

# COUNCIL ON AGING

South Hadley Massachusetts

The sun never sets on our Activities...

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Social Services Coordinator:

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## SEPTEMBER 2013

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**55+ ANNIVERSARY PARTY**  
**WEDNESDAY**  
**SEPTEMBER 18TH**  
**11:30 A.M.**  
**SO. HADLEY SENIOR CENTER**  
**45 DAYTON STREET**

Every Weekday: Nutritious & Delicious Lunch -11:45 a.m. - 12:15 p.m. in the Senior Center Dining Room. Please reserve a day in advance. Reservations close at 9 a.m. each day. It is better to reserve your place and cancel, but please remember to cancel if you cannot make the luncheon. Suggested donation \$2.25 for persons 60 and over. **For guests or people under 60 the charge is \$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

**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 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. **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.**



ARE YOU CELEBRATING YOUR 55TH ANNIVERSARY OR MORE? IF SO, YOU ARE INVITED TO A PARTY IN YOUR HONOR. THE MENU ENTRÉE IS ROAST PORK WITH GRAVY AND THE HONOREES WILL BE GUESTS OF THE FRIENDS OF SOUTH HADLEY ELDERLY, INC. PLEASE PLAN ON ARRIVING BY 11:20 A.M. FOR ALL OTHERS THE SUGGESTED DONATION IS \$2.25, UNDER 60 GUESTS \$3.00 CHARGE.

IF YOU HAVE BEEN MARRIED 55 YEARS (1958 OR BEFORE) AND WOULD LIKE TO BE AMONG OUR GUESTS, CALL 538-5042 BY SEPTEMBER 13TH. IF YOU WANT YOUR FAMILY AND FRIENDS TO SIT AT YOUR TABLE, PLEASE GIVE THEIR NAMES WHEN YOU MAKE YOUR RESERVATION. TO GIVE EVERYONE A CHANCE TO ATTEND, WE ASK THAT YOU LIMIT THE NUMBER OF GUESTS TO NO MORE THAN FOUR.

IF YOU WOULD LIKE TO SHARE YOUR WEDDING PICTURES, PLEASE BRING THEM IN.



## NOTES FROM THE DIRECTOR

How quickly time seems to pass and here it is September! The activities increase and hopefully you will stop by and visit the senior center to learn about our many programs and volunteer opportunities.

As you may have noticed on the front page Ann Andras has returned to the South Hadley COA/Senior Center as the Social Service Coordinator. Please stop by and welcome her back!

I want to welcome a new COA Board member: Gail Bielizna-Pafford. I look forward to working with you.

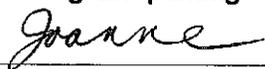
The picnic was a success due to the teamwork of staff and faithful volunteers and I extend my sincere thanks to everyone who helped in any way. Thanks to the Friends of South Hadley Elderly, Inc. for the Bingo prizes and the South Hadley Electric Light Department for donating a generous supply of hamburgers, hot dogs, chips, and other picnic goodies.

If you have been married 55 years or longer, please join us at the 55+ Anniversary luncheon. It is one of the highlights of the year.

The Osteo-Exercise Class has become very popular and for the sake of safety must be limited to 26 participants. Residents and volunteers are always accommodated first. Physician's permission slips are required to attend. Tai Chi (\$6/class) and Beginning Exercise (Low-Impact Aerobics) [\$3/class] also resume and require physician's permission.

A respite worker may be needed to oversee loved ones during the Alzheimer's Support Group meetings. Home-health care-giving background helpful. Application and CORI required. Please call Joanne for more information at 538-5042, Ext. 204.

I hope to see you in September. I also request that you follow the one-way arrows entering the parking lot for your own safety. Thank you.



\*\*SPECIAL THANKS TO: HIP FOR THE \$150 DONATION TO THE NEWSLETTER GIFT ACCOUNT.

