

COUNCIL ON AGING

South Hadley Massachusetts

The sun never sets on our Activities...

THE GOLDEN CHRONICLE

OCTOBER 2013

Director/Editor: Joanne Trybus

E-Mail: jtrybus@southhadleyma.gov

45 Dayton St., So. Hadley, MA 01075-1924

Tel. 538-5042 Fax: 532-8206

Assistant Director: Lisa Napiorkowski

lnapiorkowski@southhadleyma.gov

Chairperson: Donna Robideau

Social Services Coordinator:

Ann Andras

aandras@southhadleyma.gov

WebSite:www.southhadleyma.gov



HAPPY HALLOWEEN

Our Halloween Party will be held on Thursday, October 31st at lunch. The suggested donation is \$2.25. For guests under 60 the charge is \$3.00. The menu is juice, beef tips & sauce, scalloped potatoes, peas & onions, biscuit, and cake. Please make your reservation by calling 538-5042. **Reservations will be accepted beginning on Friday, October 4th at 8 a.m.** You are encouraged to COME IN COSTUME and add to the festivities. Please plan on arriving by 11:30 a.m. For those who do come in an actual costume, there will be a prize courtesy of The South Hadley Friends of the Elderly, Inc as well as a contest and the top 3 most outstanding costumes will win an additional prize.

Daily nutritious & delicious lunch -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's 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 \$2.25 for persons 60 and over. **Guests under 60 must pay a charge of \$3.00.** FEDERAL GUIDELINES SPECIFY THAT FOOD MUST NOT be taken from the lunch site. The only exceptions are bread, fruit, milk or non-perishable items.

South Hadley Senior Travel Club

Tues., Oct. 29: Williams Inn Germanfest. Williams Inn's famous German buffet. Includes a carving board, 17 side dishes, a to-die for dessert table, German beer and wine. Participate in stories and music of German heritage with the Stratton Boy's Trio. **Cost \$82.00.** Call Howie Walsh 593-6286. **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. **January 2014. No trips planned. WIN-TER 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 Laramie 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.**



FRIENDS OF SOUTH HADLEY

ELDERLY, INC.

CRAFT FAIR

SATURDAY, OCTOBER 26TH

9 A.M. TO 2 P.M.

SOUTH HADLEY SENIOR CENTER

45 DAYTON STREET

LUNCH AVAILABLE TO PURCHASE

HOMEMADE BAKED GOODS WELCOMED

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



Outreach News

by Ann

Although this is a beautiful time of year as we enjoy the changing colors of New England, some of

you are struggling with your winter home heating budget. There is help.

Have you considered applying for Fuel Assistance? Let me share some information about the Franklin/Hampshire Fuel Assistance Program: *Community Action!*

How it Works

The Massachusetts Fuel Assistance Program helps families and elders in need by paying a portion of their heating bills from November 1 to April 30.

Who Should Apply

Renters and homeowners who pay for their own heat.

Who is Eligible

Eligibility is based on the number of people living in your house and the **combined** gross income.

Where and How do I Apply

If you are a first time applicant to the fuel assistance program, you must apply in person. If you applied the previous year, you will receive your application by mail and will not need to apply in person.

2014 Income Eligibility Guidelines

Family Size	Income
1	\$32,065.00
2	\$41,932.00
3	\$51,798.00

Remember this is gross (before taxes) combined income of all persons living in the household.

What Will I Need to Provide when Applying

- Social Security number (and for all household members under the age of 18)
- Picture ID
- Homeowners: mortgage statement, real estate tax bill, homeowners insurance bill
- Renters: A copy of the lease verification
- Heating bill
- Electric bill
- All income for the four weeks prior the appointment
- Income includes: wages, Social Security, alimony, rental income, interest on bank accounts, dividends and pensions

If you need assistance with a first time application or a re-certification, please call me for an appointment at 538-5042 extension 206. I look forward to helping you with your fuel needs. For those of you who are homebound, I can come to your home to complete an application.

Please use the handy check list above to assemble all documents before your appointment. Incomplete applications may cause an unnecessary delay in your fuel award.

