

# COUNCIL ON AGING

South Hadley Massachusetts

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

Director: Joanne Trybus  
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[lnapiorkowski@southhadleyma.gov](mailto:lnapiorkowski@southhadleyma.gov)

## THE GOLDEN CHRONICLE

Chairperson: M. Connie Laplante  
 Social Service Coordinator:  
 Angie Wright  
 E-Mail: [awright@southhadley.org](mailto:awright@southhadley.org)  
 Website: [www.southhadleyma.gov](http://www.southhadleyma.gov)

**MARCH 2013**

### ST. PATRICK'S DAY LUNCH & CONCERT

WEDNESDAY, MARCH 13TH

**SUGGESTED DONATION \$2.25**

Come and celebrate the holiday with us. The entrée is corned beef and cabbage. A Colleen and court will be chosen via raffle. Entertainment by the Choralites who will sing some wonderful holiday music, immediately following lunch. Reservations will be taken **beginning on Friday, March 1st at 8 a.m.** Call 538-5042 or stop by the office. **Please do not leave a message.**

NOTE: DAYLIGHT-SAVINGS TIME BEGINS EARLY THIS YEAR. REMEMBER TO MOVE YOUR CLOCKS ONE HOUR FORWARD ON SUNDAY, MARCH 10TH.

#### 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., usually the second Monday of each month and usually last about one hour. For more information call Joanne at 538-5042.

Every Weekday: Nutritious & Delicious Lunch 11:45 a.m.-12:15 p.m. in the South Hadley Senior Center Dining Room. Please reserve a day in advance (538-5042) and cancel if you cannot attend. Suggested donation \$2.25 for persons over 60. Guests 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

**Tues.-March 5: Aqua Turf's gala St. Patrick's Day celebration with Tony Kenny,** past winner of Ireland's Entertainer of the Year with an elegant lunch. Wear your green. **Cost \$86.00.** Call Howie Walsh 593-6286. **Wed.-April 3: Maple Syrup Breakfast Parker's Maple Barn featured on Phantom Gourmet.** Includes visit to Butterfly Place and tasting and tour of Nashoba Valley Winery. **Cost \$76.00.** Call David Bellefeuille, 533-7724. **Tues.-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 to see the Empire State Building, Brooklyn Bridge, Statue of Liberty and Ellis Island. **Cost \$79.00.** Call Judy Fortier, 534-3598. **Tues.-June 11: Authentic Mississippi Paddlewheel River Rose Cruise, Hudson River, NY.** Full course luncheon at **Torches** on the Hudson. Shop at Fair Acre Farms. **Cost \$85.00.** Call Susan Canedy, 536-2106. **Tues.-July 9: The Schooner Argia.** A 2 1/2 hour smooth sail on the historic Mystic River. Lunch at the **Mystic Riverwalk Restaurant.** Browse the shops after lunch in of **Olde Mystic Village.** **Cost \$96.00.** Call Judy Fortier at 534-3598. **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.** A Travel Club Representative is at South Hadley Senior Center Wed. and Thurs. 10-11:30. Flyers available.

## NOTES FROM THE DIRECTOR

As I have shared many times through the years I love spring so I am anxiously waiting to see a Crocus pop through the soil. However as I write this article, a winter storm watch is in progress, a reminder winter is not over although the Groundhog predicted an early spring! I am certain we will all be thinking spring when the clocks spring ahead on Sunday, March 10th.

Reservations for the St. Patrick's luncheon begin on **Friday, March 1st at 8 a.m.** Please do not leave a message on voice mail. Although it is disappointing to be placed on the waiting list, do not hesitate to add your name because many times we call everyone on the list by the day of the event. Please note there will be no movie on Tuesday, March 12th or Osteo exercise on Wednesday, March 13th. Also the Diabetic Support Group will meet at 2 p.m. on March 13th instead of 1 p.m.

As the ground begins to thaw please keep in mind the importance of having a visible house number. The TRIAD house number sign makes it much easier to find a house, especially in the dark. Seconds count in an emergency situation so please help make finding your home easier for emergency personnel. Call the COA at 538-5042 and put your name on the list. A very small donation of \$5 is requested to help defray the cost of the post and number sign. Volunteers install the signs.

