ELECTION
MONDAY, APRIL 1ST**

Voting will take place from 7 a.m. until 8 p.m. at South Hadley High School. This election is to fill vacancies in Town offices. If you need a ride to vote, please call the COA office at 538-5042 to add your name to the transportation list. The COA minibus will pick you up at your door and bring you back home in a timely manner. There is no charge for the ride as the Friends of South Hadley Elderly, Inc. subsidize the cost of the transportation for voting. Remember, your vote counts!



Transportation is available to and from the South Hadley Senior Center. It is provided in part by the Executive Office of Elder Affairs, the Town of South Hadley, memorial donations and the generosity of the community.

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. APRIL MENU

- 1) STUFFED CABBAGE, Mashed Potatoes, Carrots, Rye Bread, Peaches or Diet Peaches.
- 2) BBQ CHICKEN, Rice Pilaf, Broccoli, Whole Grained Roll, Fruit Crisp or Diet Fruit Crisp.
- 3) SWEDISH MEATBALLS W/GRAVY, Egg Noodles, Green Beans, Pumpnickel Bread, Pineapple or Diet Pineapple.
- 4) MACARONI & CHEESE, Stewed Tomatoes, Cornbread, Jell-O or Diet Jell-O.
- 5) LEMON PEPPER POLLOCK, Scalloped Potatoes, Beets, Multi Grained Bread, Banana.
- 8) BAKED CHICKEN FILLETS W/GRAVY, Rice, Broccoli, Whole Grained Bread, Mixed Fruit or Diet Mixed Fruit.
- 9) BIRTHDAY/ANNIVERSARY—VEAL PARMESAN W/PASTA, Italian Beans, Garlic Bread, Tossed Salad: Congregate, Cake or Diet Cake.
- 10) FRENCH MEAT PIE W/GRAVY, Noodles, Carrots, Whole Grained Roll, Tropical Fruit or Diet Tropical Fruit.
- 11) GRILLED HAM & CHEESE SANDWICHES, Potato Puffs, Corn Cobbets, Juice, Apricots or Diet Apricots.
- 12) CELEBRATE SPAIN—SPANISH STYLE CHICKEN, Saffron Rice, Broccoli & Cauliflower, Roll, Lemon Pudding or Diet Lemon Pudding.
- 15) CENTER IS CLOSED — PATRIOT'S DAY HOLIDAY
- 16) SPAGHETTI W/MEATBALLS, Spinach, Garlic Bread, Juice, Peaches or Diet Peaches.
- 17) BREADED VEAL PATTY W/GRAVY, Wild Rice, Brussels Sprouts, Whole Grained Bread, Pineapple or Diet Pineapple.
- 18) ROASTED TURKEY W/GRAVY, Mashed Potatoes, Corn, Cranberry Sauce, Multi Grained Roll, Cookies or Diet Cookies.
- 19) CHEESE LASAGNA WITH ALFREDO SAUCE, Italian Blend Vegetables, Garlic Bread, Apricots or Diet Apricots.
- 22) LIVER & ONIONS, Mashed Potatoes, Peas & Mushrooms, Whole Grained Bread, Apple.
- 23) BROCCOLI QUICHE, Rice Pilaf, Mixed Vegetables, Multi Grained Roll, Mandarin Oranges or Diet Mandarin Oranges.
- 24) CHICKEN CACCIATORE, Pasta, Spinach, Rye Bread, Peaches or Diet Peaches.
- 25) SHEPHERDS PIE, Summer Blend Vegetables, Biscuit, Cake or Diet Cake.
- 26) BREADED POLLOCK LOINS, Rice, Creamed Corn, Multi Grained Bread, Pineapple or Diet Pineapple.
- 29) CHICKEN MARSALA, W/MUSHROOMS, Mashed Potatoes, Peas & Onions Biscuit, Jell-O or Diet Jell-O.
- 30) LASAGNA W/MEAT SAUCE, Broccoli & Cauliflower, Whole Grained Roll, Mixed Fruit or Diet Mixed Fruit.

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.

Eat and Drink Your Way to Better Memory

By Christine Brown
WMEC Nutritionist

So far there is no cure for dementia and Alzheimer's disease but there are relatively easy things we can do to slow down cognitive decline. A 25 year study by Harvard Medical School indicated that people who ate relatively high amounts of the following **vegetables** had less age-related decline. Those vegetables are: cabbage, broccoli, Brussels sprouts, cauliflower, Swiss chard, kale, spinach, collard and mustard greens.

Other helpful memory sustainers include: **Folic acid** (or folate) found in fortified whole-grain breakfast cereals, lentils, black-eyed peas, soybeans, spinach, green peas, artichokes, broccoli, wheat germ, beets and oranges.