\*\*SENATOR STANLEY ROSENBERG AND REPRESENTATIVE JOHN SCIBAK FOR ADVOCATING FOR THE \$8.00 PER SENIOR ALLOCATION IN THE FORMULA GRANT!

\*\*SPRINGFIELD ELDER AFFAIRS FOR FUNDING THE NUTRITION SENIOR AIDE POSITION.

\*\*MCCRAY'S FARM FOR 10 HALF-GALLONS OF SKIM MILK

\*\*SOUTH HADLEY ELECTRIC LIGHT DEPARTMENT FOR THE VERY GENEROUS DONATION OF HAMBURGERS, HOT DOGS, CHIPS, CONDIMENTS, ETC. YOUR GENEROSITY HELPED TO REDUCE THE COST OF THE COA'S ANNUAL PICNIC.

\*\*DAGMAR PROVOST FOR THE 2 CANS OF COFFEE FOR THE MORNING COFFEE

\*\*TILLIE LAVERDIERE FOR THE PLASTIC UTENSILS

\*\*CAROL DINEEN FOR THE CUPS

\*\*DAVE FENTON AND HAMPSHIRE COUNTY SHERIFF ROBERT GARVEY FOR THE 10 FIRST AID KITS USED AS RAFFLE PRIZES AT THE PICNIC

\*\*CLAIRE BIELANSKI FOR THE 20 BOXES OF KLEENEX AND 12 BOXES OF MACARONI

\*\*BARBARA HATCH FOR THE ROLLS OF PAPER TOWELS

\*\*THERESA ROBERTS FOR THE BEAUTIFUL ROSES FROM HER GARDEN

\*\*JOHN LASALLE FOR THE QUILTING AND NEEDLECRAFT ITEMS FROM ALBERTINE GAGNE LASALLE



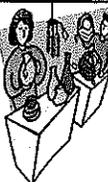
### 2ND ANNUAL PENNY'S PRIDE MEMORY RIDE

On Saturday, September 7th a motorcycle ride in memory of Janet "Penny" Koske will be held along with a BBQ/Pig Roast. All money raised will be donated to the South Hadley Council on Aging Alzheimer's Caregivers' Support Group and the Services Gift Account. This year Home Depot will match whatever money is raised. The event is held rain or shine. Registration begins at 10:30 a.m. at Ebenezer's, 60 Bridge Street, South Hadley. Ride departs at 12 noon. Party begins at 4 p.m. with live entertainment by Mid-Life Crisis. Tickets: \$20 for rider/\$10 for passengers/\$10 for non-riders. Donations can be made to: Penny's Pride Memory Ride. For more information contact Sissy at (413) 575-2590.

### TRIAD

The South Hadley TRIAD/S.A.L.T. Council will meet on Tuesday, September 24th at 9 a.m. at the South Hadley Police Station. New members are welcome.

### WISH LIST: DISINFECTANT WIPES



SAVE THE DATE! FRIENDS OF SOUTH HADLEY ELDERLY CRAFT FAIR WILL BE HELD ON **SATURDAY, OCTOBER 26TH** AT THE SENIOR CENTER.



**SEPTEMBER IS SENIOR CENTER MONTH AND THE THEME IS "EXPERTS AT LIVING WELL."** Come visit the

South Hadley Senior Center and let us help you "live well." Please feel free to share your suggestions with any of the staff. It is your Center!

## Outreach News

by Ann

Hello everyone, my name is Ann M. Andras and I am the new Social Service Coordinator here at the South Hadley Council on Aging. For those of you whom I will be meeting for the first time, I look forward to assisting you to find programs and services to improve your well-being.

Many of you might remember me from years past when I worked at the Council on Aging in a different capacity. For the last nearly 5 years I have held the position as Senior Services Director for the Granby Council on Aging. I had the privilege of working with many wonderful seniors and dedicated volunteers while in Granby.

When the opportunity became available for me to pursue the position as Social Service Coordinator, I was thrilled. A chance to realize a long-time goal of working in full time "outreach".

