

# COUNCIL ON AGING

South Hadley Massachusetts

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

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**NOVEMBER 2013**

WebSite: [www.southhadleyma.gov](http://www.southhadleyma.gov)

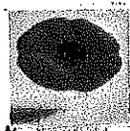
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## THANKSGIVING LUNCHEON



Our annual special Thanksgiving luncheon will be held on Wed., November 20th. The menu will be turkey and all the fixings. Suggested donation is \$2.25. **Reservations will be taken for this luncheon starting on Friday, November 1st.** Since this is a very popular event, please make your reservations early by calling 538-5042. Please do not leave your name on the answering machine and do not call before 8 a.m.

Daily nutritious & delicious lunch served 11:45 a.m.—12:15 p.m. in the Senior Center Dining room. Please reserve a day in advance. Although reservations close at 9 a.m. each day, it is preferable to reserve your place sooner and cancel if you need to, but please remember to do so. Monday reservations should be made by Friday. Suggested donation is \$2.25 for 60 and over. **Guests under 60 must pay a charge of \$3.00 per meal.** FEDERAL GUIDELINES SPECIFY THAT FOOD SHOULD NOT BE TAKEN FROM THE LUNCH SITE. The only exceptions are bread, fruit, milk or non-perishable items.



**VETERAN'S LUNCH** will be held on Friday, November 8th. Program begins at 11:30 am and lunch will be served at 12 noon. To demonstrate our sincere gratitude for your service to our Country, all Veterans are invited to lunch as guests of the South Hadley Friends of the Elderly. **You must make a reservation for your lunch with Doreen McDonald at 538-5042, Ext. 205 by Tuesday, November 5th.** If you are bringing a guest please let Doreen know because we need to plan for the number of diners.

## South Hadley Senior Travel

**Tuesday, November 12, Foxwoods.** Full casino package. Players card or picture ID required. **Cost \$22.00.** Contact David Bellefeuille, 533-7724. **Tuesday, December 3, The Platters Classic Christmas at the Aqua Turf, featuring their famous family style menu. Cost \$94.00.** Call Susan Canedy, 536-2106. **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. **Monday, February 3, 2014, Mohegan Sun.** Full casino package. Player card or picture ID may be required. **Cost \$23.00.** Call Howie Walsh, 593-6286. **Monday, March 17, 2014 (St. Patrick's Day) Platzl Brauhause, in Pomona NY, St Patrick's Festival.** Full day of food, fun and entertainment. Beer & soda 12 to 5 PM. Complimentary wine with dinner. Standing rib roast at 4:00 PM. **Cost \$89.00.** Call Susan Canedy, 536-2106. **\$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.**

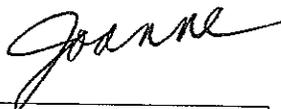
**CHRISTMAS BASKETS** will again be distributed through the S. Hadley Food Pantry. Non-perishable food items may be dropped off at the senior center. The So. Hadley COA will continue to provide grocery gift cards and electric light credits to residents 60 and over during the holiday season. Recipients are able to accommodate any special dietary restrictions by purchasing their own food, or even buy a treat! After reading the thank you notes from recipients of a gift card or electric light credit, it is evident how grateful they are for the financial support. Monetary donations or grocery store gift cards will be greatly appreciated to help subsidize the program. Please send checks payable to COA Christmas Baskets to: 45 Dayton Street, SH. If you choose to purchase gift certificates to local grocery stores please bring them to the Senior Center by December 6th.

## NOTES FROM THE DIRECTOR

This is the month to give thanks for our blessings. I want to take a moment to thank the staff for their extra effort when other employees used vacation time and to our faithful volunteers for helping any way they could to keep the senior center "humming." Many days we were short-handed but services and programs continued as usual. THANK YOU!!

November is a busy month with two special lunches and other programs. Volunteers are especially needed to help serve at the special lunches and assist with set up and clean up. If you have 2 or 3 hours a month to donate to make someone's day a little brighter, please contact Doreen McDonald at 538-5042, Ext. 205. Research has proven that volunteering helps to extend one's lifespan. Plus we are a dedicated and caring group of staff and volunteers working together. Please consider joining our team.