First time fuel assistance applications cannot be completed before November 1st.

Ann M. Andras
Social Service Coordinator
aandras@southhadley.ma.gov

*****SCAM ALERT*****

If you already have Medicare, you ALREADY HAVE health insurance! The new marketplace health insurance offerings are ONLY for people who have NO health insurance. (As you recall, Medicare "Open Enrollment" is from October 15th to December 7th; you have always been able to change your Medicare prescription drug plan or Medicare Advantage plan during that time.) If someone calls and suggests you purchase one of the new plans, it COULD BE a scam! Please take down the phone number and CALL SHINE at **1-800-243-4363** to confirm the authenticity of the insurance offer. There are SCAMS that cost dearly if you reveal personal information to the wrong party!

Don't Wait Until It's Too Late!
Medicare Open Enrollment is: October 15-December 7. Medicare plans change every year. This is the time to choose your coverage for 2014...

Free Medicare Counseling is available from SHINE
Call your senior center now, or dial 1-800-243-4636

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. OCTOBER MENU

- 1) ROASTED PORK W/GRAVY, Baked Potato, Beets, Apple-sauce Oatmeal Bread, Fruit Cocktail or Diet Fruit Cocktail.
- 2) COLD PLATE: EGG SALAD, Potato Salad, Carrot & Raisin Salad, Multi-Grained Roll, Tropical Fruit or Diet Tropical Fruit.
- 3) SHEPHERDS PIE W/GRAVY, Green Beans, Biscuit, Pineapple or Diet Pineapple.
- 4) STUFFED SHELLS W/TOMATO SAUCE, Italian Blend Vegetables, Garlic Bread, Orange Juice, Cookies or Diet Cookies.
- 7) BBQ CHICKEN, Baked Potato, Multi-Grain Bread, Mixed Vegetables, Apple.
- 8) BIRTHDAY/ANNIVERSARY—FRENCH MEAT PIE W/GRAVY, Mushrooms, Cranberry Sauce, Pudding or Diet Pudding.
- 9) COLD PLATE: TUNA SALAD, Macaroni Salad, Cucumber Salad, Rye Bread, Pineapple or Diet.
- 10) MEATLOAF, Mushroom Gravy, Au Gratin Potatoes, Broccoli & Cauliflower, Whole Wheat Bread, Pudding or Diet Pudding.
- 11) POLLOCK LOINS, Rice Pilaf, Creamed Corn, Juice, Apricots or Diet Apricots.
- 14) CENTER CLOSED—COLUMBUS DAY HOLIDAY
- 15) CHICKEN PATTY W/GRAVY, Mashed Potatoes, Corn, Whole Grained Bread, Pineapple or Diet Pineapple.
- 16) MILD BEEF CHILI, Rice, Broccoli, Cornbread, Apricots or Diet Apricots.
- 17) SWEET & SOUR CHICKEN, Egg Noodles, Peas & Carrots, Rye Bread, Mandarin Oranges or Diet Mandarin Oranges.
- 18) MACARONI & CHEESE, Green Beans, Stewed Tomatoes, Roll, Apple Crisp or Diet Apple Crisp.
- 21) OVEN FRIED CHICKEN, Roasted Potatoes, Ratatouille, Multi-Grain Bread, Cookies or Diet Cookies.
- 22) HAM W/RAISIN SAUCE, Sweet Potatoes, Green Beans, Rye Bread, Mandarin Oranges or Diet Mandarin Oranges.
- 23) LIVER & ONIONS, Mashed Potatoes, Beets & Onions, Peaches or Diet Peaches.
- 24) BROCCOLI & CHEESE QUICHE, Potato Puffs, Whole Grained Bread, Summer Blend Vegetables, Pears or Diet Pears.
- 25) CELEBRATE MOROCCO—MORROCAN CHICKEN, Cous Cous, Stewed Tomatoes, Roll, Spice Cake or Diet Spice Cake.
- 28) SWEDISH MEATBALLS W/GRAVY, Egg Noodles, Brussels Sprouts, Multi-Grain Bread, Apple
- 29) COLD PLATE: TURKEY SALAD, Pasta Salad, Carrot & Raisin Salad, Orange Juice, Roll, Tapioca Pudding or Diet Tapioca Pudding.
- 30) TERIYAKI CHICKEN, Rice Green Beans, Whole Grain Bread, Pineapple or Diet Pineapple.
- 31) HALLOWEEN LUNCHEON—SIRLOIN TIPS W/ MUSHROOMS, Scalloped Potatoes, Peas & Onions, Orange Juice, Biscuit, Halloween Cake or Diet Cake.

