

# COUNCIL ON AGING

South Hadley Massachusetts

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

Director: Joanne Trybus

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Asst. Director: Lisa Napiorkowski

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Chairperson: M. Connie Laplante

Social Service Coordinator:

Position open

Web: www.southhadley.ma.gov

## THE GOLDEN CHRONICLE

JULY—AUGUST 2013

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### ANNUAL SUMMER PICNIC

THURSDAY, AUGUST 8TH

11:00 P.M. - 3 P.M.

SENIOR CENTER, 45 DAYTON ST.

CHOICE OF HOT DOG OR HAMBURGER

STATE YOUR CHOICE WHEN MAKING

RESERVATION

DAILY Luncheons prepared at Senior Center, served 11:45 a.m. - 12:15 p.m. in Dining Room. Please reserve a day in advance. Although reservations close at 9 a.m. each day, it is better to reserve your place but please remember to cancel if you cannot attend. Suggested donation \$2.25 for participants 60 and over & a charge of \$3.00 for 59 and under. This program is for people 60 and over, however those under 60 can come as a volunteer or a guest of a senior. 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

**Thurs., Aug. 1-Saratoga Raceway, Saratoga NY.** Includes admission and reserved grandstand seating. Dinner stop at **Grandma's Restaurant and Country Store.** **Cost \$81.00** (\$10.00 prepaid deposit to confirm date and grandstand seat). Call Barbara Laramee 536-8567.

**Thurs., Aug. 29-The Broadway musical CATS at the North Shore Music Theatre** Includes lunch at the **Davenport Yacht Club** and reserved tickets for the play. **Cost \$106.00.** Call Susan Canedy 536-2106.

**Friday, 9/20/13-The Essex Steam Train,** a restored 1920's Pullman Dining car for a savory 3 course lunch. Then cruise down the Lower Connecticut River. Cost of both, **\$84.00.** Call David Bellefeuille 533-7724.

**Tues., 10/29/13-Williams Inn Germanfest.** Williams Inn's famous German buffet. Includes a carving board, 17 side dishes, a dessert table, German beer and wine. **Cost \$82.00.** Call Howie Walsh 593-6286.

**Tues., 11/12/13, Foxwoods.** Full casino package. Players card or picture ID required. **Cost \$22.00.** Contact David Bellefeuille, 533-7724.

**WINTER 2014 CARRIBEAN CRUISE** aboard the Norwegian Gem. Dates: Feb.8-Feb, 17, 2014. Call Barbara Laramee 536-8567 or 335-8786. **A \$5.00 non-refundable deposit is due on all non-casino trips. Because the 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.**

**SUGGESTED DONATION: \$2.25**  
 In addition there will be salads, corn and the usual fixings to make for a great picnic lunch. Please call 538-5042; reservations for the picnic will be taken beginning Friday, July 26th, at 8 a.m., limited to 136. Bingo and prizes courtesy of the Friends of South Hadley Elderly after the meal. The picnic lunch will be served to hot meals clients on Wednesday, August 7th.

**WELCOME TO THOSE HAPPY  
 OF YOU TURNING 60 FOURTH  
 THIS YEAR! OF JULY!**



**NOTE: THIS IS A TWO-MONTH ISSUE-SAVE FOR AUGUST**

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

# NOTES FROM THE DIRECTOR

Welcome to the individuals receiving this newsletter for the first time. I hope you find this publication informative, interesting and helpful. Annually the COA adds names of residents who will turn 60 during the year to the mailing list. This year 201 individuals are turning 60! Remember age is just a number and positive attitude is more important. A commitment to paying attention to one's mind, body and spirit is the best path to healthy aging.

This issue provides general information about the various services, activities and programs at the Senior Center. It is a two-month issue. July is the only month we all take a break from publishing/printing a newsletter. If by chance you receive more than one copy of this edition, or do not want it, please let us know.

The staff is open to suggestion regarding new activities. Some programs are scheduled for early evening. The activity level slows down in the summer months so in September you will see many more programs listed.

At the July meeting the Council on Aging will welcome one new member. A listing of COA Board members will appear in the September newsletter. I appreciate the commitment and dedication of the members of our Board.

Enjoy your summer and come visit the air-conditioned senior center anytime, truly a home away from home for many. I hope to see you soon!



## COA BOARD MEMBERS NEEDED

Applications for new Council on Aging Board 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., usually the second Monday of each month and last about one hour. For more information call Joanne at 538-5042, Ext. 204.

**HOLYOKE MALL TRIP 10 A.M.—2 P.M. ON MONDAY, JULY 15TH.** Call 538-5042 to make your reservation. There will be no charge for the transportation courtesy of the Subsidized Senior Transportation Account and many generous donors.

This summer I invite you to visit the Mothers' Garden. It is a vision of beauty with a wide variety of perennials and annuals to brighten a day. Thank you to the many volunteers who water, weed, prune and add lots of tender, loving care in overseeing it.

Joanne

# SPECIAL THANKS TO:



- \*Representative John Scibak and Dana Muller for the House of Representative Citations for the 90+ birthday celebration.
- \*Carey's Florists for the donations of beautiful flowers throughout the year, especially for the monthly birthdays.
- \*To Big Y for the assorted breads and pastries donated once a week.
- \*To Sophie Kuzebski for the coffee for the senior center participants
- \*American Legion Post 260 for the \$100 donation in appreciation of the use of the van for Memorial Day. It was deposited into the transportation account.
- \*To the St. Patrick's Ladies Guild for the \$500 donation that will be deposited into the "Lights On" Gift Account.
- \*To Janet Walsh & Susan Canedy for re-organizing the Senior Center library. It looks amazing!
- \*To Wally Kluzza for the flats of Cherry and Beefsteak tomatoes.

## NEWS FROM LEDGES GOLF CLUB

**2013 OUTINGS**-There are still some great dates left for outings. The Ledges Golf Club is one of the most fun outing venues in New England, ensuring your event's success. Contact Doug in the Pro Shop for dates and rates today or view the website <http://www.ledgesgc.com>. **SEASON PASSES**-If you are a frequent visitor to the Ledges, why not consider a Season pass? We offer family and senior packages, with or without carts along with a number of other choices. View the website or call the pro shop at (413) 532-2307 for more information or with questions.

