

COUNCIL ON AGING

South Hadley Massachusetts

The sun never sets on our Activities...

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JUNE 2013

Chairperson: M. Connie Laplante
 Social Service Coordinator:
 position open
 Web: www.southhadleyma.gov

HAPPY BIRTHDAY 90+ BIRTHDAY LUNCHEON WEDNESDAY, JUNE 19th

This year we will honor those who are turning 90 or over at a **SPECIAL LUNCHEON to be held on June 19th at 12 Noon. If you were born in 1923 PLEASE LET THE RECEPTIONIST KNOW when you make your reservation.** Those who are 91 or over this year are also welcome to attend. Because of limited space in the dining room each celebrant will be allowed to invite 1 guest. Celebrants will have their luncheon paid for by the Friends of South Hadley Elderly, Inc. Guests must pay for their own luncheon (60 and over suggested donation \$2.25 and 59 and under charge of \$3.00) Call in early! Give your name and date of birth and the name of your guest. The oldest resident in attendance will receive a small cake. We hope to see all nonagenarians that day! Space is limited, please keep in mind we want to accommodate as many 90 and over celebrants as possible. The menu is Juice, French Meat Pie/Gravy, Noodles, Green Beans, Whole Wheat Bread, and Birthday Cake.



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). Reservations close at 9 a.m. each day. Remember to cancel if you cannot make the luncheon. **THE SUGGESTED DONATION IS \$2.25 FOR PEOPLE 60 AND OVER, BUT REMEMBER IT IS A DONATION. EVERYONE UNDER 60 MUST PAY \$3.00.** FEDERAL GUIDELINES SPECIFY THAT FOOD SHOULD NOT BE TAKEN FROM THE LUNCH SITE. The only exceptions are bread, fruit, milk or non-perishable items.

South Hadley Senior Travel Club

Tuesday, July 9. The Schooner Argia. A 2- 1/2 hour smooth sail on the protective waters of historic Mystic River. Lunch at the **Mystic Riverwalk Restaurant.** Time to browse the shops of **Olde Mystic Village.** Cost \$96.00. Call Judy Fortier at 534-3598. **Thursday, August 1. Saratoga Raceway, Saratoga NY.** Includes admission and reserved grandstand seating. Dinner 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. **Thursday, August 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, September 20. The Essex Steam Train,** a restored 1920's Pullman Dining car for a savory 3 course lunch. Then cruise down the Lower Connecticut River aboard **The Becky Thatcher Riverboat.** Cost of both, \$84.00. Call David Bellefeuille 533-7724. **Tuesday, October 29. 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. **WINTER 2014 CARRIBEAN CRUISE** aboard the **Norwegian Gem.** Dates: Feb. 8-Feb. 17, 2014. Includes round trip motor transportation from South Hadley. Stops in San Juan, St. Maarten, St. Thomas and Samana with 4 days at sea. Cost depending on category. Call Barbara Laramee 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.*

VERY SPECIAL THANKS TO PAUL BERNARD FOR HIS \$51,000 GOLDMAN SACHS GIVES GRANT TO THE FRIENDS OF SOUTH HADLEY ELDERLY, INC. TO PURCHASE A NEW VEHICLE IN MEMORY OF HIS DAD, GERARD "GERRY" BERNARD. SOON A 12-PASSENGER "GERRY BERNARD" VEHICLE WILL BE PURCHASED TO REPLACE THE CURRENT 10-YEAR OLD VAN.

NOTES FROM THE DIRECTOR

As the fiscal year comes to a close, it is time for me to express my personal gratitude to everyone who has supported the South Hadley COA in anyway throughout the past year. The volunteers have provided service equivalent to 9 full-time positions. We are always looking for volunteers for various positions and projects. Call Doreen McDonald if you are interested in volunteering. You can help as little or as much as your schedule permits. I want to thank all of the staff and other Town employees who assist us whenever we ask. Thank you to the Executive Office of Elder Affairs, Senator Stan Rosenberg, Representative John Scibak, and WestMass ElderCare for all of their support.