I would like to thank Joanne Trybus and the rest of the staff for their warm welcome and for making my return so pleasant. It's just like Dorothy from the Wizard of Oz always said, "There is no place like home"!

Many thanks to all of you who have stopped by to welcome me back. I have enjoyed getting reacquainted with all of you and look forward to this new chapter in my life and to sharing it with all of you.



### Just a thought.....

The confidence which we have in ourselves engenders the greatest part of which we have in others.

*Francois De La Rouchefoucauld*

## FUEL ASSISTANCE 2013-2014

For those of you who have received fuel assistance in the past, you will soon receive your re-certification paperwork in the mail. A few of you have begun calling for an appointment for me to assist you and I am happy to do so.

My office hours are Monday thru Friday, 8:30 a.m. to 4:30 p.m.

If you would like to make an appointment, please call me at 538-5042 extension 206. Help with your fuel assistance application does require an appointment.

First time applicants must wait until I receive notification from Community Action and have the application forms for the 2013-2014 heating season. New applications will not be accepted before November 1st.

Please watch the newsletter and press releases for up-dated information.

## MEDICARE NEWS

The Medicare Open Enrollment will be from October 2013 to mid December 2013. This is the time when you can make medical plan or drug changes that will start on January 1, 2014. It is a good time to review your coverage and make sure your health plans work for you. Our SHINE representative, Eileen Burke will be available on Tuesdays (by appointment) to answer your questions in making plan changes. Don't delay and be left out. Call ahead at 538-5042 to schedule an appointment.

## 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. SEPTEMBER MENU

- 2) CENTER CLOSED—LABOR DAY HOLIDAY
- 3) COLD PLATE: Tuna Salad, Pasta Salad, Three Bean Salad, Whole Grain Bread, Orange Juice, Peaches or Diet Peaches.
- 4) ROASTED CHICKEN W/GRAVY, Mashed Potatoes, Peas/ Mushrooms, Cranberry Sauce, Pudding or Diet Pudding.
- 5) KIELBASA, Lazy Pierogi, Carrots, Rye Bread, Pineapple or Diet Pineapple.
- 6) BROILED POLLOCK LOIN, Scalloped Potatoes, Corn, Multi-grain Bread, Tropical Fruit or Diet Tropical Fruit.
- 9) STUFFED CABBAGE W/SAUCE, Mashed Potatoes, Carrots, Rye Bread, Peaches or Diet Peaches.
- 10) BIRTHDAY/ANNIVERSARY—POT ROAST W/GRAVY, Roasted potatoes, Ratatouille, Multigrain Roll, Cake or Diet Cake.
- 11) CHICKEN NUGGETS, Corn Coblet, Mashed Potatoes, Whole-grain Bread, Apricots or Diet Apricots.
- 12) AMERICAN CHOP SUEY, Broccoli, Garlic Bread, Cookies or Diet Cookies.
- 13) LEMON PEPPER POLLOCK, Rice Pilaf, Creamed Corn, Corn-bread, Tropical Fruit or Diet Tropical Fruit.
- 16) COLD PLATE: Chicken Salad, Macaroni Salad, Carrot & Raisin Salad, Rye Bread, Tropical Fruit or Diet Tropical Fruit.
- 17) BROCCOLI QUICHE, Rice Pilaf, Green Beans, Whole Grain Roll, Mandarin Oranges or Diet Mandarin Oranges.
- 18) 55+ WEDDING ANNIVERSARIES—ROASTED PORK W/ GRAVY, Mashed Potatoes, Wax Beans & Tomatoes, Biscuit, Cake or Diet Cake.
- 19) GROUND BEEF STROGANOFF, Noodles, Squash, Whole Grain Bread, Juice, Mixed Fruit or Diet Mixed Fruit.
- 20) CELEBRATE JAMAICA—JERK CHICKEN, Confetti Rice, Broccoli & Onions, Cornbread, Spice Cake or Diet Spice Cake.
- 23) HAM W/PINEAPPLE SAUCE, Sweet Potatoes, Beets, Rye Bread, Mandarin Oranges or Diet Mandarin Oranges.
- 24) COLD PLATE: Egg Salad & Olive, Potato Salad, Three Bean Salad, Multigrain Roll, Jell-O or Diet Jell-O.
- 25) ROASTED TURKEY W/GRAVY, Mashed Potatoes, Mixed Vegetables, Multigrain Bread, Pineapple or Diet Pineapple.
- 26) SALISBURY STEAKS W/GRAVY, Egg Noodles, Winter Blend, Whole Grain Bread, Pudding or Diet Pudding.
- 27) SALMON FILLETS WITH DILL SAUCE, Mashed Potatoes, Squash Blend, Multigrain Bread, Banana.
- 30) VEAL PARMESAN, Pasta w/Sauce, Broccoli & Cauliflower, Garlic Bread, Brownies or Diet Brownies.