The Valley View Grille offers an extensive menu for your dining pleasure.

## A REWARDING VOLUNTEER EXPERIENCE

Hospice Life Care, a non-profit program of the Holyoke VNA, is looking for interested individuals to join our volunteer program. The training will begin on Wed., Sept. 11th and meet every Wednesday for 5-weeks from 9am to 12:30 pm at Loomis Nursing Center in Holyoke.

Hospice volunteers provide a listening ear and companionship to terminally ill patients and their families by visiting with them in the home or nursing facilities. The training is free to participants.

They are also seeking individuals with licensed therapy pets. Contact Leslie Hennessey at (413)533-3923 or [lhennessy@holyokena.org](mailto:lhennessy@holyokena.org) to begin the application process.

- WISH LIST ITEMS:** Laundry detergent, dish detergent, paper towels, Kleenex tissue

## 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. JULY MENU

- 1) SWEDISH MEATBALLS W/GRAVY, Egg Noodles, Beets/Onions, Multi Grained Roll, Fresh Fruit/Melon.
- 2) BIRTHDAY/ANNIVERSARY—POT ROAST AU JUS, Oven Roasted Potatoes, Corn, Multi Grained Roll, Cake or Diet Cake.
- 3) SWEET & SOUR CHICKEN, Candied Yams, Peas & Onions, Whole Grained Bread, Pineapple or Diet Pineapple.
- 4) CENTER CLOSED—INDEPENDENCE DAY HOLIDAY
- 5) FLORENTINE POLLOCK, Baked Potato, Spinach, Rye Bread, Jell-O or Diet Jell-O.
- 8) SALISBURY STEAK W/GRAVY & MUSHROOMS, Broccoli & Cauliflower, Rice, Whole Grained Bread, Mixed Fruit or Diet Mixed Fruit.
- 9) COLD PLATE: EGG SALAD, Potato Salad, Carrot & Raisin Salad, Multi Grained Roll, Cookies or Diet Cookies.
- 10) FRENCH MEAT PIE, Carrots & Cauliflower, Noodles, Biscuit, Pears or Diet Pears.
- 11) OVEN ROASTED CHICKEN, Baked Potato, Vegetable Medley, Rye Bread, Tapioca Pudding or Diet Tapioca Pudding.
- 12) FIESTA POLLOCK, Confetti Rice, Green Beans, Pineapple or Diet Pineapple.
- 15) SHEPHERD'S PIE W/GRAVY, Green Beans, Biscuit, Mandarin Oranges or Diet Mandarin Oranges.
- 16) COLD PLATE: TURKEY SALAD, Macaroni Salad, Lettuce/Tomato, Whole Grained Roll, Juice, Peaches or Diet Peaches.
- 17) MACARONI & CHEESE, Stewed Tomatoes, Rye Bread, Brownies or Diet Brownies.
- 18) BEEF STEW W/POTATOES, Mixed Vegetables Blend, Roll, Tropical Fruit or Diet Tropical Fruit.
- 19) CELEBRATE NEW ZEALAND—SALMON BOAT W/ MUSTARD SAUCE, Rosemary Potatoes, Corn & Peppers, Apple Crisp or Diet Apple Crisp.
- 22) ROASTED TURKEY W/GRAVY, Mashed Potatoes, Peas & Mushrooms, Whole Grained Bread, Fruit or Diet Fruit.
- 23) LASAGNA W/MEAT SAUCE, Garlic Bread, Italian Blend Vegetables, Cookies or Diet Cookies.
- 24) VEAL PATTY W/GRAVY, Egg Noodles, Corn, Whole Wheat Bread, Tropical Fruit or Diet Tropical Fruit.
- 25) COLD PLATE: TUNA SALAD, Pasta Salad, Carrot & Raisin Salad, Juice, Rye Bread, Jell-O or Diet Jell-O.
- 26) POLLOCK LOINS, Rice, Spinach, Multi Grained Bread, Pears or Diet Pears.
- 29) BAKED HAM W/RAISIN SAUCE, Sweet Potatoes, Broccoli, Whole Grain Bread, Fruit Crisp or Diet Fruit Crisp.
- 30) BBQ Chicken Patty, Mashed Potatoes, Corn, Pineapple or Diet Pineapple.
- 31) BROCCOLI QUICHE, Potato Puffs, Summer Blend Vegetables, Multi Grained Bread, Apricots or Diet Apricots.