PLEASE NOTE THAT OUR 90+ BIRTHDAY CELEBRATION WILL TAKE PLACE AT THE LUNCHEON ON WEDNESDAY, JUNE 19TH. SPACE WILL BE LIMITED SO CELEBRANTS SHOULD BE SURE TO MAKE THEIR RESERVATIONS IMMEDIATELY!

Special thanks to Irene Bernstein for coordinating the Senior Net program for the past thirteen years. The program, under her guidance, has drawn many individuals to the Senior Center. Your volunteer service and dedication are greatly appreciated by all!

Special thanks also to M. Connie Laplante and Irene Bernstein for serving on the COA Board. Due to the COA Rules and Regulations, they must step down from the Board after serving six-year terms. We appreciate your contributions to the mission of the South Hadley Council on Aging. Special thanks to Connie for serving as the Chair for many years.

I hope everyone enjoys the beautiful month of June!

Joanne



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 ☆ CONGRATULATIONS TO ☆
 ☆ PRISCILLA MANDRACHIA ☆
 ☆ FOR RECEIVING THE LIONS CLUB ☆
 ☆ CITIZENSHIP AWARD ☆
 ☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆

SPECIAL THANKS TO: Wayne and Marilyn Gass for the donation of tickets to the South Hadley Police Association BASH comedy night. The recipients were very pleased and appreciative.
 **HIP for the very generous donation of \$150 for the Nutrition Gift Account.
 **Susan Lever for the subscription to "Good Housekeeping."
 **South Hadley Women's Club for the \$200 donation to the COA that will be deposited into the Transportation gift account.
 **Everyone who supported the Friends of South Hadley Elderly, Inc. Card Party.
 **Dagmar Provost for the coffee, coffee filters and kleenex tissue
 **Walter Kos for the small American flags
 **Easthampton Savings Bank, Gerry Music Shop, South Hadley Dental Association, Inc., Skibel Plumbing, Inc., Tech Fab (Wayne Cordes) for the tickets they donated for the South Hadley Choral performance.
 **The Anna Mae Parker Memorial fund for the carnations sent to the Meals on Wheels Clients for Memorial Day.
 **Claire Bielanski for the 6 containers of laundry detergent

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

Unfortunately with summer comes the season of scams, especially for paving driveways, painting, etc. Do not fall victim to a scam artist. Check out business credentials before signing a contract. Do not hesitate to call the South Hadley Police if you are suspicious or a stranger is on your property. Remember the saying: "If it sounds too good to be true, beware because it probably is not!"

A note of thanks has been received from the Helma Court No. 64, Ladies Oriental Shrine of North America, Inc. of Springfield, MA thanking us for the support of their Aluminum Tab Collection/Recycling Project.

MANDATORY SANITATION TRAINING
 CHRISTINE BROWN, NUTRITIONIST FROM WESTMASS ELDERCARE WILL PRESENT A SANITATION TRAINING FOR ALL NUTRITION STAFF AND VOLUNTEERS ON **WEDNESDAY, JUNE 26 AT 1 P.M. IN THE SENIOR CENTER DINING ROOM.**

SNAP (Supplemental Nutrition Assistance Program) formerly known as the Food Stamp program.
 The Food Bank of Western Massachusetts is working with the South Hadley Senior Center to help older residents stretch their budget and buy healthy food by applying for SNAP. In Massachusetts, 63 percent of residents age 60 and older who are eligible for SNAP have not signed up.
 SNAP recipients use a card that can be swiped at the register in grocery stores, convenience stores, and some farmers' markets. Eligibility is based on household size, income, and other expenses. You may still be eligible even if you own a home and a car and collect Social Security or a pension.
 A volunteer from The Food Bank will be at the Senior Center on Tuesday, June 4th from 9:00 - 11:00 A.M. to pre-screen you, and if eligible, help you sign up for SNAP. To help facilitate the process, please bring Proof of Identity: license or birth certificate, Social Security Number (SSN) and proof that you live in Massachusetts: driver's license, or utility bill, or tax forms. Please call the South Hadley Senior Center at (413) 538-5042 to make an appointment. There is a myth that older adults receive very little assistance but deductions for some expenses can increase the monthly SNAP allotment.