ALL MEALS ARE SERVED WITH BREAD AND A 1/2 PINT OF MILK. FOR RESERVATIONS OR CANCELLATIONS, PLEASE CALL 538-5042 NO LATER THAN 9:00 A.M. PLEASE TRY TO CALL ON FRIDAY TO EAT ON MONDAY.

## The Good News About Flaxseed

By Christine M. Brown  
Nutritionist WMEC

There are healthful benefits to increasing the amount of omega-3 fatty acids on our daily diets. The primary source of omega-3's in our diets are found in fish, vegetable oils, nuts and seeds. Flaxseeds, which come from the same plant used to make linen, contain omega-3 fatty acids. Two tablespoons of ground flaxseed contain 4.3 grams of omega-3. In comparison, a 3.5 oz. portion of Pacific mackerel contains 2.19 grams and 3.5 oz. portion of Atlantic salmon contains 2.44 grams of omega-3.

Flaxseed is available at health food stores and the "natural food" section of your supermarket. Whole seeds and ground-up flaxseed are available. It is best to ground up the whole seeds in a food mill or coffee grinder. Flaxseeds, which have a tough outer coating, must be ground in order for their potential health benefits to kick in. To save time, grind more seeds than you need and store in the refrigerator to prolong freshness.

To get started, try mixing ground flaxseeds into hot oatmeal, rice pilaf, blending into smoothies and sprinkling on cold cereal or yogurt. Another way to incorporate flaxseed into your diet is the following recipe which is loaded with antioxidants and vitamins.

Everyday: Take a handful of blueberries (preferably fresh, but frozen can be used)

1 Tbsp. Wheat Germ

1 Tbsp. Ground Up Flaxseed

Either eat with a little milk or sprinkle on hot or cold cereal.

Source: September 2002 Tufts University Health & Nutrition Newsletter

### PICNIC THANK YOU

We extend our sincere thanks to Hampshire County Sheriff Robert Garvey for loaning the grill for the picnic. Special thanks to Dave Fenton for bringing it to the senior center and for grilling the hot dogs and hamburgers with the assistance of So. Hadley TRIAD Sgt. Mike Pol-lender. Thank you to all of the faithful volunteers who assisted in any way possible to complement the efforts of the staff. Together your efforts were beyond compare in making the day a fun-filled event for the partici-pants.

Special thanks to the Friends of South Hadley Eld-erly for funding the Bingo prizes and to Connie Clancy for making the nice baskets for the raffle.