### WESTMASS ELDERCARE, INC. AUGUST MENU

- 1) AMERICAN CHOP SUEY, Spinach, Cornbread, Peaches or Diet Peaches.
- 2) CELEBRATE NORWAY—LEMON BAKED COD, Scalloped Potatoes, Asparagus, Roll, Rice Pudding or Diet Rice Pudding.
- 5) CHICKEN MARSALA W/MUSHROOMS, Egg Noodles, Stewed Tomatoes, Multi Grained Bread, Tropical Fruit or Diet Tropical Fruit.
- 6) SHEPHERD'S PIE, Carrots, Biscuit, Pineapple or Diet Pineapple.
- 7) HAM W/PINEAPPLE SAUCE, Sweet Potato, Beets, Rye Bread, Mandarin Oranges or Diet Mandarin Oranges, HIGHER SODIUM MEAL (HMOW—PICNIC)
- 8) PICNIC DAY—HAMBURGERS/HOTDOGS, Baked Beans, Roll, Corn on the Cob, Cold Slaw, Potato Chips, Watermelon, Ice Cream or Diet Ice Cream (HMOW—HAM)
- 9) TUNA & NOODLE CASSEROLE, Mixed Vegetables, Multi Grained Roll, Juice, Bread Pudding or Diet Bread Pudding.
- 12) OVEN FRIED CHICKEN, Roasted Potatoes, Ratatouille, Whole Wheat Bread, Fruit Cocktail or Diet Fruit Cocktail.
- 13) BIRTHDAY/ANNIVERSARY—VEAL PARMESAN W/PASTA, Garlic Bread, Peas, Juice, Cake or Diet Cake, Tossed Salad: Congregate.
- 14) COLD PLATE: Chicken Salad, Three Bean Salad, Pickled Beets, Whole Grained Bread, Peaches or Diet Peaches.
- 15) MILD BEEF CHILE, Rice, Mixed Vegetables, Biscuit, Pineapple or Diet Pineapple.
- 16) BREADED POLLOCK FILLETS, Rice, Spinach, Wheat Bread, Brownies or Diet Brownies.
- 19) COLD PLATE: EGG SALAD, Potato Salad, Carrot/Raisin Salad, Roll, Fresh Fruit.
- 20) STUFFED CABBAGE W/SAUCE, Mashed Potatoes, Wax Beans, Rye Bread, Pears or Diet Pears.
- 21) SPAGHETTI W/MEATBALLS, Winter Blend, Garlic Bread, Fruit Crisp or Diet Fruit Crisp.
- 22) CHICKEN PATTY W/GRAVY, Rice Pilaf, Peas and Onions, Whole Grain Bread, Tropical Fruit or Diet Tropical Fruit.
- 23) POTATO CRUSTED POLLOCK, Scalloped Potatoes, Brussels Sprouts, Whole Grained Roll, Pudding or Diet Pudding.
- 26) LIVER & ONIONS, Mashed Potatoes, Green Beans & Tomatoes, Multi Grained Bread, Peaches or Diet Peaches.
- 27) CHEESE PIZZA W/SAUCE, Oregon Mixed Vegetables, Garlic Bread, Cookies or Diet Cookies.
- 28) VEAL PATTY W/GRAVY, Au Gratin Potatoes, Mixed Vegetables, Roll, Mixed Fruit or Diet Mixed Fruit.
- 29) TARRAGON CHICKEN, Confetti Rice, Broccoli, Cranberry Sauce, Oatmeal Bread, Jell-O or Diet Jell-O.
- 30) MEATLOAF W/GRAVY, Mashed Potatoes, Corn, Rye Bread, Fresh Fruit/Apples.

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.

## The Omnipotent Onion

by Christy Maxwell, MS, LDN, U Mass Dietetic Intern

To quote the legendary Julia Child, "it's hard to imagine civilization without onions." Although discrepancy exists on where the onion actually originated, most researchers agree they have been cultivated for over 5000 years. Onions were likely one of the first farmed crops because they were hardy, easy to grow in a variety of soils and climates, and transportable. Ancient documents designate the onion's importance as a food, as well as its use in art, medicine, and mummification. In Egypt 3500 BC, onions were considered an object of worship, symbolizing eternity, and buried along with the Pharaohs.

Today, onions are considered a staple in most pantries across the globe. Despite their year-long presence, onions are seasonal. Onions harvested in spring / summer have a sweeter, milder flavor and tend to bruise easier leading to a reduced shelf-life. Those harvested in fall / winter can range from mild to pungent, but have a longer shelf-life. These onions are best for savory dishes that require longer cook times or more potent flavor.

The different varieties of onion also lend to their versatility in the kitchen. Yellow onions are full-flavored and a reliable standby for almost every dish. Red onions with their brilliant color are a great choice for salads, grilling, and roasting. The sweet flavored white onion is often used in sauces and is the traditional onion for Mexican cuisine.

The onion has been revered for centuries, with claims touting its unique antibacterial and antiseptic qualities. Although there is no scientific evidence verifying that a sliced onion in your room will absorb the flu virus, there is truth to the onion's role in fighting disease. In addition to being high vitamin C and a good source of fiber, the onion has other nutritional qualities that are important to our health.

Onions contain many different phytochemicals, which are substances found in plants that have beneficial health effects, due in part to their antioxidant and anti-inflammatory properties. One such substance is quercetin, a flavonoid, of which onions contain approximately 100 mg per 3 ½ ounces. Quercetin is a scavenger of free radicals, which are particles in the body known to damage cell membranes, interfere with DNA, and contribute to chronic diseases. Higher intakes of quercetin have been associated with a reduced risk of heart disease, certain cancers, and may lower blood pressure.

Quercetin is concentrated in the outer layers of the onion. To maximize health benefits, peel off as little as possible. Over-peeling a red onion for example, can result in a loss of approximately 20% of its quercetin content, and almost 75% of its other beneficial phytochemicals.

Onions are best stored whole with skin intact, in a cool, well-ventilated area. When peeled, onions are best kept refrigerated at or below 40°C. It is the sulfuric compounds in the onion that produce tears when sliced. To avoid this, chill the onion for 30 minutes prior to slicing, then cut off the top portion leaving the root end intact. The root contains the highest concentration of the tear-producing chemical. To remove the onion smell from your hands, try rubbing them with lemon juice; to remove odor from pans and cooking equipment, try using salt.

No matter how you slice it, the onion offers more than just a fantastic flavor to the meal. Try adding some of this omnipotent vegetable to your next dish, and enjoy a toast to your health!

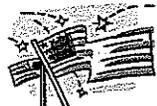
Funding from the **Older Americans Act** through the Mass. Executive Office of Elder Affairs provides **GRANTS FROM WESTMASS ELDERCARE, INC.** The programs include an Alzheimer's Caregivers Support Group, Chores/Snow Removal and Companion/Escort transportation. Call the COA at 538-5042 and ask for Joanne if you would like more information.

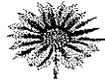
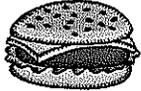
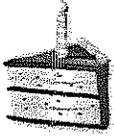
**FRIENDS OF SOUTH HADLEY, ELDERLY, INC.**-This group is the booster association of the Council on Aging. These volunteers host fund-raisers to help provide the extras. The "Friends" purchased the COA van, the expensive copier for printing the newsletter thereby helping to keep advertising for local business affordable. Their next meeting will be Thursday, July 11th at 1 p.m. in the dining room. Dues are \$5.00. Membership is open to residents and non-residents of all ages. If you are interested in learning more about the Friends, come to the next meeting.