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. JUNE MENU

- 3) LASAGNA W/TOMATO SAUCE, Italian Blend Vegetables, Garlic Bread, Apricots or Diet Apricots.
- 4) BIRTHDAY/ANNIVERSARY—CHICKEN PATTY W/GRAVY, Scalloped Potatoes, Peas, Rye Bread, Cake or Diet Cake, Congregate: Tossed Salad.
- 5) SALISBURY STEAKS W/GRAVY, Mashed Potatoes, Carrots, Multi Grain Bread, Tropical Fruit or Diet Tropical Fruit.
- 6) COLD PLATE: CHICKEN SALAD, Pasta Salad, Cucumber & Onion Salad, Roll, Pineapple or Diet Pineapple.
- 7) BREADED POLLOCK FILLETS, Rice Pilaf, Green Beans, Whole Wheat Bread, Juice, Pudding or Diet Pudding.
- 10) COLD PLATE: TURKEY SALAD, Potato Salad, Carrot/Raisin Salad, Whole Grain Roll, Cookies or Diet Cookies.
- 11) SPAGHETTI W/MEATBALLS, Mixed Vegetables, Garlic Bread, Tropical Fruit or Diet Tropical Fruit.
- 12) BROCCOLI & CHEESE QUICHE, Potato Puffs, Peas & Carrots, Roll, Mandarin Oranges or Diet Mandarin Oranges.
- 13) BBQ CHICKEN, Baked Potato, Corn Cobbets, Whole Grain Bread, Mixed Fruit or Diet Mixed Fruit.
- 14) CELEBRATE BELGIUM—APPLE GLAZED PORK, Seasoned French Fries, Red Cabbage, Biscuit, Chocolate Cookies or Diet Cookies.
- 17) BAKED HAM W/FRUIT SAUCE, Sweet Potatoes, Broccoli & Cauliflower, Rye Bread, Pineapple or Diet Pineapple.
- 18) BEEF TIPS & SAUCE, Mashed Potatoes, Peas, Mandarin Oranges or Diet Mandarin Oranges.
- 19) 90+BIRTHDAY CELEBRATION—FRENCH MEAT PIE W/ GRAVY, Noodles, Green Beans, Whole Wheat Bread, Juice, Cake or Diet Cake.
- 20) OVEN FRIED CHICKEN, Roasted Potatoes, Ratatouille, Peaches or Diet Peaches.
- 21) MACARONI & CHEESE, Stewed Tomatoes, Whole Grained Bread, Brownies or Diet Brownies.
- 24) SWEET & SOUR CHICKEN, Egg Noodles, Winter Mix Vegetables, Peaches or Diet Peaches.
- 25) MILD BEEF CHILI, Rice, Spinach, Biscuit, Pie w/Topping or Diet Pie.
- 26) ALL BEEF FRANKS, Baked Beans, Mixed Vegetables, Roll, Tropical Fruit or Diet Tropical Fruit.
- 27) COLD PLATE: TUNA SALAD, Macaroni Salad, Pickled Beets, Whole Grained Roll, Juice, Jell-O or Diet Jell-O.
- 28) POLLOCK LOINS, Rice Pilaf, Corn, Corn Bread, Pineapple or Diet Pineapple.

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.

Vitamin D—Important for More Than Just Our Bones!

By Christy Maxwell
UMass Dietetic Intern

Without a doubt you've likely heard some of the buzz about vitamin D. Most of us are aware that vitamin D plays an important role in bone formation. True, vitamin D is essential for healthy bones and in preventing osteoporosis, the gradual weakening of bone that can lead to life-threatening fractures. But are you aware that vitamin D plays an important role in other areas of our health as well?

To begin with, *active* 'vitamin D' isn't really a vitamin at all. It is actually a hormone (much like insulin), and just about every cell in our body has a receptor for it. Vitamin D is made in our skin by a specific wavelength of sunlight. During the winter months in the northern climates, the angle of the earth is such that the required wavelength of sunlight cannot penetrate our atmosphere. Thus, we are unable to make vitamin D in our skin from roughly November through March.