Anthocyanins, a type of **flavonoid**, are pigments responsible for the red, purple and blue colors of many fruits and vegetables. Look for fruits and vegetables with such deep color as red onion, beets, red cabbage, berries, grapes, cherries, eggplant, plums and rhubarb.

Quercetin is another type of **flavonoid** found in citrus fruits, apples, onions, parsley, sage and tea as well as red wine.

People who ate **Omega 3 fatty acids** in the form of a serving of fish at least once a week had a 10% slower decline in memory compared to those who did not eat fish.

Cocoa flavanols have a positive effect on human health and memory function.

Most of the above foods and drink are relatively easy to obtain and can be a part of a healthy way of eating.

HABITS TO KEEP YOUR MEMORY IN GOOD SHAPE

Physical fitness and mental fitness go together. People who exercise regularly tend to stay mentally sharp into their 70's, 80's and beyond. Research suggests that the exercise should be moderate to vigorous and regular. Examples of moderate exercise include brisk walking, stationary bicycling, water aerobics, and competitive table tennis. Vigorous activities include jogging, high impact aerobic dancing, square dancing, and tennis. Exercise reduces the risk of developing several potentially memory-robbing conditions like high blood pressure, diabetes & stroke. Exercise is good for the lungs and people who have good lung function send more oxygen to their brains. Exercise has been linked to increased production of neurotrophins, substances that nourish brain cells and help protect them against damage from stroke and other injuries.

Some ways to build physical activity into your daily routine:

- ◆ Walk instead of driving when possible
- ◆ Set aside time each day for exercise. For extra motivation, ask your spouse or a friend to join you.
- ◆ Use the stairs instead of the elevator
- ◆ Take an exercise class or join a health club
- ◆ Swim regularly, if you have access to a pool or beach
- ◆ Learn a sport that requires modest physical exertion, such as tennis or plant a garden and tend it.

Source: Harvard Medical School "Health Beat", November 24, 2012

IN MEMORIAM

IN MEMORY OF:

FROM:

BUILDING FUND:

CAROL & LOU BANACH George & Rosemary Griffin

RICHARD FLEURY Richard & Cecile Girard

DONALD ST. PIERRE Ann Marie & Thomas A. Rousell

NUTRITION:

LOUISE STRZEMPKO Judith Strzempko
Sandra & Charles Kimball
Estelle L. Krause
Edward & Emily Zoladz
John & Emily Pietras
Walter A. Pietras
Jean M. Kurdziel
Susan Keirouz
Richard G. Kras

LOUISE & FRANK STRZEMPKO So. Hadley Falls Firemans Relief Association

THE WOJCIK FAMILY Stanley Wojcik

EMERGENCY FUND:

DOROTHY VILBON Alfred Vilbon

ACTIVITIES/NECESSITIES:

AMELIA O'BOYLE Edward J. O'Boyle

MARJORIE KAUFMAN Chet & Doe Danek

PEGGY TONELLI Chet & Doe Danek

NEWSLETTER:

RENE CASAVANT Joan Casavant

MOTHER'S GARDEN:

PETER & REGINA THERIAULT Noella Loiselle

BUILDING FUND:

RICHARD FLEURY Richard & Cecile Girard

IN MEMORIAM

IN MEMORY OF:

FROM:

MINI-BUS FUTURE PURCHASE:

DONALD ST. PIERRE Clarice L. Bielanski

GERARD J. BERNARD Gail Laprade
Louise M. Patriquin
Margaret S. Lipper
Knights of Columbus— SH Council #1721
Chester & Nancy Towne
Steven & Joyce Roberts
Maureen Sparrow
Bernard & Shirley Berg

BILL BIELANSKI Clarice Bielanski

CHARLES TAUGHER Clarice Bielanski

ROBERT BELLIVEAU Clarice Bielanski

BARBARA TODD Clarice Bielanski

NED & JANE NOEL Chester & Nancy Towne

SHIRLEY LAROCHE Chester & Nancy Towne

SUBSIDIZED SR. TRANSPORTATION:

GERARD J. BERNARD Carol Griffin

SOPHIE & JOSEPH PERWAK David M. Perwak

ESTELLE AUBREY Richard & Cecile Girard

LIGHTS ON:

FREDERICK BACH James M. Procon

NORM FOURNIER Knights of Columbus—
S. H Council # 1721



SAVE THE DATE !! May 14th !

The Friends of South Hadley Elderly will hold their annual Card Party at St. Patrick's Social Center on May 14, 2013. Doors open at 6:30 p.m. Admittance tickets for \$4 and raffle tickets (3 for \$1) are available from any Friend or can be purchased at the Senior Center during lunch time. This is our largest fundraiser and provides many extras to the Council on Aging and our seniors.