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 for Eye Health

By Christine M. Brown
Nutritionist WMEC

To enhance your eye health, your diet should include plenty of leafy green vegetables.

Leafy green vegetables contain an antioxidant called lutein (loo teen) which belongs to the carotenoid family. An antioxidant is a substance or nutrient in our foods that can prevent or slow down the oxidative damage to our body.

Studies have indicated that increasing the consumption of foods rich in lutein may decrease the risk of developing advanced age-related macular degeneration. A Harvard University study found that 6 mg. per day of lutein lead to a 43% lower risk for macular degeneration.

Another common eye-problem, cataracts, are less common in people whose diets are rich in lutein and zeaxanthin (zeaxanthin is another carotenoid).

The human body does not make lutein, so dietary sources are the primary way to supply this vital nutrient to the body. Lutein can be found in dark green, leafy vegetables such as kale (1/2 cup = 11.9 mg), collard greens, Swiss chard (1/2 cup = 9.6 mg.), spinach (1/2 cup = 10.2 mg.) and even Romaine lettuce (1 cup = 1.1 mg.) and broccoli (1/2 cup = 1.2 mg.). It is also found in egg yolks.

The following is a recipe high in lutein:

Quick Creamed Spinach

Mix 1/2 cup 1% milk + 2 tsp. flour.
Wash & dry 8 cups baby spinach.
Heat 1 tsp. olive (or canola) oil.
Add 1 large chopped shallot (or 1/4 cup chopped scallion whites). Cook 20 seconds.
Add spinach: cook, stirring until spinach wilted, 1 to 2 minutes.

Push spinach to the side of the pan. Stir milk mixture and pour into center of skillet; cook, stirring constantly, until simmering, and thickened, about 30 seconds. Stir spinach into sauce. Remove from heat. Stir 1/2 cup Parmesan cheese, 1/2 tsp lemon zest, 1/8 tsp. salt, pepper to taste.

IN MEMORIAM

IN MEMORY OF:

FROM:

MOTHER'S GARDEN:

LUANNE REYNOLDS

Noella Loiselle

DONNA POTVIN

Janie Brochu

CHRISTMAS BASKET:

FREDERICK BACH

James M. Procon

SUBSIDIZED SENIOR TRANSPORTATION:

RALPH JOHNSON

Charlene Johnson

LEONARD PATRYN

Bea Fernandes

TRANSPORTATION ACCOUNT:

CHET JANEK

Fran Cyr

EMERGENCY FUND:

LOU & CAROL BANACH

George & Rosemary
Griffin

IN MEMORIAM

IN MEMORY OF:

FROM:

NUTRITION:

LEONARD PATRYN

Fran Mytkowicz

JOHN STIMPSON

Fran Mytkowicz
Janet Brunelle
Ken Ellis

EDWARD ROJOWSKI

Vi Rojowski

CHET JANEK

Joanne Trybus

BUILDING FUND:

DR. ARTHUR LEPINE Chris & Don McCullough

ACTIVITIES ACCOUNT:

GEORGE CUNLIFFE

Dot Hurley & Caroline
Beaulieu

MINIBUS MAINTENANCE ACCOUNT:

BARBARA LEONARD

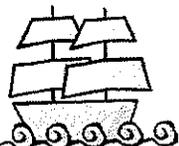
Donald Leonard

Should Seniors Give Up the Car Keys?