Although scientists have yet to discover every role of vitamin D, there have been many scientific advances that warrant our attention. Research suggests that higher levels of vitamin D are associated with a lower risk of many chronic diseases such as heart disease, diabetes, certain cancers, and high blood pressure, as well as conditions such as depression and insomnia. In addition, a recent study showed that higher vitamin D levels are associated with better balance in older adults, potentially reducing falls that lead to fractures. Since most diets are typically low in good sources of vitamin D, and many people avoid sun exposure, it is important to know what your level is and to speak to your doctor.

The current RDA is set at 600 IU/day for adults and 800 IU for those over 70. Food sources include *fortified* milk and orange juice which contain approximately 115-137 IU per cup. Three ounces of salmon contains around 450 IU, while Cod liver oil contains over 1,300 IU per tablespoon. The most efficient way to get enough vitamin D is from sunlight. Despite all efforts, studies continue to report estimates of 50-100% of the elderly men and women living in the United States are deficient in vitamin D.

The good news is that your doctor can order a simple blood test which measures the level of vitamin D in your blood. If your levels are low or deficient, vitamin D supplements (typically in the form of cholecalciferol) are readily available and fairly inexpensive. Most physicians, dietitians, and experts in the field, recommend taking at least 2000 IU per day. However, much higher amounts may be recommended in the beginning. Be sure to consult your doctor to determine what amount is right for you.

IS YOUR NUMBER UP?

Spring should be arriving soon and the South Hadley S.A.L.T. Council is ready to begin their house numbering program, "Is Your Number Up?"

If your house number has been damaged by the harsh winter weather or has disappeared now is the perfect time to order a new sign.

A visible house number is important for our Fire and Police Departments to reach you in the case of an emergency.

To order your house number, please call the Senior Center at 538-5042, or complete the coupon below and mail to the Senior Center. Your sign will be installed by staff members of the South Hadley Fire Department. The suggested donation is \$7.00.



SUPPORT/PROTECTIVE SERVICES

Seniors And Law Enforcement Together



Checks are made payable to the:

South Hadley S.A.L.T. Council

c/o the Senior Center

45 Dayton Street, South Hadley, MA 01075

Name _____

Address _____

Telephone Number _____

Checks should be made payable to: South Hadley S.A.L.T. Council and mailed to the Senior Center, 45 Dayton Street, South Hadley, MA 01075

SENIOR DRIVERS NEEDED FOR OLDER DRIVER TRAINING RESEARCH STUDY AT THE UNIVERSITY OF MASSACHUSETTS IN AMHERST

Receive training to help you better understand the challenges facing older drivers and learn strategies to help you compensate for age related declines in physical and cognitive function. The Human Performance Laboratory at the University of Massachusetts Amherst is conducting a senior driver training research study and is looking for drivers between the ages of 70 and 85 years of age to participate. They are studying various methods of training older drivers to better recognize road hazards and ways of raising awareness of how age related declines can adversely affect how older drivers process traffic-related information. The study involves on-the-road driving and training with the researchers using your own vehicle.

Sessions will be conducted at your local senior center. To be eligible, you must have been driving at least 3 to 4 times per week and had your license for 10 years. You must be generally healthy with no physician or state-imposed restrictions on your driving. Two to three sessions will be scheduled with each participant. Upon completion of the study, you will be compensated \$75.00 for your time and fuel. Appointments can be made on an individual or couple basis. If interested, please contact Dr. Matthew Romoser at 545-4543 or email him at mromoser@ecs.umass.edu.

SOUTH HADLEY TRIAD/S.A.L.T. HEALTH & SAFETY FAIR WILL BE HELD ON THURSDAY, MAY 30TH AT ST. PAT'S SOCIAL CENTER FROM 6-8 P.M. IT IS A MULTI-GENERATIONAL OPPORTUNITY TO LEARN ABOUT CAR SEAT SAFETY, JUVENILE DELINQUENCY PREVENTION, INTERNET SAFETY FOR PARENTS AND GRANDPARENTS, YOUTH DRIVING CONCERNS AND DISTRACTED DRIVING. LIGHT REFRESHMENTS AND FREE RAFFLE PRIZES.