Happy Thanksgiving to all!



**PLEASE NOTE: SHARPS CONTAINERS ARE ACCEPTED AT THE SENIOR CENTER ON THURSDAY AFTERNOONS ONLY. HOWEVER THEY CAN BE BROUGHT TO THE LANDFILL ON OTHER DAYS.**

### BEWARE OF DELIVERY MEN BEARING GIFTS

Home invaders may pose as deliverymen or utility workers in order to lower your defense and have you open your door. Ask for the company they work for and an address, then call to verify the information yourself. You can tell the delivery person to come back the next day, or until after you check it out. By law they have to attempt to deliver the package to return it to sender. Don't pay for something you didn't order, even if it looks good.

### CALLS FROM POLICE OR FEDERAL AGENT

Police will NEVER contact anyone demanding money for any reason.

**MEDICARE OPEN ENROLLMENT OCTOBER 15 THROUGH DECEMBER 7TH.** Every year Medicare has a period of time when costs and coverage may be reviewed. Evaluate your Medicare choices now. It is worth your time to review and compare and you do not have to do it alone. There is a SHINE Counselor at the S. Hadley COA to assist you. Call 538-5042 to make your appointment.



### SPECIAL THANKS TO:

**\*\*McCray's for the milk donations.**

**\*\*Big Y for the bread and delicious baked goods.**

**\*\*Agnes Briere for the subscription to YANKEE MAGAZINE.**

**\*\*Bridget Gardner for the donation of medical equipment in memory of her mother, Ella Healy.**



**\*\*Mike Koske and his family for the very generous donation of \$7,200 for the Caregiver's Support Group and Services Gift Account in memory of Janet "Penny" Koske. The Home De-**

**pot matched the amount raised by this fundraiser and forwarded their donation to the Alzheimer's Association in Boston. Their efforts are sincerely appreciated! The caregivers will benefit from their generosity.**



The Friends of South Hadley Elderly, Inc, will hold their annual meeting on Tuesday, November 12th at 1 p.m. in the Dining Room of the Senior Center. Election of officers will take place. All members are welcome to attend.

**\*\*\*TURN YOUR CLOCKS BACK ONE HOUR ON SUNDAY, NOVEMBER 3RD. IT IS A GOOD TIME TO CHECK THE BATTERIES IN YOUR SMOKE DETECTORS.**

**\*November is Diabetes Month—The Support Group will meet in December.**

**\*Berkshire Hills Music Academy will perform 11:15 a.m. on Wednesday, November 13 in the senior center dining room. Everyone welcome.**

**\*Beneficial Herbs and Spices-presentation by Christine Brown, Nutrition at WestMass ElderCare.**



**SPECIAL THANKS TO SOUTH HADLEY KNIGHTS OF COLUMBUS #1721 FOR PREPARING AND DELIVERING THANKSGIVING DAY DINNERS TO THE HOMEBOUND.**

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



## Outreach News

by Ann

### Are You Concerned about SHINGLES?

Our televisions are loaded with commercials about the disease and how to recognize and handle an outbreak. If you were not worried about it before, I'm sure you are now!

I often go to the web site **WebMD** when looking for information on current health issues or just to read additional information about new medications. Here is some interesting facts about **SHINGLES**:

**Shingles** is a painful skin rash. It is caused by the varicella zoster virus. **Shingles** usually appears in a band, a strip. Or a small area on one side of the face or body.

**Shingles** is most common in older adults and people who have weak immune systems because of stress, injury, certain medicines, or other reasons. Most people who get shingles will get better and will not get it again.

#### What causes shingles?

Shingles occurs when the virus that causes chickenpox starts up again in your body. After you get better from chickenpox, the virus "sleeps" (is dormant) in your nerve roots. In some people, it stays dormant forever. In others the disease "wakes up" when disease, stress, or aging weakens the immune system. Some medicines may trigger the virus to wake up and cause a shingles rash. It is not clear why this happens. But after the virus becomes active again, it can only cause shingles, not chickenpox.