**STRETCHING YOUR DOLLARS**-It is time to consider some of the many programs which may be available to you. **Brown Bag:** Would a bag of easy to cook food help to stretch your monthly budget? The Food Bank of Western Mass. distributes groceries here every month. If you are 55, eligible for fuel assistance or live in elder housing, you can receive a bag. **Shopping Assistance:** Grocery shopping is available for homebound individuals if you have no one to help. Call Joanne for more information. There is a fee for this service based on income. **Prescription Advantage:** This is a Massachusetts support program for Medicare Part D. The program has many benefits, of which the most important is saving you from the donut hole. No specific enrollment period. **Housekeeping, Errands, Companion Service:** If you are in need of some assistance in these areas, call Joanne who has a list of individuals who are seeking employment. All service providers must fill out an application, pass a CORI check and provide names of references.

So. Hadley Farmers' Market every Thursday 1-6 p.m. on the Town Common. Sale items include locally-grown vegetables and fruits, organically-raised meat and chicken, baked goods, maple syrup, garden plants, relishes and sauces. Some artisans show their works. EBT and SNAP benefits as well as senior coupons for purchasing fresh produce accepted.

MEMA advises caution during extremely hot weather. Here are some tips to follow during hot, humid weather: slow down; avoid strenuous activity; wear light-weight, loose-fitting, light-colored clothing; drink plenty of water; limit intake of alcohol; eat a well-balanced, light diet; stay indoors if possible, if you do not have air conditioning stay on your lowest floor, out of the sun and use fans; visit air-conditioned places; check for local 'cooling centers'.

<p><b>1 SWEDISH MEATBALLS/ GRAVY</b>  10 Tai Chi  1 Poker -DR  1 Pinochle-DR  1 Canasta-DR  1 Mah Jongg-CR</p>	<p><b>2 BIRTHDAY/ANNIVERSARY POT ROAST W/ AU JUS SAUCE</b>  1 Bingo-CR  12:45 Movie-EX  1 Needlecraft-CE</p>	<p><b>3 SWEET &amp; SOUR CHICKEN</b>  8:45 HIP-EX  9:30 Grocery Shopping  <b>10 "A Legal Check-up Protecting Your Assets", by Atty. Gina Barry-CR</b>  10 Travel Club-C1  10:30 Osteoporosis Exercise-EX  1 Pitch-CR  1 Mah Jongg-CE</p>	<p><b>4 INDEPENDENCE DAY HOLIDAY CENTER IS CLOSED</b></p> 	<p><b>5 FLORENTINE POLLOCK</b>  9:30 Grocery Shopping  10 Coffee &amp; Conversation-DR  10:30 Osteoporosis Exercise-EX  1 Knitting-L  1 Bridge-CE  1 Cribbage-CR  1 Canasta &amp; Poker-DR</p>
<p><b>8 SALISBURY STEAK/ MUSHROOMS</b>  <b>9:30 Foot Nurse (by appt.)</b>  10 Tai Chi-EX  1 Poker -DR  1 Pinochle-DR  1 Canasta-DR  1 Mah Jongg-CR  <b>4 COA Board Meeting-C2</b></p>	<p><b>9 EGG &amp; POTATO SALAD PLATE</b>  <b>11am-2pm WMEC Picnic at Chicopee, Moose Club Travel Club Trip</b>  1 Bingo-CR  12:45 Movie-EX  1 Needlecraft-CE</p>	<p><b>10 FRENCH MEAT PIE</b>  9:30 Grocery Shopping  10 Travel Club-C1  10:30 Osteoporosis Exercise-EX  1 Pitch-CR  1 Mah Jongg-CE</p>	<p><b>11 OVEN ROASTED CHICKEN</b>  10 Travel Club-C1  <b>12:30-2pm Blood Pressure Screening w/Nurse-C2</b>  1 Scrabble-L  1 Quilting-CE</p>	<p><b>12 FIESTA POLLOCK</b>  9:30 Grocery Shopping  10 Coffee &amp; Conversation-DR  10:30 Osteoporosis Exercise-EX  1 Knitting-L  1 Bridge-CE  1 Cribbage-CR  1 Canasta-DR  1 Poker-DR</p>
<p><b>15 SHEPHERD'S PIE/GRAVY</b>  <b>10am-2pm Trip to Holyoke Mall</b>  10 Tai Chi-EX  1 Poker -DR  1 Pinochle-DR  1 Canasta-DR  1 Mah Jongg-CR</p>	<p><b>16 TURKEY SALAD PLATE Lo- Vision Luncheon</b>  <b>10-11 Brown Bag-CE</b>  <b>9-12 SHINE (by appt.)</b>  1 Bingo-CR  12:45 Movie-EX  1 Needlecraft-CE</p>	<p><b>17 MACARONI AND CHEESE</b>  9:30 Grocery Shopping  10 Travel Club-C1  10:30 Osteoporosis Exercise-EX  <b>1 Ice Cream Social &amp; Entertainment</b>  1 Pitch-CR  1 Mah Jongg-CE</p> 	<p><b>18 BEEF STEW W/POTATOES</b>  10 Travel Club-C1  1 Quilting-CE  1 Scrabble-L</p>	<p><b>19 CELEBRATE NEW ZEALAND SALMON BOAT W/MUSTARD</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 Cribbage-CR  1 Canasta-DR  1 Poker-DR</p>
<p><b>22 ROAST TURKEY/GRAVY</b>  10 Tai Chi-EX  <b>9:30 Foot Nurse (by appt.)</b>  1 Poker -DR  1 Pinochle-DR  1 Canasta-DR  1 Mah Jongg-CR</p>	<p><b>23 LASAGNA/MEAT SAUCE</b>  <b>9-11 SNAP Applications ( by appt.)</b>  1 Bingo-CR  12:45 Movie-EX  1 Needlecraft-CE</p>	<p><b>24 VEAL PATTY/GRAVY</b>  9:30 Grocery Shopping  10 Travel Club-C1  10:30 Osteoporosis Exercise -EX  1 Mah Jongg-CE  1 Pitch-CR</p>	<p><b>25 TUNA FISH SALAD PLATE</b>  10 Travel Club-C1  <b>10:30 Blood Pressure Screening w/Fire District #1-DR</b>  1 Quilting-CE  1 Scrabble-L</p>	<p><b>26 POLLOCK LOINS</b>  9:30 Grocery Shopping  10 Coffee &amp; Conversation-DR  10:30 Osteoporosis Exercise-EX  1 Knitting-L  1 Bridge-CE  1 Cribbage-CR  1 Canasta-DR  1 Poker-DR</p>
<p><b>29 BAKED HAM / RAISIN SAUCE</b>  10 Tai Chi-EX  1 Poker -DR  1 Pinochle-DR  1 Canasta-DR  1 Mah Jongg-CR</p>	<p><b>30 BBQ CHICKEN</b>  <b>9-12 SHINE (by appt.)</b>  1 Bingo-CR  12:45 Movie-EX  1 Needlecraft-CE</p> 	<p><b>31 BROCCOLI QUICHE</b>  9:30 Grocery Shopping  10 Travel Club-C1  10:30 Osteoporosis Exercise EX  1 Mah Jongg-CE  1 Pitch-CR</p>	<p><b>JULY 2013</b></p>  <p><b>TOWN TRANSPORTATION IS AVAILABLE MONDAY-FRIDAY 9-3 BY APPOINTMENT ONLY</b></p>	<p><b>ROOM KEY</b>  <b>B=Billiards Room</b>  <b>CR=Card Room</b>  <b>CE=Ceramics</b>  <b>C2=Formerly Old Office</b>  <b>C1=Conf. Room Off Library</b>  <b>EX=Exercise Room</b>  <b>DR=Dining Room</b>  <b>L=Library</b></p>