MINIBUS TRIP TO TARGET AND J.C. PENNEY MALL IN HADLEY ONLY NOT WAL-MART MALL. IF YOU GO ON THIS TRIP YOU MUST STAY AT THE HAMPSHIRE MALL. THE STREET IS MUCH TOO BUSY TO CROSS SAFELY. PICKUPS WILL START AT 10 A.M. AND INDIVIDUALS WILL BE PICKED UP AT 1 P.M. AND BROUGHT TO ATKINS TO SHOP. PLEASE CALL 538-5042 TO MAKE YOUR RESERVATIONS. THERE WILL BE NO FARE FOR THE MINIBUS COURTESY OF THE SUBSIDIZED SENIOR TRANSPORTATION ACCOUNT. A MINIMUM OF 5 PASSENGERS IS REQUIRED FOR THIS TRIP.

Grocery shoppers needed. If you have a few hours to spare and would like to shop for an elder, please call Joanne for information. Completed application, references and successful CORI check mandatory.

IN MEMORIAM

IN MEMORY OF:

FROM:

BUILDING FUND:

JOHN M. FOLEY

Susan M. Canedy
Irene Lempke
Wayne & Mary Boulais
Dave & Rita Johnson
Mary Anne Lynch
M. Connie Laplante
Elaine Oldread
Baker-Waite Realty, Inc.
Edward W. Wise
James Eisenstock
Paul Foerster
Gretta Tucker
Genevieve Mroczek
Mariellen Mulvaney
Judy Fortier

BERNARD WHALEN, SR.

Robert & Ruth Lynch

FREDERICK BACH

James Procon

NUTRITION:

JOHN M. FOLEY

Augie & Peggy Breault

ANGIE BAINBRIDGE

Angus Bainbridge

MOTHER'S GARDEN:

RUTH MILLER

Barbara Sullivan

LESLIE R. LINNEHAN

Theresa M. Linnehan

LUANNE REYNOLDS

Noella R. Loiselle

FLORA FARLEY

Shirley Danasko

TRANSPORTATION ACCOUNT:

ROBERT

David Perwak

MINIBUS (FUTURE PURCHASE):

KAREN GAOUETTE

Robert & Linda Scott

RONALD BOISJOLIE

Robert & Linda Scott

IN MEMORIAM

IN MEMORY OF:

FROM:

EMERGENCY FUND:

JAMES B. NEWTON

Don & Marlene Gagne

WILLIAM LUCHINI

Rose Luchini

NEWSLETTER:

LEO & DEBBIE MAILHOTT

Claire T. Mailhott

NEW DONATIONS

Received after January 2013 Newsletter:

ACTIVITY GIFT/NECESSITIES: Heather Ecklin, Donna M. Robideau, Wanda Dziadek; **BUILDING FUND:** Paul & Judith Dobosh, Wayne Popp, Pauline Reed, Roberta Britt, Marlene Perkins; **CHRISTMAS BASKETS:** Nellie Cabot; **LIGHTS ON:** Philip & Carol Boivin, First Congregational Church; **MINIBUS (FUTURE PURCHASE):** Audre & David Graci, John & Irene Bledsoe; **NEWSLETTER:** Robert & Ruth Lynch, Walter Wojnarowski, Priscilla Peloquin, Sophie Kuzeb-ski, Dorothy & Donald St. Pierre, Ken Ellis, Lillian Leviton, Edith Jarry, Richard & Kathryn Kirby, Roland & Carlene Allard, Don Boissonnault, Roland & Sharlene Racine, Lorraine D. Lavallee, Marguerite Quesnel, Donna Robideau, Krystyna Sulek, Robert M. & Lynn Bertram, Heather Ecklin, Claudette J. Pinsonneault, Joanne E. Kluza, Cecile & Wendell Clark, Joseph & Mary Hirschel, Heddy Magrath, Harry Chandler, John Leonard, Dorothy A. Castonguay, Richard & Janet Rudolph, Edward Mello, Theresa A. Szumski, Shirley Scanlon, Helga Loeffler, Robert Ratkiewicz, Barbara & John Brown, Anna O. Stawarz, Lorraine B. Army, Gloria & Warren McAvoy, Mr. & Mrs. Richard Lacoste, Pat Howe, Jim & Marie Stathis, Mary Mulvaney, Donna Spirito, Robert & Helene Grenier, Paul & Carolyn Hennerman, Marlene Perkins; **NUTRITION:** HIP, Grace Kelly, Eva Mae Miner, Joy & Warren Bock, Constance C. Grise, Elizabeth Bowdan, Lyndsay & Irene Tetlow; **SERVICES GIFT:** Pauline H. Reed; **TRANSPORTATION:** Virginia F. Johnston.