Driving helps seniors stay active and independent, and many older adults maintain good driving skills into their later years. But, the fact is, the normal physical changes of aging, such as vision problems, hearing loss, decreased reaction time, memory loss, arthritis and decreased manual dexterity, can make driving unwise past a certain point. According to the Centers for Disease Control and Prevention (CDC), the overall risk of being killed or injured in a motor vehicle crash does increase with age.

How can our government agencies and families keep seniors safe on the road or preserve their independence and mobility with alternate transportation? Here are six steps seniors themselves can take to avoid becoming a traffic statistic or ending up isolated at home.

- (1) Have your Skills Assessed—Driver testing remains an important tool. Older adults should periodically assess their driving abilities to honestly judge whether they are safe behind the wheel.
- (2) Change Your Habits—Adjusting driving habits helps senior drivers avoid the most challenging driving situations. If night vision has diminished, schedule car trips during the day. Avoid busy highway and rush hour traffic. Leave your car at a Park & Ride and hop on a bus.
- (3) Take a Senior Driving Class—Sometimes the problem isn't physical. In many cases, seniors have simply acquired some bad habits over the years—habits that can be unlearned! For example, cautious older drivers may get in the habit of peering intensely straight ahead. Training them to scan all directions lowers the risk of collisions. Use your mirrors frequently, leave enough space between your car & next one, etc.
- (4) Get a Checkup—Be sure to have regular eye exams and keep your eyeglasses prescription current. Talk to your healthcare provider about physical problems that could make driving unsafe. When filling any prescriptions, ask the doctor or pharmacist if your medications have any potential side effects that could hinder your ability to drive.
- (5) Have Your Car Inspected—Make sure it is in good working condition. Watch for carpet and pedal wear that could cause the accelerator or brake to stick or your foot to slip. Keep mirrors, headlights, windshield and wiper blades clean. Have your tires regularly checked for low air pressure and excessive tread wear. Make modifications like improved side and rear view mirrors, a back-up warning buzzer, steering wheel grips or pedal adjustments. Consider trading for a smaller car if your car is too large and difficult to maneuver.
- (6) Learn About Alternate Transportation—What buses or other forms of transit are near your home? Check out special transit for seniors in your area. Explore the possibilities. Taxi cabs are expensive but keep in mind, giving up a car means your don't have to pay for gas, insurance and maintenance. Mobility is critical, mobility is freedom. At some point most people will develop difficulties with driving, so we all need to prepare for it.