<p><b>ROOM KEY</b>  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>AUGUST 2013</b></p> 	<p style="text-align: center;"><b>IN TOWN TRANSPORTATION IS AVAILABLE MONDAY-FRIDAY 9-3 BY APPOINTMENT ONLY</b></p> 	<p><b>1 AMERICAN CHOP SUEY</b>  Senior Travel Club Trip  <b>10 Alzheimer's Support -C2</b>  1 Quilting-CE  1 Scrabble-L</p>	<p><b>2 CELEBRATE NORWAY LEMON BAKED COD</b>  9:30 Grocery Shopping  10 Coffee &amp; Conversation-DR  10:30 Osteoporosis Exercise-EX  1 Knitting-L  1 Bridge-CE  1 Cribbage-CR  1 Canasta &amp; Poker-DR</p>
<p><b>5 CHICKEN MARSALA</b>  10 Tai Chi-EX  1 Poker -DR  1 Pinochle-DR  1 Canasta-DR  1 Mah Jongg-CR</p>	<p><b>6 SHEPHERD'S PIE 9-12 SHINE (by appt.)</b>  1 Bingo-CR  12:45 Movie-EX  1 Needlecraft-CE</p>	<p><b>7 HAM/PINEAPPLE SAUCE HMOW PICNIC</b>  8:45 HIP-EX  9:30 Grocery Shopping  10 Travel Club-C1  10:30 Osteoporosis Exercise-EX  1 Pitch-CR  1 Mah Jongg-CE</p>	<p><b>8 COA PICNIC DAY HAMBURGERS/HOTDOGS HMOW HAM</b>  10 Travel Club-C1  <b>12:30-2pm Blood Pressure Screening w/ Nurse-C2</b>  1 Scrabble-L  1 Quilting-CE</p> 	<p><b>9 TUNA NOODLE CASSEROLE</b>  9:30 Grocery Shopping  10 Coffee &amp; Conversation-DR  10:30 Osteoporosis Exercise-EX  1 Knitting-L  1 Bridge-CE  1 Cribbage-CR  1 Canasta-DR  1 Poker-DR</p>
<p><b>12 OVEN FRIED CHICKEN 9:30 Foot Nurse (by appt.)</b>  10 Tai Chi-EX  1 Poker -DR  1 Pinochle-DR  1 Canasta-DR  1 Mah Jongg-CR  <b>4 COA Board Meeting-C2</b></p>	<p><b>13 BIRTHDAY/ANNIVERSARY VEAL PARMESAN/PASTA</b>  1 Bingo-CR  12:45 Movie-EX  1 Needlecraft-CE</p> 	<p><b>14 COLD CHICKEN SALAD PLATE</b>  9:30 Grocery Shopping  10 Travel Club-C1  10:30 Osteoporosis Exercise-EX  1 Pitch-CR  1 Mah Jongg-CE</p>	<p><b>15 MILD BEEF CHILI</b>  10 Travel Club-C1  1 Quilting-CE  1 Scrabble-L</p>	<p><b>16 BREADED POLLOCK FILLET</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 Cribbage-CR  1 Canasta &amp; Poker-DR  1 Knitting-L</p>
<p><b>19 COLD EGG SALAD PLATE</b>  10 Tai Chi-EX  1 Poker -DR  1 Pinochle-DR  1 Canasta-DR  1 Mah Jongg-CR</p>	<p><b>20 STUFFED CABBAGE/ SAUCE</b>  <b>9-12 SHINE (by appt.)</b>  <b>10 Lo-Vision Support-C2</b>  <b>10-11 Brown Bag-CE</b>  1 Bingo-CR  12:45 Movie-EX  1 Needlecraft-CE</p>	<p><b>21 SPAGHETTI / MEATBALLS</b>  9:30 Grocery Shopping  10 Travel Club-C1  10:30 Osteoporosis Exercise -EX  1 Mah Jongg-CE  1 Pitch-CR</p>	<p><b>22 CHICKEN PATTY/GRAVY</b>  10 Travel Club-C1  <b>10:30 Blood Pressure Screening w/Fire District #1-DR</b>  1 Quilting-CE  1 Scrabble-L</p>	<p><b>23 POTATO CRUSHED POLLOCK</b>  9:30 Grocery Shopping  10 Coffee &amp; Conversation-DR  10:30 Osteoporosis Exercise-EX  1 Knitting-L  1 Bridge-CE  1 Cribbag  2 e-CR  1 Canasta-DR</p>
<p><b>26 LIVER &amp; ONIONS</b>  <b>9:30 Foot Nurse (by appt.)</b>  <b>10 Music Appreciation Resumes-CE</b>  10 Tai Chi-EX  1 Poker -DR  1 Pinochle-DR  1 Canasta-DR  1 Mah Jongg-CR</p>	<p><b>27 CHEESE PIZZA / SAUCE</b>  <b>9 Newsletter Collating</b>  <b>9-12 SHINE (by appt.)</b>  1 Bingo-CR  12:45 Movie-EX  1 Needlecraft-CE</p> 	<p><b>28 VEAL PATTY / 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>29 TARRAGON CHICKEN</b>  Senior Travel Club Trip  1 Quilting-CE  1 Scrabble-L</p> 	<p><b>30 MEATLOAF/GRAVY</b>  9:30 Grocery Shopping  10 Coffee &amp; Conversation-DR  10:30 Osteoporosis Exercise-EX  1 Knitting-L  1 Bridge-CE  1 Cribbage-CR  1 Canasta-DR  1 Poker-DR</p>