## IN MEMORIAM

### IN MEMORY OF:

### FROM:

#### MOTHER'S GARDEN:

LUANNE REYNOLDS Noella Loiselle  
THELMA BACH PHOENIX Sophie Paquette  
ELEANOR LAWLER Joyce Mahoney

#### CHRISTMAS BASKET:

FREDERICK BACH James Procon  
MARY FAL Don McCullough  
GEORGE CUNLIFFE, JR. Christine Cunliffe &  
Lillian & Daniel Campbell  
LEO A. LABONTE Gloria Labonte

#### SUBSIDIZED SENIOR TRANSPORTATION:

SOPHIE & JOSEPH PERWAK David Michael  
ESTELLE KINDNESS Bea Fernandes  
JENNIE HUDYMA David Michael

#### NEWSLETTER ACCOUNT:

JUDY FLEMING John Fleming

#### LIGHTS ON:

RUTH DESJEUNES Don Desjeunes  
FLORA FARLEY Claire Bielanski  
So. Hadley Cribbage Club

#### TRANSPORTATION ACCOUNT:

ARMAND DUQUETTE Roberta & Neshan Daglian  
GERARD J. BERNARD Claire Bielanski

## IN MEMORIAM

### IN MEMORY OF:

### FROM:

#### NUTRITION:

THOMAS TETLOW Irene Tetlow  
ARMAND DUQUETTE Barbara Grissom  
Tom & Ronnie Stein  
Massachusetts Lions-District 33K  
Mr. Jean H. Duquette  
Dave Morton  
Henry & Pauline Slopek  
Denis Duquette

CHESTER E. JANEK, JR. Joe & Ruth Koske  
Richard & Irene Breton  
So. Hadley Golden Agers Club

JOHN JOYAL Judy Fortier

JOHN M. FOLEY Judy Fortier

#### BUILDING FUND:

BILL BIELANSKI Claire Bielanski  
CATHERINE QUINN Dan & Maureen Gallagher  
ELAINE BIGELOW Ann Andras

#### SERVICES ACCOUNT:

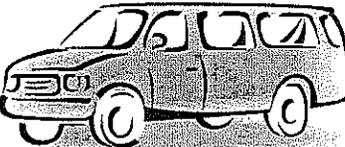
GEORGE BELLEROSE Alice Bellerose

#### ACTIVITIES ACCOUNT:

ELINOR J. FESKO Lois L'Esperance  
ELAINE BIGELOW So. Hadley Canasta Group

### THE BIG E

The South Hadley Council on Aging will be providing transportation to the Big E on Monday, September 23rd. Tickets for seniors (60 and over) are \$12.00 at the gate. Due to the generosity of many, the cost of the van will be subsidized by the "Subsidized Senior Transportation" gift account so the ride will be free. Pick-ups begin at 8:30 a.m. and return by 3:30 p.m. Since space is limited and the van can only accommodate one power chair, please call early to reserve your place. Call 538-5042 to make your reservation for the van.