Thank you to the "Friends" for sending Valentine treats to the home-delivered meals clients.

**On March 14th, 1 p.m. in the senior center dining room, the Middle School Band will perform. I hope many of you will be able to attend this event. The young musicians will appreciate an audience and you will hear the talent of the students.**

The volunteer librarians have requested that I ask the participants using the senior center library to express what type of books they are most interested in reading. The space is getting smaller and the goal is to keep books available that are borrowed often. Also, please remember to sign your name when borrowing a book because it is a unit of service provided at the senior center.

Mah Jongg Teach and Learn continues on Fridays throughout March, 10 a.m. in the small conference room.

Happy Spring!!!

*Joanne*

DIABETES SUPPORT GROUP-WED., MARCH 13TH

2 — 3:30 P.M. IN THE CONFERENCE ROOM

" EXERCISE FOR THE REST OF US "

Presented by Mary Anne Sopelak, MS, RD,CDE and an Exercise Physiologist student from Springfield College  
**A light exercise update and the benefits in managing your blood glucose.**

### SPECIAL THANKS TO:

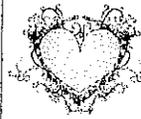
\*\*Fire District # 1 for sharing space for the COA minibus

\*\*The Friends of South Hadley Elderly, Inc. for sponsoring the subscription to the Daily Hampshire Gazette

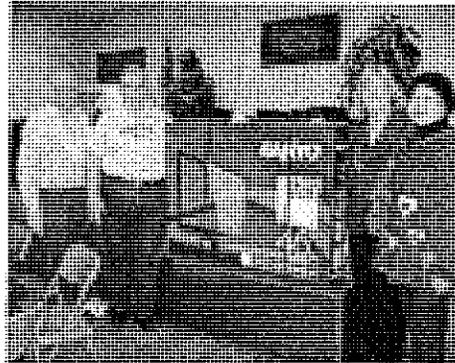
\*\*Jo Duguay for the Punch Bowl set

\*\*The Anna Mae Parker memorial fund for the carnations sent home to the meals on wheels clients on Valentine's Day

\*\*David Rundle for the plastic utensils



\*SPECIAL THANKS TO WENDY STORY AND MARC GAUDREAU OF BEERS & STORY SOUTH HADLEY FUNERAL HOME FOR THE DELICIOUS CAKE FOR THE CONGREGATE VALENTINE'S LUNCH. THANK YOU TO MARC FOR THE WALK DOWN MEMORY LANE WITH THE SLIDE SHOW OF 2012. IT WAS VERY NICE TO REMINISCE.



*Thank You*

South Hadley Senior Travel Club for the 46" LCD Television for the Movies

### CALLING ALL "FRIENDS"

Just a reminder! The Friends of South Hadley Elderly are collecting dues for the 2013 membership year. Please send your \$5.00 check, payable to the Friends of South Hadley Elderly, or cash to Donna Robideau, 12 Edgewater Lane, South Hadley. If you wish, you can leave your money and information at the Senior Center and a member of the "Friends" will get it. Thanks for your continued support. Without your memberships, donations and memorials we would not be able to fund the various activities, programs and miscellaneous expenses to benefit our seniors. Please consider joining "The Friends of South Hadley Elderly, Inc. and send in your money for dues today.

Please mark your calendar for the "Friends Card Party" to be held on Tues., May 14th at the St. Patrick's Social Center. Tickets will be available soon. Please help us to help the South Hadley Council on Aging/Senior Center.

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

## **Angie's News & Notes**

### **Bereavement Support Group**

On Friday, April 12, 2013 and every Friday thereafter through May 31, 2013, I will be facilitating our yearly Bereavement Support Group here at the South Hadley Council on Aging. Seniors who have lost a loved one during 2012 are encouraged to join the group.

The Support Group will provide grieving individuals with information that helps them integrate loss into their lives—information and education that also helps them to understand and affirm what they are experiencing. What's more, there will be help to understand and avoid some of the unnecessary pain sometimes caused by well-intentioned but misinformed friends and family members. As noted grief counselor, Alan D. Wolfelt, PhD writes, "These people sometimes perpetuate grief misconceptions, offer misguided advice and impose unrealistic and inappropriate expectations on the mourner."