**IN MEMORIAM**

**IN MEMORY OF:**

**FROM:**

**BUILDING FUND:**

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LEON POPE Kathy & Dick Kirby

EUGENE KRAS Dolly Crossland

ETHEL CROSSLAND Dolly Crossland

JOE MYTKOWICZ Frances Mytkowicz

JIM PAOLUCCI Frances Mytkowicz

**MOTHER'S GARDEN:**

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DON BROCHU Janie Brochu

**SUBSIDIZED SENIOR TRANSPORTATION:**

RALPH David Michael

**SERVICES ACCOUNT:**

LINDA MOL Helen & Edward Wytrych

Senior Net is a volunteer service that offers computer courses in a variety of topics. We have course materials that the teachers use as well as coaches to help individual students and support the teacher. Our goal is to present "user friendly" classes to those 55 and older. We are looking for volunteer teachers. If interested, call us at 533-6889 to leave a message.

You can also reach us at our website: **SENIORNETSH.ORG**. It offers a current calendar of our classes, other information about our programs, and a way to contact us: just click on the Contact Us tab to leave a message. Another good source of information about SeniorNet is the website of the national organization, **SENIORNET.ORG**. Our program functions under this umbrella.

Some of our classes are one or two session workshops; others run two to four weeks with 4 to 8 sessions. Our subjects range from a **FUNDAMENTALS** that is an introductory course for those with no prior computer experience to

**THE INTERNET:** A course for new and experienced Internet users regardless of the software or Internet service you are using. Learn how to access and search the World Wide Web, and use email. Also learn how to deal with security, cookies, viruses and other on-line issues.

Some of our other courses include:

**WORD PROCESSING:** An introduction to the basic concepts of Word Processing, using Microsoft Office 7. Concepts such as creating, editing, saving, retrieving and printing documents; changing font styles and sizes, margins, tabs, and spell checking are covered.

**INTRODUCTION TO COMPUTERS:** An over view of what can be done with a personal computer. Topics covered briefly include Word Processing, Spreadsheets, Databases and the Internet.

Examples of Workshops:

**PICASA:** A digital photo organizer and editor. The workshop includes ways to make quick edits of pictures, sort pictures, and put them in albums or folder.

**GREETING CARDS:** A detailed course in designing cards, adding your own pictures, etc.

Students receive an instruction book and a practice disc that is theirs to keep. The Friday afternoon lab is available and open to all those who take our classes. Call 533-6889 to tell us of your interests. We'll call right back.

**REGISTRATION FOR MUSIC SURVEY COURSE**

The Council on Aging is once again offering a Music Survey course to all who would like to know what to listen for in great music. The course will be offered on Mondays from 10-11:30 a.m. by Dr. Roger Farnsworth. A major work from the various periods of music history is discussed each week. It is helpful to know how to read music but is not required. The first class for the "school year 2013-14" will be held on August 26th. Please telephone the COA (538-5042) to register and to insure a seat for this class.

## DOREEN'S INFO

Summer has arrived bringing the sunshine, heat and humidity. On those extreme hot and humid days, remember that the center is a "Cooling Shelter". It is always good to check on friends and neighbors to make sure they are ok. During these hot months remember to use protection when outside. Wear sunglasses, put on the sun screen and drink plenty of water. This time of year also draws out ticks and mosquitoes, so be prepared.

In May, the Choralites presented a cheerful Spring Concert. If you haven't heard them you really should come to our special events when they are performing. They put so much time and hard work towards each presentation. Last month we had a wonderful turn out for our 90+ Birthday Celebration. It is great to see all active – no matter what the age.

During July and August some activities take a "vacation break". Check the monthly calendars to see if your favorite activity is meeting. The summer is a time to move at a slower pace, but we are still busy bees at the center. Here are some highlights of what will be taking place:

July 2 - Birthday/ Anniversary Luncheon

July 17 - Ice Cream Social

Reservations are needed

July 19 - Celebrate New Zealand Luncheon

August 2 - Celebrate Norway Luncheon

August 7 - HMOW Picnic Lunch

August 8 - Senior Center Picnic

August 13 - Birthday/ Anniversary Luncheon

If you are celebrating a birthday or wedding anniversary during these months, the Friends of the Elderly would like to treat you to lunch. Don't forget to call ahead to make reservations.

I am happy to share with you that we have new volunteers joining our team. Welcome to Deb Tamburro and Lynn Lawson. It has been stated before; our volunteer's play a huge part in the South Hadley Council on Aging. We certainly could not run as smoothly as we do without them. Our volunteer "motto" for this year is "Lifting Lives, Lifting Spirits". This is true at our COA.

We have some good movies lined up for the summer so come and join us on Tuesday afternoon. Movies start at 12:45pm.

Welcome to those who are turning 60 or 60+, neighbors who are new to South Hadley and looking for activities, interested in meeting new people, would like a "home styled" cooked meal, please contact me. I would be happy to give you a tour of our center.