Thank you!

<p>ROOM KEY CR=Card Room CE=Ceramics C2=Formerly Old Office C1=Conf. Room Off Library EX=Exercise Room DR=Dining Room L=Library</p>	<p>IN TOWN TRANSPORTATION IS AVAILABLE MONDAY-FRIDAY 9-3 BY APPOINTMENT ONLY</p> 	<h1 style="text-align: center;">JUNE 2013</h1>		<p>June 14th—Flag Day June 21—1st day of Summer REMEMBER TO * Stay cool * Drink plenty of fluids * Wear sunscreen & sunglasses * Wear protective clothing if walking in wooded areas.</p>
<p>3 LASAGNA/TOMATO SAUCE 9:30 Foot Nurse (by appt.) 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</p>	<p>4 BIRTHDAY/ANNIVERSARY CHICKEN PATTY/GRAVY 9-12 SHINE (by appt.) 9-11 SNAP Program, Informational Presentation-CR 1 Bingo-CR 1 Movie-EX 1 Needlecraft-CE</p>	<p>5 SALISBURY STEAK/GRAVY 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>6 COLD CHICKEN SALAD PLATE 10 Alzheimer's Support -C2 10 Travel Club-C1 1 Scrabble-L 1 Quilting-CE 1 Golden Agers-CR</p>	<p>7 BREADED POLLOCK FILLETS 9:30 Grocery Shopping 10 Coffee & Conversation-DR 10:30 Osteoporosis Exercise-EX 1 Knitting-L 1 Bridge-CE 1 Cribbage-CR 1 Canasta-DR 1 Poker-DR</p>
<p>10 COLD TURKEY SALAD PLATE 10 Music Appreciation-CE 10 Tai Chi-EX 10-2—Trip to Hadley Mall & Atkins 1 Poker-DR, 1 Pinochle-DR 1 Canasta-DR 1 Mah Jongg-CR</p>	<p>11 SPAGHETTI/MEATBALLS 1 Bingo-CR 1 Movie-EX 1 Needlecraft-CE</p> 	<p>12 BROCCOLI & CHEESE QUICHE 9:30 Grocery Shopping 10 Travel Club-C1 10:30 Osteoporosis Exercise-EX 1 Pitch-CR 1 Mah Jongg-CE</p>	<p>13 BBQ CHICKEN 10 Travel Club-C1 12 Veteran's Outing 12:30-2pm Blood Pressure Screening w/Nurse-C2 1 Quilting-CE 1 Scrabble-L 1 Golden Agers-CR</p>	<p>14 CELEBRATE BELGIUM APPLE GLAZED PORK 9:30 Grocery Shopping 10 Coffee & Conversation-DR 10:30 Osteoporosis Exercise-EX 1 Bridge-CE 1 Cribbage-CR 1 Canasta & Poker-DR 1 Knitting-L FLAG DAY</p>
<p>17 BAKED HAM/FRUIT SAUCE 9:30 Foot Nurse (by appt.) 10 Music Appreciation-CE 10 Tai Chi-EX 1 Poker-DR 1 Pinochle-DR 1 Canasta-DR 1 Mah Jongg-CR</p>	<p>18 BEEF TIPS/SAUCE 9-12 SHINE (by appt.) 10 Lo-Vision Support-C2 10-11 Brown Bag-CE 1 Bingo-CR 1 Movie-EX 1 Needlecraft-CE No Get Going until further notice.</p>	<p>19 "90+ BIRTHDAY CELEBRATION" FRENCH MEAT PIE/GRAVY 9:30 Grocery Shopping 10 Travel Club-C1 10:30 NO Osteoporosis Exercise-EX 1 Mah Jongg-CE 1 Pitch-CR</p>	<p>20 OVEN FRIED CHICKEN 10 Travel Club-C1 1 Quilting-CE 1 Scrabble-L 1 Golden Agers-CR</p>	<p>21 MACARONI & CHEESE 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-DR 1 Poker-DR</p>
<p>24 SWEET & SOUR CHICKEN 10 Music Appreciation-CE 10 Tai Chi-EX 1 Poker-DR 1 Pinochle-DR 1 Canasta-DR 1 Mah Jongg-CR</p>	<p>25 MILD BEEF CHILI 9 Newsletter Collating-CE 1 Bingo-CR 1 Movie-EX 1 Needlecraft-CE</p>	<p>26 ALL-BEEF FRANKS 9:30 Grocery Shopping 10 Travel Club-C1 10:30 Osteoporosis Exercise-EX 1 Mah Jongg-CE 1 Pitch-CR</p>	<p>27 COLD TURKEY SALAD PLATE 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>28 POLLOCK LOINS 9:30 Grocery Shopping 10 Coffee & Conversation-DR 10:30 Osteoporosis Exercise-EX 1 Knitting-L 1 Bridge-CE 1 Cribbage-CR 1 Canasta-DR 1 Poker-DR</p>