By joining a support group one can learn new coping skills from others who are surviving a similar loss, and receive support from others who really do have an appreciation for the bereaved' thoughts, feelings and experiences. Please be assured that each meeting will be a safe place to express your feelings without fear of being judged.

Seeking support and education are positive steps in the healing process. Please don't hesitate to contact me at (413) 538-5042 if you have any questions.

Please note that in the event less than 8 people join the support group it will, by necessity, be cancelled.



Angie Wright, MSW  
Social Service Coordinator

### **Neighbors Helping Neighbors South Hadley Food Pantry**

The South Hadley Food Pantry is a community project that opened in January, 2011.

Neighbors Helping Neighbors' (NHN) vision is to provide a safety net for South Hadley residents with food insecurity. Located in the United Methodist Church, 30 Carew St., South Hadley, clients may walk in during regular hours to register. Basic information regarding their personal identity, residency in South Hadley, the number of people in their household and household income will be asked for by volunteers. If clients are unable to provide written proof, they may sign a declaration stating that the information they provide is truthful.

Clients can visit the food pantry once every two weeks. NHN offers clients approximately 4-6 day's worth of food at each bi-weekly visit. The amount of food given is based upon the number of household members. As a "client choice" pantry, NHN has a process which allows clients to choose which items are most needed and wanted by their households. Seniors who are homebound can expect a monthly delivery.

Open: Wednesdays 12:30-3:30pm and 6-7:30pm; Saturdays 10am-1pm

Telephone Number: (413) 530-8240

## 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. MARCH MENU

- 1) CELEBRATE VENEZUELA—VENEZUELAN FISH WITH CREAM SAUCE, White Rice, Lima Beans, Cornbread, Coconut Cake or Diet Coconut Cake.
- 4) FRENCH MEAT PIE W/GRAVY, Egg Noodles, Carrots, Cornbread, Mandarin Oranges or Diet Mandarin Oranges.
- 5) BIRTHDAY/ANNIVERSARY—ROASTED PORK W/GRAVY, Roasted Potatoes, Peas & Onions, Multi Grained Roll, Cake or Diet Cake.
- 6) MEATBALLS W/SPAGHETTI, Tomato Sauce, Garlic Bread, Spinach, Peaches or Diet Peaches.
- 7) VEAL PATTY W/GRAVY, Mashed Potatoes, Mixed Vegetables, Whole Grained Bread, Cookies or Diet Cookies.
- 8) FLORENTINE POLLOCK, Egg Noodles, Corn, Roll, Pineapple or Diet Pineapple.
- 11) BAKED TUNA & NOODLE CASSEROLE, Peas & Carrots, Rye Bread, Orange Juice, Pudding or Diet Pudding.
- 12) ROAST TURKEY W/GRAVY, Mashed Potatoes, Wax Beans, Multi Grained Bread, Fruit Cocktail or Diet Fruit Cocktail.
- 13) ST. PATRICK'S DAY LUNCHEON—CORNEBEEF W/ CABBAGE, Boiled Potatoes, Carrots, Soda Bread, Cake w/Mint Frosting or Diet Cake w/Mint Frosting.
- 14) GROUND BEEF STROGANOFF, Brown Rice, Broccoli, Biscuit, Fruit.
- 15) MACARONI & CHEESE, Stewed Tomatoes, Whole Grained Bread, Tropical Fruit or Diet Tropical Fruit.
- 18) CHICKEN TERIYAKI, Rice Pilaf, Peas & Onions, Multi Grained Bread, Mandarin Oranges or Diet Mandarin Oranges.
- 19) SHEPHERD'S PIE W/GRAVY, Mashed Potatoes, Carrots, Rye Bread, Orange Juice, Jell-O or Diet Jell-O.
- 20) CHEESE PIZZA W/SAUCE, Broccoli, Whole Grained Roll, Apricots or Diet Apricots.
- 21) PORK PATTY W/GRAVY, Mashed Potatoes, Mixed Vegetables, Apple Sauce, Fruit or Diet Fruit.
- 22) BREADED POLLOCK LOINS, Rice, Corn, Juice, Multi Grained Roll, Rice Pudding or Diet Rice Pudding.
- 25) LASAGNA W/MEAT SAUCE, Broccoli & Cauliflower, Garlic Bread, Pineapple or Diet Pineapple.
- 26) OVEN FRIED CHICKEN, Baked Potato, Peas & Onions, Whole Grained Roll, Brownies or Diet Brownies.
- 27) SWEET & SOUR PORK, Confetti Rice, Mixed Vegetables, Rye Bread, Tropical Fruit or Diet Tropical Fruit.
- 28) BAKED HAM W/PINEAPPLE, Brown Rice, Broccoli, Whole Grained Bread, Jell-O or Diet Jell-O.
- 29) FIESTA POLLOCK, Scalloped Potatoes, Spinach, Roll, Fresh 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.