Have a fun and safe summer. *Doreen*

## **SOUTH HADLEY COA STAFF:**

**Director:** Joanne Trybus

**Assistant Director:** Lisa Napiorkowski

**Social Services Coordinator:** position vacant

**Activity/Volunteer Coord.:** Doreen McDonald

**Food Service Coordinator:** Billy Poe

**Senior Clerks:** Ola Herbert and Kathy Gallivan

**Assistant Cook:** Jim Tomlinson

**Hot Meals Coordinator:** Liz Methot

**Sub Hot Meals Coordinators:** Alice Pont, Rick Dufault

**Custodian:** Bob Methot

**Minibus Driver:** Richard Carrigan

**Substitute Minibus Drivers:** Rick Dufault

Roger Duval

Mary Zebrowski

**Hot Meals Drivers:** Nancy Blodgett

Rick Dufault

Maryanne Fredette

**Sub Meals Drivers:** Sal Canata, Linda Tenkate, Alice Pont

**Sub Cook:** Howard Kirkpatrick

**Office Senior Aide:** position vacant

**Nutrition Senior Aide:** Bethany Brennan Moffat

**Shopper:** Anita Stefanik

**Chores:** Rick Landry

**SHINE COUNSELOR:** Eileen Burke

**WestMass ElderCare Executive Board:** Ken Ellis

**WestMass ElderCare Advisory Council:**

Joanne Chuslo, Dorothy Martin, vacancy

**PVTA Advisory:** Marilyn Ishler

**Triad Chair:** Donna Robideau

**Travel Club Chairperson:** David Bellefeuille

**Friends President:** Claire Bielanski

**Golden Age President:** Dee Martin

**Senior Net Coordinator:** Lillian Dunn

**Newsletter Printer:** Patrick Labonte

**AND NUMEROUS DEDICATED, LOYAL AND HARDWORKING VOLUNTEERS**

# COA PROGRAMS & SERVICES

## FORMS, ETC. AVAILABLE AT THE SENIOR CENTER

There are many forms which we have at the Senior Center to assist you. Unless a price is stated, it is free. Many other places would charge you, so take advantage of what we have to offer.

- Homestead Protection forms are available for those 62+ and disabled persons of any age (\$500,000/person) and an individual under 62 for \$500,000 on the home. There is a \$35.00 filing fee payable to the Registry of Deeds. These protect you from losing your home due to a lawsuit. You must be the owner of the home to file a homestead.
- Health Care Proxy is available for you to choose your health care agent and treatment. There are many choices in life support; it is important that your family know your wishes.
- Cable Discount forms are available for those 63+, providing a 2% reduction on basic service. You will need to bring your driver's license or birth certificate and a utility bill or tax bill as copies of these must be included with the application.
- FILE OF LIFE A magnetic holder to keep on your refrigerator door with your updated emergency & medical information available to responding emergency technicians. A compact size is also available to keep with you at all times in a wallet or purse. Replacement inserts are available for both.

Many programs and services are available at the Senior Center. If you are looking for information on Volunteer opportunities or a tour of the building, please call Doreen McDonald at 538-5042, Ext. 205. If you require assistance with forms, Prescription Advantage (a Massachusetts support program for Medicare Part D), applications for Brown Bag or Fuel Assistance, personalized transportation service, chores, information on the various support groups, shopping assistance (when you are unable to shop and have no one to help), food stamps, home care assistance or general information about nursing homes or rehab facilities, please call and ask for the Social Service Coordinator, Ext. 206 or Joanne Trybus, Ext. 204. For minibus transportation questions, call Lisa Napiorkowski at 538-5042, Ext. 203. A full list of staff is shown on Page 8. In our library we have lots of books, some large print. There is a puzzle table with two puzzles going at most times or to borrow and do at home. There are coupon boxes where we keep the many coupons that our volunteers clip, sort and file. There are magazines and local newspapers.

We collect eye glasses for the Lions Club and Campbell Soup labels (and other company products) for Plains & Mosier Schools and tabs from cans for the Shriners.

There is a billiards room open from 8-4:30, a Peek and Poke rack with free clothing (we are always looking for current and clean clothing) and the rule is if it fits, it's yours. In addition, there is a free table in the lower hall that people really enjoy. If you have items that are still usable (no broken, dirty or impractical items please) bring them to the free table or come and look at what we have available.

## TRIAD



**VOLUNTEER OPPORTUNITIES**-if you are interested, we have many ways you can spend some quality time helping the Council on Aging. We have friendly visitors, nutrition volunteers, kitchen volunteers, newsletter volunteers, craft instructors, data entry people, decorators, office volunteers and many other various slots you can fill if you would like to share some of your time. Call Doreen at 538-5042, Ext. 205.

**EDUCATION PROGRAMS**- our goal is to have at least one program monthly. The subject varies but we are always looking for new ideas.

**HEALTH EQUIPMENT**-is available for loan for 3 months, no charge. If possible, please call 538-5042 prior to stopping by so one of the staff may have the equipment ready.

What is TRIAD? TRIAD is a community policing initiative made of senior citizens, law enforcement and service providers to increase safety through education and crime prevention. Our S.A.L.T. (seniors and lawmen together) meets the last Tuesday of every month, September through May at 9 a.m. at the S. Hadley Police Station conference room. New members are welcome. Locally, individuals representing the Hampshire County Sheriff's Office, Northwestern District Attorney's Office, S. H. Police Department, S.H. Fire Dept., COA and elders represent S.A.L.T.

One project is the "ARE YOU OK?" a computerized calling program housed at the Police Department and an automatic call to check on individuals enrolled in the program.

Other projects include house numbers, educational presentations, and Files of Life.

## SOCIAL SERVICE COORDINATOR NEWS

Although the position is vacant as this newsletter goes to press, I am hopeful that someone will be appointed as the Social Service Coordinator very soon. They are your source for information and referral pertaining to area elder services. They will have the ability to network to find an answer to your questions or will be able to do the research to find a possible resolution. The Social Service Coordinator is your advocate and one of his or her responsibilities is to help you or your loved get needed services.

Another one of their responsibilities is to help determine qualifying income for many programs such as Mass Health (Medicaid), Fuel Assistance, SNAP (Food Stamps), Brown Bag, Prescription Advantage, and the Mass. State pharmaceutical assistance program that works together with Medicare.