#### What are the symptoms?

Shingles symptoms happen in stages. At first you may have a headache or be sensitive to light. You may also feel like you have the flu but not have a fever. Later, you may feel itching, tingling, or pain in a certain area. That's where a band, strip, or small area of rash may occur a few days later.

#### How is shingles treated?

Shingles is treated with medicines. These medicines include antiviral medicines and medicines for pain. Starting antiviral medicine right away can help your rash heal faster and be less painful. So, if you think you have shingles, see your doctor away. **Contact your doctor and ask about the Shingles Vaccine and if you are a candidate to receive it.**

*Ann*

**Just a thought... "It's hard to give a hug without getting one in return".**

Author Unknown

#### Fuel Assistance 2013 ~ 2014

The Fuel Assistance season will begin November 1st. If you need assistance with your re-certification or applying for the first time, I am available to help. Please call me at 413.538.5042 extension 206 for an appointment.

#### New Medicare Program for Durable Medical Equipment and Diabetic Testing Supplies

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:

- Oxygen and Oxygen equipment
- Standard (power and manual) wheelchairs and scooters
- Hospital beds
- 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.**

## 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. NOVEMBER MENU

- 1) CELEBRATE CZECH REPUBLIC—BEEF GOULASH: Egg Noodles, Steamed Cabbage, Biscuit, Bread Pudding or Diet Bread Pudding.
- 4) BAKED HAM W/PINEAPPLE: Sweet Potatoes, Spinach, Rye Bread, Pudding or Diet Pudding.
- 5) SWEET & SOUR CHICKEN: Confetti Rice, Winter Mix Vegetables, Multi Grained Bread, Peaches or Diet Peaches.
- 6) AMERICAN CHOP SUEY: Green Beans, Juice, Garlic Bread, Peaches or Diet Peaches.
- 7) BROCCOLI QUICHE: Potato Puffs, Mixed Vegetables, Multi Grained Bread, Pineapple or Diet Pineapple.
- 8) VETERAN'S LUNCH—POT ROAST W/UAU JUICE SAUCE: Roasted Potatoes, Baby Carrots, Whole Grained Roll, Spice Cake or Diet Spice Cake.
- 11) CENTER CLOSED—VETERAN'S DAY
- 12) BIRTHDAY/ANNIVERSARY—BAKED HADDOCK FILLETS: Scalloped Potatoes, Carrots, Roll, Orange Juice, Cake or Diet Cake.
- 13) ROASTED CHICKEN W/GRAVY: Buttered Noodles, Peas & Onions, Cranberry Sauce, Whole Grain Bread, Mandarin Oranges or Diet Mandarin Oranges.
- 14) SALISBURY STEAKS W/GRAVY: Rice Pilaf, Spinach, Whole Wheat Bread, Jell-O or Diet Jell-O.
- 15) BAKED CATFISH FILETS: Baked Potato, Zucchini Blend, Multi Grained Roll, Pineapple or Diet Pineapple.
- 18) CHICKEN A LA KING: Egg Noodles, Yellow Squash, Juice, Apricots or Diet Apricots.
- 19) CHEESE RAVIOLI W/TOMATO SAUCE: Mixed Vegetables, Cornbread, Juice, Peaches or Diet Peaches.
- 20) THANKSGIVING LUNCHEON—ROASTED TURKEY W/ GRAVY: Mashed Potatoes, Bread Dressing, Squash, Cranberry Sauce, Pie w/Topping or Diet Pie w/Topping.
- 21) BEEF STEW: Diced Potatoes, Green Beans, Biscuit, Tropical Fruit or Diet Tropical Fruit.
- 22) POTATO CRUSTED POLLOCK: Rice, Stewed Tomatoes, Roll, Rice Pudding or Diet Rice Pudding.
- 25) CHICKEN NUGGETS W/SAUCE: Potato Puffs, Corn, Cranberry Juice, Oatmeal Bread, Jell-O or Diet Jell-O.
- 26) STUFF CABBAGE W/SAUCE: Mashed Potatoes, Carrots, Biscuit, Fruit or Diet Fruit.
- 27) VEAL PATTY W/GRAVY: Sweet Potato, Mixed Vegetables, Multi-Grain Bread, Tropical Fruit or Diet Tropical Fruit.
- 28) CENTER CLOSED—THANKSGIVING DAY
- 29) CENTER CLOSED—THANKSGIVING HOLIDAY

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.