## National Nutrition Month

By Colleen Lynch  
Keene State College Dietetic Intern

March is National Nutrition Month® and this year's theme is "Eat Right, Your Way, Every Day". This encourages personalized healthy eating styles and recognizes that food preferences, lifestyle, cultural and ethnic traditions, as well as health concerns, all impact individual food choices. Here are some everyday eating tips to make your personal diet a healthy one.

- ◆ Balance your calories to manage weight. The first step is to focus on balancing calorie intake with physical activity. This will put you on track to achieving or maintaining a healthy weight and reducing the risk of developing weight-related chronic diseases.
- ◆ Eat more fruits and vegetables. Experts say that we should be eating 5 servings of fruits and vegetables per day. Some even suggest that we should be eating up to 9 servings. Eat a variety of colorful fruits and vegetables to maintain an optimum level of health.
- ◆ Switch to whole grains. Whole grains have lots of fiber which is important for our digestive health. You can identify a whole grain by looking at the ingredients list on a package of bread, cereal, rice or pasta—the first ingredient should say "whole". Make at least half your grain servings whole grains.

### Why Weight-Bearing Exercise Is Important as We Age

After age 50, muscle mass declines approximately 10% every 10 years. As muscles atrophy, the percentage of body fat increases relative to muscle tissue. By age 70, the body is composed of comparatively more fat, and muscles are considerably weaker than they once were.

This process of losing muscle presents a host of potential problems. Muscles provide vital support for a large portion of the body's weight.

- ◆ As muscles shrink and weaken with age, the burden of supporting weight shifts onto bones and joints, which can lead to osteoarthritis—the breakdown of cartilage between joints.
- ◆ Muscles also help to prevent falls by maintaining proper balance and coordination. It is the loss of muscle combined with poor balance and coordination that causes the fall that results in a broken bone.
- ◆ While insufficient muscle strength can lead to injury, it can also make it more difficult for people to recover from injury or illness. Older adults who lose a lot of the muscle mass become frail, which can lead to a cycle of disability, low physical activity, weakness and poor nutrition.

**Walking**—When it comes to maintaining strength, even simple exercises like walking can have benefits for your muscles and heart. Walking is a weight-bearing exercise because it allows you to preserve some degree of strength and get your heart rate up by carrying your own weight against the force of gravity.

**Beyond walking: resistance or strength-building exercises**—Older adults need an extra push to help make up for the muscle and bone mass that is lost naturally with age and to help prevent or manage specific conditions like osteoporosis, arthritis and poor balance.

When it comes to the many benefits of exercise, "what you get, you don't always see." What you don't see are the substantial improvements in insulin sensitivity and glucose metabolism, which lower diabetes risk, in addition to better cholesterol control for preventing cardiovascular disease. The muscles are the body's energy engine. When used regularly, they are better able to improve the processing of blood sugars and fat.

(Source: John Hopkins Medicine "Health Alerts"—Nutrition & Weight Control)

**IN MEMORIAM**

**IN MEMORY OF:**

**FROM:**

**BUILDING FUND:**

DONALD ST. PIERRE Mary Januskiewicz  
Alicia Pierson  
Linda Januskiewicz  
John & Barbara Brown

LESLIE R. LINNEHAN The Linnehan Family

**NUTRITION:**

BARBARA TODD M. Connie Laplante

WILLIAM CHAMPAGNE Lathrop Village &  
Newton Manor Tenants Assoc.