A SHINE (Serving the Health Information Needs of Elders) Counselor is also available by appointment to provide free assistance in an unbiased manner. The SHINE Program offers counseling and assistance to Medicare beneficiaries of all ages and their caregivers. A SHINE Counselor is available to individuals 60 and over and younger disabled Medicare beneficiaries. SHINE Counselors are trained and certified by the Executive Office of Elder Affairs. Their expertise includes Medicare A & B covered services, Medigap insurance plans, Medicare Advantage plans, prescription drug options and free or reduced cost healthcare plans.

I recently received an update from the local SHINE office. Effective July 1, Medicare will have a new program for Durable medical Equipment in our area. There will also be a new National Mail-Order Program for diabetic testing supplies. If you have **Original Medicare** (not a Medicare Advantage HMO or PPO plan), these changes will apply to you. Some of the items covered under this new Durable Medical Equipment program are: 1) Oxygen and oxygen equipment; 2) Standard (power and manual) wheelchairs and scooters; 3) Hospital beds; (4) Walkers

If you are already renting certain medical equipment or receiving oxygen, you may have to switch your supplier. In certain circumstances you may be able to keep your supplier. Make sure Medicare will continue to pay for your item to avoid any disruption of service!

To have Medicare pay for diabetic testing supplies delivered to your home, you will need to use a Medicare national mail-order supplier. If you don't want to use mail-order, you can go to a local pharmacy or storefront that accepts Medicare assignment and you will get the same low mail-order cost.

To find a Durable Medical Equipment or National Mail-Order Program supplier, you can go to [www.medicare.gov/supplier](http://www.medicare.gov/supplier) or call 1-800-MEDICARE (1-800-633-4227). Joanne

**PRESCRIPTION ADVANTAGE**-Prescription Advantage is a state-sponsored pharmacy assistance program available to Massachusetts residents age 65 and over and under 65 with disabilities.

Prescription Advantage does not replace your insurance; it supplements your coverage to help lower your out-of-pocket costs.

Prescription Advantage will supplement all insurances including Medicare Part D, Medicare Advantage plans and drug coverage you may receive from a former employer. It also has benefits for seniors and disabled persons not eligible for Medicare.

To learn more about how you can lower your medication costs call prescription Advantage today at:

1-800-AGE-INFO (1-800-243-4636) press 2. TTY 1-877-610-0241. Or go to the website [www.Mass.Gov/Elders](http://www.Mass.Gov/Elders)

Prescription Advantage is administered by the commonwealth of Massachusetts Executive Office of Elder Affairs.

**Fuel Assistance**-Federal and State Fuel Assistance is available to approved income eligible households during the heating season. All sources of a primary heat can be covered, including oil, gas (natural and propane), electric, wood, coal, pellets and some landlord-heated apartments (not elder housing). The South Hadley C.O.A. is the intake site for South Hadley elders and disabled of all ages.

As of this writing we do not know what the 2013/14 guidelines will be; we do know there will be a program and that our C.O.A. will take care of South Hadley elders. New income guidelines are usually posted in September and more information will be in the September newsletter.

If you received benefits in 2012/2013 during Aug. or Sept. you will receive a reapplication in the mail. Return that application immediately, **DON'T WAIT!!!** But not until you have proof of all current income and documentation required. Photo copy everything you send. An incomplete application or missing info may hold up your benefits for as long as 5 or 6 months.

**SNAP** (Food Stamps) in collaboration with The Food Bank and the South Hadley Council on Aging will offer a session on July 23rd between 9 a.m. and 11 a.m. for assistance with applications. Please call the Senior Center at 538-5042 and make an appointment.

**HOME-DELIVERED MEALS** are available for those needing a little "TLC" and/or help after an illness or a surgery. Call WestMass ElderCare at 538-9020 and ask for intake and referral if you believe you or your family member might benefit from a nutritious, hot-lunch prepared at the South Hadley Senior Center delivered to your door.

"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.

**VNA & Hospice of Cooley Dickinson**



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 168 Industrial Drive  
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[www.VNAandHospice.Org](http://www.VNAandHospice.Org)

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

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**NEWSLETTER DONATIONS**

Another fiscal year begins on July 1st for the newsletter gift account. South Hadley continues to be one of the few remaining communities where newsletters are mailed to individual homes, free of charge. It is only through the generous donations of the businesses that place ads, the support of the Executive Office of Elder Affairs, volunteer assistance and the many generous donations throughout the year that the free mailing is made possible. People who live out of town must pay \$10.00 per year to cover the mailing expenses. Patrick Labonte volunteers well over 10 hours every month to print the publication. This teamwork demonstrates that many hands working together make for efficient and economical service. Please know your donations are sincerely appreciated. Some people give many times throughout the year and your generosity is greatly appreciated.

The majority of individuals who receive the newsletter find it educational and informative. I am always open to suggestions. However, if you have no interest in the newsletter, please notify us so we can take your name off of the mailing list.  
 Joanne



**FRIENDS OF THE ELDERLY  
 ICE CREAM SOCIAL**

The Friends of South Hadley Elderly, Inc. will be hosting their annual ice cream social on Wednesday, July 16th at the South Hadley Senior Center at 1 p.m. Ruth Harcovitz, First Runner-up to Ms. Massachusetts will sing tunes celebrating Rodgers and Hammerstein. The program is supported by a grant from the South Hadley Cultural Council and funding from the Friends of South Hadley Elderly, Inc. Call 538-5042 and make your reservation early. Please let the receptionist know if you want strawberry, butterscotch or chocolate topping.



WestMass ElderCare Elder Nutrition Summer Picnic will be held on Tuesday, July 9th from 11 a.m. until 2:30 p.m. at the Moose Lodge #1849, 244 Fuller Road, Chicopee.

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

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**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): \_\_\_\_\_

- |   |   |   |
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| <input type="checkbox"/> Activities Account               | <input type="checkbox"/> Clinic Account       | <input type="checkbox"/> Nutrition Gift Account |
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| <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.