<p><b>2 LABOR DAY HOLIDAY CENTER IS CLOSED</b></p> 	<p><b>3 COLD TUNA SALAD PLATE</b> 1 Bingo-CR 12:45 Movie-EX 1 Needlecraft-CE</p>	<p><b>4 ROASTED CHICKEN /GRAVY</b> 8:45 HIP-EX 9:30 Grocery Shopping 10 Travel Club-C1 10:30 Osteoporosis Exercise-EX 1 Pitch-CR 1 Mah Jongg -CE</p>	<p><b>5 KIELBASA &amp; LAZY PIEROGI</b> <b>10 Alzheimer's Support -C2</b> 10 Travel Club-C1 1 Quilting-CE 1 Scrabble-L <b>1 Golden Agers Resume-CR</b></p>	<p><b>6 BROILED POLLOCK LOIN</b> 9:30 Grocery Shopping 10 Coffee &amp; Conversation-DR 10:30 Osteoporosis Exercise-EX 1 Knitting-L 1 Bridge-CE 1 Cribbage-CR 1 Canasta &amp; Poker-DR</p>
<p><b>9 STUFFED CABBAGE W/ SAUCE</b> 9:30 Foot Nurse (by appt.) 10 Music Appreciation—CE 10 Tai Chi-EX 1 Paker—DR, 1 Pinochle-DR, 1 Canasta-DR 1 Mah Jongg-CE <b>1 Red Hat Society-CR</b> <b>4 COA Board Meeting</b></p>	<p><b>10 BIRTHDAY/ANNIVERSARY POT ROAST/GRAVY</b> <b>9-12 SHINE (by appt.)</b> <b>10 Beginning Exercise Begins-EX</b> 1 Bingo-CR 12:45 Movie-EX 1 Needlecraft-CE</p>	<p><b>11 CHICKEN NUGGETS</b> 9:30 Grocery Shopping 10 Travel Club-C1 10:30 Osteoporosis Exercise-EX <b>1 Choralites Begin-DR</b> 1 Pitch-CR 1 Mah Jongg -CE</p>	<p><b>12 AMERICAN CHOP SUEY</b> 10 Beginning Exercise-EX 10 Travel Club-C1 <b>10 Veteran's Group</b> <b>12:30-2pm Blood Pressure Screening w/Nurse-C2</b> 1 Scrabble-L 1 Quilting-CE 1 Golden Agers-CR</p>	<p><b>13 LEMON PEPPER POLLOCK</b> 9:30 Grocery Shopping 10 Coffee &amp; Conversation-DR 10:30 Osteoporosis Exercise-EX 1 Knitting-L 1 Bridge-CE 1 Cribbage-CR 1 Canasta-DR 1 Poker-DR</p>
<p><b>16 COLD CHICKEN SALAD PLATE</b> 10 Music Appreciation—CE 10 Tai Chi-EX 1 Poker—DR 1 Pinochle-DR 1 Conasta-DR 1 Mah Jongg-CR</p>	<p><b>17 BROCCOLI QUICHE</b> 10 Beginning Exercise-EX <b>9-12 SHINE (by appt.)</b> <b>10-11 Brown Bag-CE</b> <b>10 Lo-Vision Support-C2</b> 1 Bingo-CR 12:45 Movie-EX 1 Needlecraft-CE</p>	<p><b>18 55+ ANNIVERSARY PARTY ROASTED PORK W/GRAVY</b> 8:45 HIP-EX 9:30 Grocery Shopping 10 Travel Club-C1 10:30 Osteoporosis Exercise-EX 1:30 Choralites-DR 1 Pitch-CR 1 Mah Jongg -CE</p>	<p><b>19 GROUND BEEF STROGANOFF</b> 10 Beginning Exercise-EX 10 Travel Club-C1 1 Quilting-CE 1 Scrabble-L 1 Golden Agers-CR</p>	<p><b>20 CELEBRATE JAMAICA JERK CHICKEN / CONFETTI RICE</b> <b>Senior Travel Club Trip</b> 9:30 Grocery Shopping 10 Coffee &amp; Conversation-DR 10:30 Osteoporosis Exercise-EX <b>11:30 Rep. John Scibak-DR</b> 1 Bridge-CE 1 Cribbage-CR 1 Canasta &amp; Poker-DR 1 Knitting-L</p>
<p><b>23 HAM/PINEAPPLE SAUCE</b> 9:30 Foot Nurse (by appt.) <b>9-2 Big E Trip</b> 10 Music Appreciation—CE 10 Tai Chi-EX 1 Poker—DR 1 Pinochle-DR 1 Canasta-DR 1 Mah Jongg-CR</p>	<p><b>24 COLD EGG &amp; POTATO SALAD PLATE</b> <b>9-12 SHINE (by appt.)</b> <b>9 Newsletter Collating-CE</b> 10 Beginning Exercise-EX 1 Bingo-CR 12:45 Movie-EX 1 Needlecraft-CE</p>	<p><b>25 ROASTED TURKEY /GRAVY</b> 9:30 Grocery Shopping 10 Travel Club-C1 10:30 Osteoporosis Exercise—EX 1 Choralites-DR 1 Mah Jongg-CE 1 Pitch-CR</p>	<p><b>26 SALISBURY STEAKS / GRAVY</b> 10 Beginning Exercise 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>27 SALMON FILLETS /DILL SAUCE</b> 9:30 Grocery Shopping 10 Coffee &amp; Conversation-DR 10:30 Osteoporosis Exercise-EX 1 Knitting-L 1 Bridge-CE 1 Cribbage-CR 1 Canasta-DR 1 Poker-DR</p>
<p><b>30 VEAL PARMESAN</b> 10 Music Appreciation—CE 10 Tai Chi-EX 1 Poker—DR 1 Pinochle-DR 1 Canasta-DR 1 Mah Jongg-CR</p>	<p><b>Dates to remember !</b> <b>Happy Grandparents Day!!!</b> <b>September Bth</b> <b>Patriot's Day—Sept. 11th</b> <b>1st Day of Autumn—Sept. 22</b></p>	<p><b>SEPTEMBER 2013</b> <b>Senior Centers EXPERTS AT LIVING WELL</b></p>	<p><b>IN TOWN TRANSPORTATION IS AVAILABLE MONDAY-FRIDAY 9-3 BY APPOINTMENT ONLY</b></p> 	<p><b>ROOM KEY</b> 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>