LUANNE REYNOLDS Noella Loiselle

MARGARET WHITENETT Carolyn Dupuis

DONALD ST. PIERRE Carole & Michael Dubuc

E. JAMES PAOLUCCI Fran Mytkowicz

ANITA HARNOIS Frank & Mary Jesionowski

**NEWSLETTER:**

HELEN R. KENNEDY Kathleen A. Kennedy

RENE LAVERDIERE Tillie Laverdiere

JANET SMITH Doris Pichette

**TRANSPORTATION:**

ROBERT BELLIVEAU Lucille Ryan

JACK RYAN Lucille Ryan

RALPH David Perwak

**MOTHER'S GARDEN:**

BARBARA TODD Lathrop Village & Newton  
Manor Tenants Assoc.

DOROTHY JOYAL Lathrop Village & Newton  
Manor Tenants Assoc.

**IN MEMORIAM**

**IN MEMORY OF:**

**FROM:**

**SUBSIDIZED SR. TRANSPORTATION:**

MARTHA E. KEOCHAREON Lathrop Village &  
Newton Manor Tenants Assoc.

RICHARD DUPUIS Carolyn Dupuis

**MINI-BUS MAINTENANCE ACCOUNT:**

DONALD ST. PIERRE Neshan & Roberta  
Daglian

LEONIL QUESNEL Roland & Sharlene Racine

ALEXANDER GLADU Rita T. Gladu

**LIGHTS ON:**

LEONIL QUESNEL Roland & Sharlene Racine

FREDERICK BACH James M. Procon

HELEN R. KENNEDY Kathleen A. Kennedy

DONALD ST. PIERRE James M. Procon  
Jeanne Peloquin

**ACTIVITIES/NECESSITIES:**

DONALD ST. PIERRE Cynthia L. Neumann

*With Our Sincere Gratitude*

**THE ANNA MAE PARKER  
MEMORIAL FUND**

The South Hadley COA is very thankful for  
recently receiving a very generous donation of  
\$1,000 in memory of Anna Mae Parker from her  
grandson & his wife