<p align="center">OCTOBER 2013</p> 	<p>1 ROAST PORK/GRAVY 9-12 SHINE (by appointment) 10 Beginning Exercise-EX 1 Bingo-CR 12:45 Movie-EX 1 Needlecraft-CE</p>	<p>2 COLD EGG SALAD PLATE 8:45 HIP-EX 9:30 Grocery Shopping 10 Travel Club-C1 10:30 Osteoporosis Exercise-EX 1 Mah Jongg-CE/Pitch-CR 1 Choralites-DR</p>	<p>3 SHEPHERD'S PIE/GRAVY 10 Alzheimer's Support-C2 10 Beginning Exercise-EX 10 Travel Club-C1 1 Scrabble-L 1 Quilting-CE 1 Golden Agers-CR</p>	<p>4 STUFFED SHELLS/TOMATOE 9:30 Grocery Shopping 10 Coffee & Conversation-DR 10:30 Osteoporosis Exercise-EX 1 Knitting-L 1 Cribbage-CR 1 Canasta/Poker-DR 1 Bridge-CE</p>
<p>7 BBQ CHICKEN 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>8 BIRTHDAY/ANNIVERSARY FRENCH MEAT PIE/GRAVY 9-12 SHINE (by appointment) 10 Beginning Exercise-EX 1 Bingo-CR 12:45 Movie-EX 1 Needlecraft-CE</p>	<p>9 COLD TUNA SALAD PLATE 9:30 Grocery Shopping 9:30 Act. Vol. Coord. Meeting-C2 10 Travel Club-C1 10:30 Osteoporosis Exercise-EX 1 Pitch-CR/Mah Jongg-CE 1 Choralites-DR 1 Diabetic Support Group-C2</p>	<p>10 MEATLOAF/GRAVY 10 Alzheimer's Support-C2 10 Begin. Ex.-EX/Travel-C1 10 Travel Club-C1 10 Veterans Meeting- Off Site 12:30-2pm Blood Pressure-C2 1 Friends Meeting-DR 1 Scrabble-L /Quilting-CE 1 Golden Agers-CR</p>	<p>11 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>
<p>14 COLUMBUS DAY HOLIDAY <p align="center">CENTER IS CLOSED</p> </p>	<p>15 CHICKEN PATTY/GRAVY 9-12 SHINE (by appointment) 10 Lo-Vision Support-C2 10-11 Brown Bag-CE 10 Beginning Exercise-EX 1 Bingo-CR 12:45 Movie-EX 1 Needlecraft-CE</p>	<p>16 MILD BEEF CHILI 8:45 HIP-EX 9:30 Grocery Shopping 10 Travel Club-C1 10:30 Osteoporosis Exercise-EX 1 Pitch-CR/Mah Jongg-CE 1 Choralites-DR</p>	<p>17 SWEET AND SOUR CHICKEN 10 Alzheimer's Support-C2 10 Beginning Exercise-EX 10 Travel Club-C1 1 Quilting-CE 1 Scrabble-L 1 Golden Agers-CR</p>	<p>18 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 & Poker-DR</p>
<p>21 OVEN FRIED CHICKEN 9:30 FOOT NURSE (by appt.) 10 Music Appreciation-CE 11-2 SHINE (by appointment) 10 Tai Chi-EX 1 Poker-DR 1 Pinochle-DR 1 Canasta-DR 1 Mah Jongg-CR 4 COA Board Meeting-C2</p>	<p>22 HAM/RAISIN SAUCE 9-12 SHINE (by appointment) 10 Beginning Exercise-EX 1 Bingo-CR 12:45 Movie-EX 1 Needlecraft-CE</p>	<p>23 LIVER & ONIONS 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>24 BROCCOLI CHEESE QUICHE 10 Alzheimer's Support-C2 10 Begin Ex.-EX/Travel Club-C1 10:30 Blood Pressure SCREEN-ING W/ FIRE DIST. #1-DR 1 Quilting-CE 1 Scrabble-L 1 Golden Agers-CR</p>	<p>25 CELEBRATE MOROCCO MOROCCAN CHICKEN 9:30 Grocery Shopping 10 Coffee & Conversation-DR 10:30 Osteoporosis Exercise-EX 1 Knitting-L 1 Bridge-CE 1 Cribbage-CR No afternoon activities in the Dining Room-Craft Fair Set-up</p>
<p>28 SWEDISH MEATBALLS/GRAVY 10 Music Appreciation -CE 11-2 SHINE (by appointment) 10 Tai Chi-EX 1 Poker-DR 1 Pinochle-DR 1 Canasta-DR 1 Mah Jongg-CR</p>	<p>29 COLD TURKEY SALAD PLATE So. H. Sr. Travel Club Trip 9-12 SHINE (by appointment) 9 Newsletter Collating-CE 10 Beginning Exercise-EX 1 Bingo-CR 12:45 Movie-EX 1 Needlecraft-CE</p>	<p>30 TERIYAKI CHICKEN 9:30 Grocery Shopping 10 Travel Club-C1 10:30 Osteoporosis Exercise-EX 1 Mah Jongg-CE 1 Pitch-CR 1 Choralites-DR IN TOWN TRANSPORTATION AVAILABLE MONDAY-FRIDAY FROM 9-3, BY APPOINTMENT ONLY.</p> 	<p>31 HALLOWEEN LUNCHEON SIRLOIN TIPS & MUSHROOMS 10 Alzheimer's Support-C2 10 Travel Club 1 Quilting-CE 1 Scrabble-L 1 Golden Agers-CR</p>	<p>ROOM KEY B=Billiards Room CR=Card Room CE=Ceramics C2=Formerly Old Office C1=Conf. Room Off Library EX=Exercise Room DR=Dining Room L=Library</p>

FRIENDS OF THE SOUTH HADLEY ELDERLY, INC.