## Eating the Mediterranean Way

By Christine M. Brown  
Nutritionist WMEC

Research has shown that eating the Mediterranean way, i.e., a Mediterranean diet—can reduce the risk of heart attacks, strokes and death from heart disease. Another way to describe it is a **heart-healthy** eating plan.

The Mediterranean diet emphasizes:

- ◆ Eating plant based foods such as fruits, vegetables, whole grains, legumes and nuts. A small handful of nuts, about 1/4 cup, is considered healthy and 1/2 cup cooked beans.
- ◆ Replace butter and margarine with healthy fats such as olive oil. For example, after you cook a vegetable, put olive oil on it instead of a pat of butter. Or dip your whole grain bread in olive oil instead of spreading butter on it at the dinner table.
- ◆ Use herbs and spices instead of salt to flavor foods. They make foods tasty and can stand in for fats and salt in recipes.
- ◆ Limit red meat to no more than a few times a month. When choosing red meat, make sure it is lean and keep the portions small (about the size of a deck of cards). Avoid sausage, bacon and other high-fat processed foods.
- ◆ Eat fish and poultry at least twice a week. Fresh or water packed tuna, salmon, trout, mackerel and herring are healthy choices.
- ◆ Choose low-fat dairy such as skim, 1% milk, fat-free yogurt and low-fat cheese.
- ◆ Limit the amounts of sweets to two servings a day which is equal to 1 tsp. of sugar and 1 small cookie.

Source: Information from Mayo clinic.com—Mediterranean Diet & Nutrition Action, May 2013

### SH LIONS CLUB PARTNERS WITH FRIENDS OF SH ELDERLY

The Friends will be the benefactors of partnering with the Lions Club at their November 4<sup>th</sup> spaghetti supper. The Lions monthly spaghetti supper is held at The Roost on Main Street (parking lot across the street) from 4:30 – 6:15 pm at a cost of \$5. The menu is spaghetti and meatballs, salad, roll, butter, coffee, tea or soda and ice cream for dessert. Takeout meals are also available.

For each meal sold the Friends of South Hadley Elderly earn \$1 so the more of you who go the supper the more money the Friends will receive. This way two nonprofit organizations who serve South Hadley will benefit.

The South Hadley Leo Club (sponsored by the Lions Club) will have a bake sale at the spaghetti supper. See you on the 4<sup>th</sup>.  
Marilyn Ishler

## IN MEMORIAM

### IN MEMORY OF:

### FROM:

#### VETERAN'S CLUB:

LIONEL BRINDAMOUR Bill & Virginia Sligo  
Edward & Helen Wytrych  
Marie Tamburro  
Barbara Downey Ferst &  
Dorothy Downey  
COA Osteo Exercise Group  
Charles & Evelyn Greco  
Elizabeth (Betsy) Levreault  
Ron Fritz  
Ellen LaBrecque

#### CHRISTMAS BASKET:

FREDERICK BACH James Procon  
LEONARD PATRYN Claire Bielanski  
LIONEL BRINDAMOUR Claire Bielanski  
EDWARD ROJOWSKI Claire Bielanski  
JOHN JOYAL Claire Bielanski  
STANLEY J. ORZECZOWSKI Renee Orzechowski  
CARL KIONTKE Renee Orzechowski  
WILLIAM BASTON John Howes &  
Frances O'Connell  
CAMIL J. LECLERC John Howes &  
Frances O'Connell  
WILLIAM MCMANUS John Howes &  
Frances O'Connell  
LIONEL BRINDAMOUR Claire Bielanski