*In Loving Memory from  
Thomas & Anne Murray.*

<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><b>IN TOWN TRANSPORTATION AVAILABLE MONDAY-FRIDAY FROM 9-3, BY APPOINTMENT ONLY.</b></p>  <p><b>DAYLIGHT SAVINGS TIME BEGINS MARCH 10TH</b></p>	<h1>MARCH 2013</h1>		<p><b>1 CELEBRATE VENEZUELA VENEZUELAN FISH WITH CREAM SAUCE</b>  9:30 Grocery Shopping  10 Coffee &amp; Conversation-DR  <b>10 Mah Jongg Teach &amp; Learn—C1</b>  10:30 Osteoporosis Exercise-EX  1 Knitting-L/Bridge-CE/Poker-DR  1 Cribbage-CR/Canasta-DR</p>
<p><b>4 FRENCH MEAT PIE W/ GRAVY</b>  10 Music Appreciation-CE  <b>10 Tai Chi-EX</b>  1 Poker-DR  1 Pinochle-DR  1 Canasta-DR  <b>1 Red Hat Society-CR</b>  1 Mah Jongg-CE</p>	<p><b>5 BIRTHDAY/ANNIVERSARY ROASTED PORK W/GRAVY</b>  <b>Travel Club Trip</b>  10 Beginning Exercise-EX  1 Bingo-CR  1 Movie-EX  1 Needlecraft-CE</p>	<p><b>6 MEATBALLS W/SPAGHETTI &amp; SAUCE</b>  8 HIP-EX  <b>9-12 AARP Tax Assist-C2</b>  9:30 Grocery Shopping  10 Travel Club-C1  10:30 Osteoporosis Exercise-EX  1 Pitch-CR  1 Mah Jongg-CE  1 Choralites - DR</p>	<p><b>7 VEAL PATTY W/GRAVY</b>  10 Beginning Exercise-EX  10 Travel Club-C1  <b>10 Alzheimer's Group—C2</b>  1 Scrabble-L  1 Quilting-CE  1 Golden Agers-CR</p>	<p><b>8 FLORENTINE POLLOCK</b>  9:30 Grocery Shopping  10 Coffee &amp; Conversation-DR  <b>10 Mah Jongg Teach &amp; Learn—C1</b>  10:30 Osteoporosis Exercise-EX  1 Knitting-L/Bridge-CE/Poker-DR  1 Cribbage-CR  1 Canasta-DR</p>
<p><b>11 BAKED TUNA &amp; NOODLE CASSEROLE</b>  <b>9:30 Foot Nurse (by appt.)</b>  10 Music Appreciation-CE  <b>10 Tai Chi-EX</b>  1 Poker-DR, 1 Pinochle-DR  1 Canasta-DR  1 Mah Jongg-CR  <b>4 COA Board Meeting-C2</b></p>	<p><b>12 ROAST TURKEY W/GRAVY 9-12 SHINE (by appt.)</b>  10 Beginning Exercise-EX  1 Bingo-CR  <b>1 No Movie</b>  1 Needlecraft-CE</p>	<p><b>13 ST. PATRICK'S DAY LUNCHEON CORNED BEEF AND CABBAGE</b>  8 HIP-EX  <b>9-12 AARP Tax Assist-C2</b>  9:30 Grocery Shopping  10 Travel Club-C1  <b>10:30 NO Osteoporosis Exercise</b>  <b>1 Choralites' Concert-DR</b>  1 Pitch-CR, 1 Mah Jongg-CE,  <b>2 Diabetic Support Group-C2</b></p>	<p><b>14 GROUND BEEF STROGANOFF</b>  10 Beginning Exercise-EX  <b>10 Veteran's Meeting-CE</b>  10 Travel Club-C1  <b>12:30-2pm Blood Pressure Screening w/Nurse-C2</b>  <b>1 Middle School Band</b>  1 Quilting-CE/1 Scrabble-L  1 Golden Agers-CR</p>	<p><b>15 MACARONI &amp; CHEESE</b>  9:30 Grocery Shopping  10 Coffee &amp; Conversation-DR  <b>10 Mah Jongg Teach &amp; Learn—C1</b>  10:30 Osteoporosis Exercise-EX  <b>11:30 Rep. John Scibak-DR</b>  1 Bridge-CE/Cribbage-CR  1 Canasta &amp; Poker-DR  1 Knitting-L</p>
<p><b>18 CHICKEN TERIYAKI</b>  10 Music Appreciation-CE  <b>10 Tai Chi-EX</b>  1 Poker-DR  1 Pinochle-DR  1 Canasta-DR  1 Mah Jongg-CR</p>	<p><b>19 SHEPHERD'S PIE W/GRAVY 9-12 SHINE (by appt.)</b>  <b>10 Lo-Vision Support-C2</b>  <b>10-11 Brown Bag-CE</b>  10 Beginning Exercise-EX  1 Bingo-CR  1 Movie-EX  1 Needlecraft-CE  <b>2 Get Going-C2</b></p>	<p><b>20 CHEESE PIZZA W/SAUCE</b>  8 HIP-EX  <b>9-12 AARP Tax Assist-C2</b>  9:30 Grocery Shopping  10 Travel Club-C1  10:30 Osteoporosis Exercise-EX  1 Mah Jongg-CE/1 Pitch-CR  1 Choralites -DR</p> <p style="text-align: right;"><i>Spring</i></p>	<p><b>21 PORK PATTY W/GRAVY</b>  <b>10 Alzheimer's Group—C2</b>  10 Beginning Exercise-EX  10 Travel Club-C1  1 Quilting-CE  1 Scrabble-L  1 Golden Agers-CR</p>	<p><b>22 BREADED POLLOCK LOINS</b>  9:30 Grocery Shopping  10 Coffee &amp; Conversation-DR  <b>10 Mah Jongg Teach &amp; Learn—C1</b>  10:30 Osteoporosis Exercise-EX  1 Knitting-L/Bridge-CE  1 Cribbage-CR  1 Canasta-DR/Poker-DR</p>
<p><b>25 LASAGNA W/MEAT SAUCE</b>  <b>9:30 Foot Nurse (by appt.)</b>  10 Music Appreciation-CE  <b>10 Tai Chi-EX</b>  1 Poker-DR  1 Pinochle-DR  1 Canasta-DR  1 Mah Jongg-CR</p>	<p><b>26 OVEN-FRIED CHICKEN</b>  <b>9 Newsletter Collating-CE</b>  10 Beginning Exercise-EX  1 Bingo-CR  1 Movie-EX  1 Needlecraft-CE</p>	<p><b>27 SWEET &amp; SOUR PORK</b>  8 HIP-EX  <b>9-12 AARP Tax Assist-C2</b>  9:30 Grocery Shopping  10 Travel Club-C1  10:30 Osteoporosis Exercise-EX  <b>11:30 Candidates Lunch</b>  1 Choralites-DR  1 Mah Jongg-CE  1 Pitch-CR</p>	<p><b>28 BAKED HAM W/PINEAPPLE</b>  10 Beginning Exercise-EX  10 Travel Club-C1  <b>10:30 Blood Pressure Screening w/Fire District #1-DR</b>  1 Quilting-CE  1 Scrabble-L  1 Golden Agers-CR</p>	<p><b>29 FIESTA POLLOCK</b>  9:30 Grocery Shopping  10 Coffee &amp; Conversation-DR  <b>10 Mah Jongg Teach &amp; Learn—C1</b>  10:30 Osteoporosis Exercise-EX  1 Knitting-L/Bridge-CE/Poker-DR  1 Cribbage-CR/Canasta-DR</p>