<p>1 STUFFED CABBAGE 10 Music Appreciation-CE 10 Tai Chi-EX 1 Poker-DR,1 Pinochle-DR 1 Canasta-DR 1 Mah Jongg-CE 1 Red Hat Society-CR S.H. Town Election, 7am-8pm</p>	<p>2 BBQ CHICKEN 10 Beginning Exercise-EX 10 The Conversation Project, Sponsored by: Holyoke VNA-CR 1 Bingo-CR 1 Movie-EX 1 Needlecraft-CE</p>	<p>3 SWEDISH MEATBALL W/GRAVY 8 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>4 MACARONI & CHEESE 10 Alzheimer's Support-C2 10 Beginning Exercise-EX 10 Travel Club-C1 1 Scrabble-L 1 Quilting-CE 1 Golden Agers-CR</p>	<p>5 LEMON PEPPER POLLOCK 9:30 Grocery Shopping 10 Coffee & Conversation-DR 10:30 Osteoporosis Exercise-EX 1 Knitting-L 1 Bridge-CE/Poker-DR 1 Cribbage-CR/Canasta-DR</p>
<p>8 BAKED CHICKEN FILLETS / GRAVY 9:30 Foot Nurse (by appt.) 10 Music Appreciation-CE 10 Tai Chi-EX 1 Poker-DR,1 Canasta-DR, 1 Mah Jongg-CR,1 Pinochle-DR 4 COA Board Meeting-C2</p>	<p>9 BIRTHDAY/ANNIVERSARY VEAL PARMESAN/PASTA 9-12 SHINE (by appt.) 10 Beginning Exercise-EX 1 Bingo-CR 1 Movie-EX 1 Needlecraft-CE</p>	<p>10 FRENCH MEAT 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 1 Diabetic Support Group-EX</p>	<p>11 GRILLED HAM & CHEESE 10 Beginning Exercise-EX 10 Travel Club-C1 10 Veteran's Meeting-CE 12:30-2pm Blood Pressure -C2 1 Friends Meeting-DR 1 Scrabble-L 1 Quilting-CE 1 Golden Agers-CR</p>	<p>12 CELEBRATE SPAIN SPANISH STYLE CHICKEN 9:30 Grocery Shopping 10 Coffee & Conversation-DR 10:30 Osteoporosis Exercise-EX 1 Knitting-L,1 Bridge-CE 1 Cribbage-CR, 1 Canasta & Poker-DR</p>
<p>15 PATRIOTS' DAY HOLIDAY CENTER IS CLOSED</p> 	<p>16 SPAGHETTI/MEATBALLS 10 Lo-Vision Support-C2 10-11 Brown Bag-CE 10 Beginning Exercise-EX 1 Bingo-CR/Movie-EX 1 Needlecraft-CE 2 No Get Going until further notice</p>	<p>17 BREADED VEAL PATTY W/ GRAVY 9:30 Grocery Shopping 10 Travel Club-C1 10:30 Osteoporosis Exercise-EX 1 Choralites-DR 1 Pitch-CR 1 Mah Jongg-CE</p>	<p>18 ROASTED TURKEY W/GRAVY 10 Beginning Exercise-EX 10 Travel Club-C1 1 Quilting-CE 1 Scrabble-L 1 Golden Agers-CR 1 So. Hadley Sr. Travel Club Cruise presentation-DR</p>	<p>19 CHEESE LASAGNA 9:30 Grocery Shopping 10 Coffee & Conversation-DR 10:30 Osteoporosis Exercise-EX 11:30 Rep. John Scibak-DR 1 Knitting-L,1 Bridge-CE 1 Cribbage-CR 1 Canasta & Poker-DR</p>
<p>22 LIVER & ONIONS Travel Club Trip 9:30 Foot Nurse (by appt.) 10-1:30pm-Trip Chicopee Wal-Mart 10 Music Appreciation-CE 10 Tai Chi-EX 1 Poker-DR,1 Pinochle-DR, 1 Canasta-DR 1 Mah Jongg-CR VOLUNTEER APPRECIATION WEEK</p>	<p>23 BROCCOLI QUICHE 9 Newsletter Collating-CE 9-12 SHINE (by appt.) 10 Beginning Exercise-EX 1 Bingo-CR 1 Movie-EX 1 Needlecraft-CE</p>	<p>24 CHICKEN CACCIATORE 9:30 Grocery Shopping 10 Travel Club-C1 10:30 Osteoporosis Exercise-EX 1 Choralites-DR 1 Mah Jongg-CE 1 Pitch-CR</p>	<p>25 SHEPHERD'S PIE 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>26 BREADED POLLOCK LOINS 9:30 Grocery Shopping 10 Coffee & Conversation-DR 10:30 Osteoporosis Exercise-EX 1 Knitting-L 1 Bridge-CE 1 Cribbage-CR 5:30 Volunteer Appreciation No afternoon activities in DR</p>
<p>29 CHICKEN MARSALA W/ MUSHROOMS 10 Music Appreciation-CE 10 Tai Chi-EX 1 Poker-DR 1 Pinochle-DR 1 Canasta-DR 1 Mah Jongg-CR</p>	<p>30 LASAGNA W/ MEAT SAUCE 10 Beginning Exercise-EX 1 Bingo-CR 1 Movie-EX 1 Needlecraft-CE Special Election for US Senator</p>	<p style="text-align: center;">APRIL</p> <p style="text-align: center;">2013</p> 	<p style="text-align: center;">IN TOWN TRANSPORTATION AVAILABLE MONDAY-FRIDAY FROM 9-3, BY APPOINTMENT ONLY.</p> 	<p>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</p>