## IN MEMORIAM

### IN MEMORY OF:

### FROM:

#### ACTIVITIES ACCOUNT/NECESSITIES:

RITA ROBILLARD COA Cribbage Club

#### ACTIVITIES:

HELEN S. DZURIS Edward Dzuris

#### NEWSLETTER:

LESLIE LINNEHAN Theresa, Mark & Cindi  
Linnehan

LUANNE REYNOLDS Noella Loiselle

#### SUBSIDIZED SENIOR TRANSPORTATION:

CORNELIUS KELLEHER Stella Warzenski

#### TRANSPORTATION ACCOUNT:

HILDA & BOB WORDSWORTH Bill & Mary Ann  
Wordsworth

RENA & NATE BUCKOUT Bill & Mary Ann  
Wordsworth

#### SERVICES ACCOUNT:

JANET "PENNY" KOSKE Bruce & Dianne Perron

#### SUBSIDIZED SENIOR TRANSPORTATION:

LIONEL BRINDAMOUR Stella Warzenski

#### EMERGENCY FUND:

EDWARD ROJOWSKI Judy Fortier

### ATTENTION SNOWBIRDS

Please call the COA office at 538-5042 if you go away for an extended period of time during the winter. Because the newsletters are not mailed First Class, they are returned to the COA if someone is temporarily away. Each piece of returned mail costs the COA 46 cents in addition to the original mailing cost. Although this may seem like a minimal amount, when it is multiplied by 4 or 5 months, the price tag does go up. So please help our department to save money and let us know when you are going to be away. Another service we provide is to mail the newsletter to your forwarding address via First Class mail. However, the newsletter is on the South Hadley website so if you have internet access while you are away, you can read it on-line. Thank you for your anticipated cooperation.

Joanne

# NOVEMBER 2013

**IN TOWN TRANSPORTATION  
AVAILABLE MONDAY-FRIDAY  
FROM 9-3, BY APPOINTMENT  
ONLY.**



**DATES TO REMEMBER**

**Nov. 3rd—Daylight  
Savings Ends**

**Set Clocks BACK**



**ROOM KEY**

**B=Billiards Room  
CR=Card Room  
CE=Ceramics  
C2=Formerly Old Office  
C1=Conf. Room Off Library  
EX=Exercise Room  
DR=Dining Room**

**1 CELEBRATE CZECH  
REPUBLIC  
BEEF GOULASH**

9:30 Grocery Shopping  
10 Coffee & Conversation-DR  
10:30 Osteoporosis Exercise-EX  
1 Knitting-L/Bridge-CE  
1 Cribbage-CR

**4 BAKED HAM W/  
PINEAPPLE**

9:30 Foot Nurse ( By Appt.)  
10 Music Appreciation-CE  
11:15 Tai Chi (new 4-week ses-  
sion)-EX  
11-2 SHINE (By Appt.)  
1 Poker-DR/1 Pinochle-DR  
1 Canasta-DR  
1 Red Hat Society-CR

**5 SWEET & SOUR CHICKEN**

10 Beginning Exercise-New  
Session-EX  
9-12 SHINE (By Appt.) CR  
11:15-3:45 SHINE (by appt.)  
1 Bingo-CR  
12:45 Movie-EX  
1 Needlecraft-CE

**6 AMERICAN CHOP SUEY**

8:45 HIP-EX  
9:30 Grocery Shopping  
10 Travel Club-C1  
10:30 Osteoporosis Exercise-EX  
11:20—Beneficial Herbs & Spices by  
Chris Brown, Nutritionist @ WMEC—DR  
1 Pitch-CR/Mah Jongg-CE  
1 Choralites—DR