Senior Net is a volunteer service that offers computer courses in a variety of topics. These range from beginner to specialized workshops. Some last two weeks, others four. We are looking for volunteer teachers. We have course materials that the teachers use as well as coaches to help individual students. Our goal is to present "user friendly" classes to those 55 and older. If interested in volunteering, call us at 533-6889 to leave a message. You can also reach us at our website: **SENIORNETSH.ORG.**

Our website, **SENIORNETSH.ORG.** 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. 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. If you need practice with typing, we have a tutorial. Depending on interest and need, this is a one or two session class.

We will be teaching a **GREETING CARD WORKSHOP.** This course provides details on how to design your own cards, format newsletter, modify a flyer, and many other graphic features.

**EXPLORING WINDOWS:** A course you will learn and use features of Windows including Desktop personalization, getting help, organizing information and finding files, hardware management, and simple computer maintenance.

**FUNDAMENTALS:** A basic course for those with little or no prior experience with computers. It provides hands on practice using the mouse, navigating computer menus and learning basic computer terminology.

**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.

**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: creating, editing, saving, retrieving and printing documents; changing font styles and sizes, margins, tabs, spell checking, etc.

**EXCEL:** Offers the basic features of Microsoft Excel 2007, a spreadsheet program for automating calculations and managing other information.

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 throughout the year and is open to all those who take our classes.

Happy March!

It is nice to think the snow is behind us and that spring will be here shortly. On the days when the sun was shining couldn't you just feel spring in the air? It will be a welcome sight to see the flowers blooming. If you have a green thumb and enjoy working with plants and gardens, think about volunteering this spring at the COA.

Tai Chi has returned and meets on Monday's. This is a great way to stay in shape and flexible. On Valentine's Day we had a wonderful time at our Valentine's Day luncheon. Beers & Story Funeral Home presented a beautiful video, "A Walk Down Memory Lane at the South Hadley COA". I have to say a HUGE Thank You to all the volunteers who helped in making the day run smoothly.

Our March Birthday/Anniversary celebration will be Tuesday, March 5<sup>th</sup>. If you have a celebration this month, come and join us for lunch. Reservations are needed and one guest is welcomed.

On Wednesday, the 13<sup>th</sup> is our St. Patrick's Day Luncheon. This will be a day full of exciting events. After lunch the Choralites will be performing. Again reservations are needed. I am happy to inform you that the LoVision Group will start meeting on Tuesday, March 19<sup>th</sup> at 10:00am. Also HIP will resume on Wednesday March 6<sup>th</sup>. SHINE appointments for this month will be on the Tuesday, March 12<sup>th</sup> and Tuesday, March 19<sup>th</sup>. Please remember appointments are needed. Tax time is still with us so make your appointment to meet with an AARP Volunteer for tax assistance if needed. They will be at the COA until April. Our Veteran's Meeting will be on Thursday the 8<sup>th</sup>. We plan to have an informative presentation.

"Thank You's" to all the volunteers here at the COA. If you are interested in volunteering, please do not hesitate to call me.

As you can see from this newsletter much is happening here at the center this month. 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 extention is 205. It is still chilly here in New England and spending time with "us" helps to make the days fly by.

*Doreen*

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