September 2013

Dear Past, Current and Future Friend:

Due to recent changes by the Post Office to its bulk mail customers, this and future letters will be made part of the Council on Aging's Chronicle. This procedure has both pros and cons. The primary "pros" are the savings the Friends will experience in postage, greater outreach to the community for memberships to the "Friends", and awareness of programs and purchases made by the "Friends" to assist the Council on Aging in bringing things and activities to our seniors. The primary "con" is not being able to get our raffle tickets and membership cards to you through our mailings.

In the past year the "Friends" provided more than \$10,000 to purchase coffee in the dining room at the Senior Center, free copy service, lottery tickets for the home delivered and congregate meals program at Christmas, a donation to the Christmas gift cards/electric bill program, Valentine's Day lottery tickets to both the congregate and meals-on-wheels participants, a new copier for the COA office, new card tables for the Senior Center card room, and a donation to the Council on Aging for activities, special luncheons and other necessary uses.

All of this is done with your annual membership fee of \$5.00 per person. In addition, your donations for the coffee, as well as general donations and memorials for loved ones, our 50/50 raffles, and the net proceeds from the May card party and October craft fair allow us to continue our activities.

And, speaking of activities, our annual Holiday Craft Fair will be held on Saturday, October 26, 2013 at the Senior Center. Hours are 9:00 a.m. to 2:00 p.m. We have many vendors that have applied for space. Additionally, lunch, baked goods and a 50/50 raffle will be available. There may be an additional raffle for some donated items. The previous craft fairs we had have been a great success; help us make this year's even better! Though we will do some publicity, nothing works better than "word of mouth". Since home-baked goods are great "sellers", we will certainly appreciate anything you can make that we can sell. The baked goods can be brought to the Center on Friday, the 25th or early on the 26th.

Secondly, please mark your calendars -- the annual meeting will take place at 1:00 p.m., on Tuesday, November 12, 2013 at the Senior Center. At this meeting, you'll have the opportunity to elect our future officers and directors. It's also a good time to put a "face to a name" for those who do not know who we are.

At this time we're also collecting dues for the 2014 calendar year. Checks should be made to "Friends of the South Hadley Elderly, Inc." and can be left at the Senior Center or mailed to Donna Robideau, Treasurer, at 12 Edgewater Lane, South Hadley MA 01075. Cash is always accepted; please don't forget to give us your name and current address. Donations and memorials can also be made at any time.

\$5.00 DUES

NAME:

ADDRESS:

DONATIONS/MEMORIALS

DONOR NAME

IN MEMORY OF

AMOUNT

2013 Donations

Ron Cadieux	Anita Gauthier	Robert Stedman
Grace Kelly	Ed/Kathleen Kupec	Theresa Boisjolie
Joan Casavant	Kathy Gallivan	Gary Steigerwalt/Dana Muller
Krystyna Sulek	Lucille Ryan	Theresa/Lionel Brindamour
Shirley Bertrand	Irene Bernstein	Nancy Bombard
Helen Parker	Chet/Nancy Towne	Noelle Loiselle
Ed Mello	Nancy Murray	John/Elaine Foley
Vicky Albano	Donna Asselin	Margaret/Skip Jodoin
Lorraine Gaudet	Paul Vermette	Hedy Magrath
Donna Robideau	Adele Moskal	Mary Zamarripa
Barbara Duda	Don/Sue Lever	Tekla McInerney
Carl/Ruth Schmidt	Theresa Roy	Evelyn Simpson
Jeanne Swindell	Ceceila Mercier	Luke/Josie Brunelle
Dot Hurley	Frank/Janice DeToma	Rita/Frank Falcetti
Alice Pont	Linda Scott	Lionel Vermette
Pam Dalton	Joan Hazen	Mary St. Germain
Irene Hambley	John Scibak	Sophie Gazda
Mary Lou Bathelt	Ann Guilbault	Peter Dietz
Frances Collins	Gertrude Kennedy	Wm/Elizabeth Innocent
Carlene Hamlin	Frank Bridgeman	