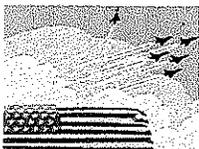
**7 BROCCOLI QUICHE**

10 Alzheimer's Support-C2  
10 Beginning Exercise-EX  
10 Travel Club-C1  
1 Scrabble-L /Quilting-CE  
1 Golden Agers-CR

**8 VETERAN'S LUNCHEON  
POT ROAST W/ AU JUS  
SAUCE**

9:30 Grocery Shopping  
10 Coffee & Conversation-DR  
10:30 Osteoporosis Exercise-EX  
1 Knitting-L/Bridge-CE  
1 Cribbage-CR

**11 VETERAN'S DAY HOLIDAY  
CENTER IS CLOSED**



**12 BIRTHDAY/ANNIVERSARY  
BAKED HADDOCK FILLETS**

Sr. Travel Club Trip  
8:30-11:30—West Mass  
Advisory Council  
9-12 SHINE (By Appt.) CR  
10 Beginning Exercise-EX  
1 Bingo-CR  
12:45 Movie-EX  
1 Needlecraft-CE  
1 Friends Annual Meeting-DR

**13 ROASTED CHICKEN W/GRAVY**

8:45HIP-EX  
9:30 Grocery Shop  
10 Travel Club-C1  
10:30 Osteoporosis Exercise-EX  
11 Berkshire Hills Academy \_DR  
1 Pitch-CR/Mah Jongg-CE  
1:00 Choralites-DR

**14 SALISBURY STEAKS/GRAVY**

10 Alzheimer's Support-C2  
10 Beginning Exercise-EX  
10 Travel Club-C1  
10 No Veteran's Support Meeting  
12:30-2pm Blood Pressure  
Screening w/Nurse-C2  
1 Quilting-CE  
1 Scrabble-L

**15 FLORENTINE POLLOCK**

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

**18 SWEET & SOUR CHICKEN**

9:30 Foot Nurse ( by Appt.)  
10 Music Appreciation-CE  
10 Tai Chi-EX  
11-2 SHINE (By Appt.)  
1 Poker-DR  
1 Pinochle-DR  
1 Canasta-DR  
4 COA Board Meeting

**19 RAVIOLI & TOMATOE  
SAUCE**

9-12 SHINE (By Appt.) CR  
10 Lo-Vision Support-C2  
10-11 Brown Bag-CE  
10 Beginning Exercise-EX  
1 Bingo-CR  
12:45 Movie-EX  
1 Needlecraft-CE

**20 THANKSGIVING LUNCHEON  
ROAST TURKEY W/GRAVY**

8:45 HIP-EX  
9:30 Grocery Shopping  
10 Travel Club-C1  
10:30 Osteoporosis Exercise-EX  
1 Mah Jongg-CE  
1 Pitch-CR  
1 Choralites-DR

**21 BEEF STEW**

10 Alzheimer's Support-C2  
10 Beginning Exercise-EX  
10 Travel Club-C1  
1 Quilting-CE  
1 Scrabble-L  
1 Golden Agers-CR

**22 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

**25 CHICKEN NUGGETS**

9:30 FOOT NURSE (by appt.)  
10 Music Appreciation -CE  
10 Tai Chi-EX  
11-2 SHINE (By Appt.)  
1 Poker-DR  
1 Pinochle-DR  
1 Canasta-DR

**26 STUFFED CABAGE /  
SAUCE**

9-12 SHINE (By Appt.) CR  
9 Newsletter Collating-CE  
10 Beginning Exercise-EX  
1 Bingo-CR  
12:45 Movie-EX  
1 Needlecraft-CE

**27 VEAL PATTY W/ GRAVY**

8 :45 HIP-EX  
9:30 Grocery Shopping  
10 Travel Club-C1  
10:30 Osteoporosis Exercise-EX  
1 Mah Jongg-CE  
1 Pitch-CR  
1 Choralites-DR

**28 THANKSGIVING DAY  
CENTER IS CLOSED**



**29**

**HOLIDAY  
CENTER IS  
CLOSED**

## DOREEN'S INFO

It is hard to believe that we are heading into the winter months. This time of year, it seems the days can feel longer than they really are. Visiting our center can help make the time go by a little faster. Be sure to check out the calendar. There may be an activity that catches your eye.