DOREEN'S INFO

Spring Has Finally Arrived!

It is so nice to see the flowers poking through the ground and the buds on the trees. Time to start the early planting and get the gardens cleaned out. If you don't have space to put in your own garden at home, come join other volunteers who do such a great job tending to the gardens and plants at the center.

April is a very special month at the South Hadley COA. It marks Volunteer Appreciation. We are so very fortunate to have a team of wonderful volunteers that find time to donate hours and help the center run smoothly. We will be having a special celebration for them on April 26th. Volunteers who recorded their hours for the calendar year of 2012 will be invited. The doors open at 5:30 p.m.

A reminder, each month we host Birthday / Anniversary parties. Celebrants are treated to lunch courtesy of the "The Friends of the South Hadley Elderly". Celebrants are welcome to invite one guest and reservations are needed. This month the celebration is April 9th.

Other reminders I have for you are our Lo Vision group has resumed meeting on the third Tuesday of the month at 10:00 am. Starting this month our Alzheimer's group will be meeting on the first Thursday of every month. As they say, 'There is strength in numbers', and our monthly Diabetic Support Group can offer ideas, recipes and tips on living with Diabetes and the meeting will be April 10th at 1pm.

So now that spring is here, the nicer weather motivates us to be more active. Did you know that the center offers three exercise programs? Tai Chi, Beginning Exercise and Osteoporosis Exercise. These classes can help you to be more limber and flexible. We also have treadmills and a stationary bike that can get you ready for the walk around your neighborhood. Call me for more information and training. A physician's permission form is required.

Looking for something to do on Tuesday afternoons? On Tuesdays we show movies. Come and relax with a bowl of popcorn and a cool drink.

Now that winter is behind us don't you feel like we can come out of our own hibernation? Come and spend some time with us at the center. Participate in one of the many activities, have lunch with friends. If you or you know of someone who would like a tour of the center, again please call me and we can set up a time. My extension is 205.

ST. PATRICK'S LUNCHEON A SUCCESS-Everyone was wearing green and thanks to the hard work and dedication of the faithful volunteers, approximately 170 participants enjoyed a delicious corned beef and cabbage dinner on March 13th. Thanks to the Friends of South Hadley Elderly for sponsoring the 50/50 raffle and enabling someone to be \$98 richer. Special thanks to Terry Roberts for the very nice "sweet" raffle basket. Congratulations to Venita Redding who had her name picked for the Colleen and her faithful court: Barbara Hatch, Ruth Skuse, Dee Martin, and Lisa Klekotka.

There will be a minibus trip to Wal Mart in Chicopee on Monday, April 22nd from 10 a.m. until 1:30 p.m. Courtesy of the Subsidized Senior Transportation fund, there will be no charge for this ride. Please call 538-5042 if you are interested in going on this shopping trip. A minimum of 5 passengers is required. Only 1 power wheel chair can be accommodated so first call, first served.

Diabetic Support Group will meet on WEDNESDAY, APRIL 10TH AT 1 P.M. in the Exercise room. Join Maureen Gallant RN CDE, Diabetes Nurse Educator for a presentation on "Diabetes Superfoods and What in the World is Vat Fat?"

SPECIAL THANKS GO OUT TO DONNA ROBIDEAU FOR HER YEARS OF SERVICE ON THE WESTMASS ELDERCARE ADVISORY COUNCIL. WELCOME TO DOROTHY MARTIN ON HER RECENT APPOINTMENT TO THE WMEC ADVISORY COUNCIL.

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