2013 Memorials

<u>In Memory Of</u>	<u>Made By</u>	<u>In Memory Of</u>	<u>Made By</u>
Lois Jean Pubcover	Thomas Bernard	Floyd Downey	T/L Brindamour
Harry Crossland	T/L Brindamour	Roland Brindamour	T/L Brindamour
Bill Todd	T/L Brindamour	Alphonse Brunelle	L/J Brunelle
Beatrice Brunelle	L/J Brunelle	Jos/Madeline Gomez	L/J Brunelle
Ron Casavant	Jean Casavant	Harry Crossland	Ethel Crossland
Al Fernandes	Bea Fernandes	Vincent Forni	Violet Forni
Roseann Bozek	Violet Forni	Jerry Gaudette	Yvonne Gaudette
Roger Charette	Laura Gauthier	Raymond Charette	Laura Gauthier
Leo Labonte	Gloria Labonte	George/Evelyn Edge	Evelyn Simpson
Stan/Jackie Snopek	Hazel/Paul Snopek	Tom Tetlow	Irene Tetlow
Connie Wojcik and sons, Mark and Gary			Stanley Wojcik
Jack Remlin	Betsy Ann Remlin	Jeffrey Dec	Ola/Phillip Herbert
Rene LeDuc	Jacqueline LeDuc	Joe Mytkowicz	Fran Mytkowicz
Rene Laverdiere	Tillie Laverdiere	Lenore Isles	Betty Innocent
Mr/Mrs W. Prevost	Bill/Olga Dalton	Mr/Mrs Ed. Meon	Bill/Olga Dalton
Orinta Henkel	Skip/Marg. Jodoin	Charles Taugher	Joanne Taugher
Leo/Mary Sobon	Michael Sobon	Ray/Rose Gaudraull	Michael Sobon
Walter Pysz	Alice Pysz	Chuck Halkyard	Eileen Halkyard
Rita Perron	Marilyn Ishler		
Past Loved Ones and Friends		Robert/Lynne Bertram	

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

SeniorNet is a volunteer service. We offer computer courses targeted toward the beginner, as well as courses for those individuals wishing to review or refresh their computer skills using the latest programs. Our teachers provide quality instruction, and our coaches will assist you through your lessons. This month we are highlighting the following classes:

Picasa: this workshop includes ways to improve your Photos through editing techniques such as cropping, color enhancing red eye removal and more. You will also learn how to sort photos and assign pictures to folders and albums.

Greeting Card Workshop: (2 classes)

A detailed fun class, designing and personalizing your own cards, using the program graphics or your own pictures from your library.

Moving Ahead to Windows 8: We are working on the preparation of this course, and are planning to offer it in the near future. Please let us know if you are interested in attending these classes.

STAY CONNECTED!

Do YOU need telephone service??

Lifeline is a federal/state program that lets eligible low income consumers receive **landline** home phone service up to \$18 a month, **or wireless** service up to 250 FREE minutes monthly from certain providers. You are eligible for Lifeline if your household income meets requirements or if you receive benefits from certain government programs. There is only ONE lifeline discount per household.

NOTE: This telephone discount program is different from the medical alert system also known as Lifeline.)

Find out today if you qualify for Lifeline! Call the MA Dept. of Telecommunications and Cable at 1-800-392-6066 to find out more. Joslyn Day, Director Consumer, Dept. Telecommunications and Cable

DOREEN'S INFO

Its official, autumn is here. I always enjoy the spectacular show of the leaves changing colors, but I do not look forward to raking the leaves. My motivation is to tell myself this is my exercise time. Speaking of exercise here at the COA we have 3 exercise programs that help you to keep limber and flexible. There are; Tai Chi, Beginners Exercise and Osteoporosis Exercise. 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.