The winter months provide a good opportunity to keep your muscles working and maintaining flexibility. The COA offers three exercise programs that help you to keep limber and flexible. They are: Tai Chi (fee), Beginners Exercise (fee) and Osteoporosis Exercise (free). We also have treadmills and a stationary bike in our exercise room. In order to participate in any of these programs we need to have a physician's approval and emergency contact on file.

October was a fun month. Our Halloween Luncheon was a success and there were so many creative costumes. Thank you to our Board Member Judges who had the difficult task of judging who would take first, second and third place.

Our Veteran's group visited the Solder's Home in Holyoke in October. This field trip was very informative. Not only did the veteran's tour the facilities, but we had lunch and there was time for the veteran's to ask questions, fill out applications and do activities with the veterans that live there. On November 8<sup>th</sup> we will be hosting our Veteran's Luncheon, honoring those who bravely served our county. **PLEASE** call me directly as soon as possible at 538-5042, Ext. 205 for reservations. On Thurs., November 7, 6:30pm - 8:42pm, HONOR FLIGHT, the Movie will be shown at Holyoke Community College. Honor Flight is a heartwarming documentary about four living World War II veterans and a Midwest community coming together to give them the trip of a lifetime. South Hadley COA will be providing transportation to this event. Seating is limited & tickets are needed. Veteran's who are able to get to the COA, can park here. The van will be leaving COA at 6:00pm. If you plan to take the van reservations are needed. Contact me for more information, tickets and reservations.

The monthly Birthday/Anniversary lunch will be held on the 12<sup>th</sup> of November. If you are celebrating a birthday or anniversary, the Friends of South Hadley Elderly would like to treat you to lunch. Remember reservations are required and one invited guest. Reservations will also be required for our Thanksgiving luncheon on November 20<sup>th</sup> and will be accepted on Fri., Nov. 1st.

Mark your calendars. The Berkshire Hills Music Academy will be returning to perform on Wednesday, November 13<sup>th</sup> at 11:00am.

Barbara Hatch, our "Around the World Tour Guide", will be sharing interesting facts about the Czech Republic. Come join us on November 1<sup>st</sup> and Celebrate Czech Republic Day.

Last month I attended the RSVP Volunteer Appreciation Luncheon at the Log Cabin. It was amazing how many seniors, who are retired still give of themselves. Volunteers from our center were well represented. As I looked around I was reminded how grateful the COA is to have such a wonderful, dedicated group of volunteers. If you haven't given volunteerism any thought - please do. It can be rewarding. If you have a few hours to share during the week, please call me at 538-5042, ext. 205. Currently I am looking for volunteers for our front office, dining room set up, and special events. Wednesday availability is also needed.

In August the volunteers logged 1269.5 hours. I would like to acknowledge our newest volunteers; Christine Fesco, Susan Terault, Terry Mullaly, Claire Lizak.

Enjoy the season.

*Doreen*

South Hadley Council on Aging

South Hadley  
**SeniorNet**

Computer Learning Center

Address: 45 Dayton Street, So. Hadley, MA 01075

Telephone: 413-533-6889

Website: [www.seniornetsh.org](http://www.seniornetsh.org)

Seniornet is a volunteer service offering computer courses for users of all abilities. Our teachers provide excellent instruction and coaches assist at every lesson. This month we are highlighting the following classes:

**Fundamentals-4 sessions:** A basic Course for students who have had no prior learning experience with computers.

**Excel-8 sessions:** Deals with the basic features of Microsoft Excel 2007, a spreadsheet program for automating calculations and other information.

**Word Processing-8 sessions:** an introduction to the basic concepts of word processing using Microsoft Office 7, creating, editing, saving, retrieving and printing documents, changing font styles and sizes, margins, tabs, spell checking, etc.

A \$40.00 membership in the national Seniornet organization is required. This is good for one year. An additional per class charge varies with the number of sessions.

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