DOREEN'S INFO

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

Workshops we will offer: **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.

Each class has coaches who help each student, an instruction book and a practice disc that is yours to keep. The Friday afternoon lab is available and open to all those who take our classes.

OTHER CLASSES: If there are other topics you'd like to learn, call and leave a message at 533-6889.

Happy June! Isn't it wonderful feeling the sun's warm rays and getting out and about and not having to put on heavy coats, scarves and hats? I want to say "thank you" for the great comments that were shared with me about our Volunteer Appreciation Event last month. It was so nice to see the volunteers and their guest's enjoying a relaxing time. As Lisa mentioned volunteer hours for 2012 tallied to 16,791. Our COA is so fortunate to have such a dedicated group of volunteers. If you received an invitation to the event and were unable to attend, I have a gift for you in my office. Please stop by to pick it up.

As we head into the hot and humid summer months, please check the monthly calendar. Some of our regular scheduled activities will not be meeting during the summer. The center is still open and offering a cool air conditioned environment. Come and have a "home styled" cooked meal and socialize. Our Library has gone through a "purging" so this may be a good time to come and read that book you always wanted to read. Tuesdays are movie days. Come have some popcorn and enjoy.

On Tuesday the 4th we will be having our Birthday / Anniversary luncheon. If you have a celebration, please come and have lunch, courtesy of the "Friends of the Elderly". Reservations are required and one guest per celebrant. The Alzheimer's Support group will be meeting only once this month and that will be on the 6th at 10:00 am.

The Veteran's "get together" will be on the 13th. We will not be meeting during July and August. If over the summer you have any ideas for guest speakers, topics give me a call. My extension is 205. Over the summer I will be planning the calendar.

Our annual "90 or more years Birthday Celebration" will be on the 19th. Please call to make your reservation. You may invite one guest to come with you. French meat pie with gravy is on the menu as well as birthday cake.

With the summer season upon us, please remember to drink plenty of fluids and keep yourself cool and use sunscreen when outdoors.

Mark your calendar for Tuesday, June 4th. SNAP will do a presentation 9am-11am. This will be about how many seniors are missing the opportunity to stretch their dollars with food stamps.

A handwritten signature in black ink that reads "Doreen".

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

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