September marked the return of several activities that took a break during the summer months. Please check the calendar to make sure you do not miss any of your favorite activities. Our 55+ Anniversary luncheon was lots of fun. It was inspiring to see the many couples that were married over 55 years. They are a strong role model, teaching that with anything we value and love, the time put into that relationship is well worth it.

Our Veteran's group and COA are so very proud of Warren McAvoy. By decree of French President Hollande, Mr. McAvoy has been appointed a "Chevalier" (Knight) of the Legion of Honor. On September 16th, Mr Fabien Fieschi, Consul General of France presented him the French Legion of Honor medal. Warren is inducted as a Chevalier of the French Legion of Honor for his heroism in helping to liberate France from the Nazis.

Barbara Hatch, our "Around the World Tour Guide", will be sharing interesting facts about Morocco. Come join us on October 25th Celebrate Morocco day.

I hope you are busy "conquering" up your costume for our Halloween Luncheon, that will take place on October 31st. This is a fun event so make your reservations early.

I have been with the South Hadley COA for a year now. I really do feel that staff and the senior's are part of my extended family. Included in this "family" are our wonderful, dedicated volunteers. Now that I have experience the full year cycle, I and the staff do not have enough words of praise, respect, and appreciation for these 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 June the volunteers logged 1325.50 hours, and in July our great volunteers logged 1069 hours.

THANK YOU!

Enjoy the season.

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

PRSRT STD
 U.S. Postage
PAID
 Permit #3085
 Springfield, MA
 01152

DATED MATERIAL

"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**

FIT

FALLS INTERVENTION TEAM

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

GET FIT 584-1060
 168 Industrial Drive
 Northampton, MA 01060-2379
www.VNAandHospice.Org

Ryder Funeral Home
 Pre-Need Funeral Planning
 33 LAMB STREET • SOUTH HADLEY
 533-1735
 MYRON W. RYDER FOUNDER WILLIAM W. RYDER DIRECTOR
www.ryderfuneralhome.com

Proud to Support
The Council on Aging
EB EASTHAMPTON SAVINGS BANK
 10 Offices throughout the Pioneer Valley
 Connecting All Offices 413-527-4111
bankesb.com
 Member FDIC Member DIF

HolyokeVNA
 Hospice Life Care
 NURSING • RESNAP • HOSPICE

 413-534-5691
www.Holyokevna.org

HUTT

EYE ASSOCIATES
 ALFRED HUTT, MD, FACS
 10 Hospital Dr. Holyoke, MA 01040
 536 - 0006

BEERS & STORY SOUTH HADLEY FUNERAL HOME

 • Preplanning
 • Burial • Cremation
 646 Newton St.
 South Hadley 533-4400
www.beersandstory.com
 Marc G. Gaudreau
 Wendy L. Story
 Directors

STATE REP. JOHN W. SCIBAK
 P. O. BOX 136, SO. HADLEY, MA
 Tel: (413) 539-6566 Fax: (413) 539-5855
 E-mail: Rep.Johnscibak@hou.state.ma.us

CHICOPEE VNA
 Visiting Nurse Association, Inc.
 Caring for you since 1942
 2024 Westover Road • Chicopee, MA 01022
 (413) 437-9862
 Great to Be Home Care

Hair Services for Men & Women
 in your home
 Call Barbara at
 538-9516 or 885-0371
 Serving the Elderly & Disabled 25 Years

 **LoomisVillage**
 A member of The Loomis Communities
 246 North Main St.
 South Hadley, MA 01075
 (413) 532-5325
www.LoomisCommunities.org

ACE Drain & Sewer Cleaning
 South Hadley
 Owner Ronald T. Padykula
538-9930
 Radio Dispatched • Sinks • Tubs • Toilets • Sewer Lines
 Video Inspection of Pipes • Fully Insured • Reasonable Rates

SOUTH HADLEY DENTAL ASSOC., INC.
 MARJORIE S. BLOCK, D.M.D.
 15 DAYTON ST., SOUTH HADLEY, MA 01075
 TEL (413) 536-4455 FAX (413) 532-1757