The South Hadley SeniorNet Computer Learning Center is part of the nationwide, non-profit organization founded to teach computer skills to older adults in a fun and friendly way. SeniorNet has 38,000 members over the age of 55 learning or teaching technology. There are 201 learning centers operating in the United States. All these centers are operated by senior volunteers.

South Hadley is one of only 3 centers in Massachusetts. South Hadley is building a community of computer using seniors in order to bring older adults access to technology and empower them to share knowledge and wisdom.

The goal is to provide hands on instruction in learning computer basics at an affordable cost and in a relaxed atmosphere. Classes are designed for older adults and focus on teaching useful applications such as Word Processing, Database, Spreadsheets, the Internet and others.

Computer Knowledgeable seniors serve as instructors and coaches. A coach usually

assists 1 or 2 students. This concept of teaching ensures the success of learning

The curriculum is based on Microsoft Office, an integrated program package. These courses come with student books and lesson discs.

#### COURSES OFFERED

Classes last 2 hours

##### Fundamentals - 4 classes

A basic course for students who have had no prior experience with computers. Students will get hands on experience with computers. They will get hands on practice using a mouse, navigating computer menus and will begin to learn computer terminology.

##### Introduction to Computers – 6 classes

An overview of things that can be done with a personal computer. Topics covered briefly include Word Processing, Spreadsheets, Databases and the Internet.

##### Word Processing - 8 classes

An introduction to the basic concepts of word processing using Microsoft Office7, creating,

editing, saving, retrieving and printing documents, changing font styles and sizes, margins, tabs, spell checking, etc

##### The Internet – 8 classes

A course for new and experienced internet users regardless of the software or internet service the student is using. The course also deals with accessing and searching the World Wide Web, using e mail, as well as security, cookies, viruses and other online issues.

##### Excel – 8 classes

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

##### Quicken – 8 classes

A computer program for managing personal finances. It can be used to manage your checkbook, savings, charge accounts, investments, loans etc.

##### E Bay – 2 classes

The basics of navigating E Bay – how to register, buy and sell.

Picasa - 4 classes

A digital photo organizer and editor.  
Quick edits, sort pictures, put pictures  
in folders and albums.

Exploring Windows - 8 classes

A course introducing the basic components of  
the Windows operating system including  
managing discs, folders and files

Typing Tutorial - 1 class

A self teaching tutorial in touch typing.  
Recommended if you plan to learn Word  
Processing and E mail.

Greeting Card Workshop - 2 classes

A detailed course in designing cards,  
adding your own pictures from your library  
etc.

# Learn How to Use A Computer

## Join Senior Net

Call 413 533 6889

Log On [www.seniometsh.org](http://www.seniometsh.org)

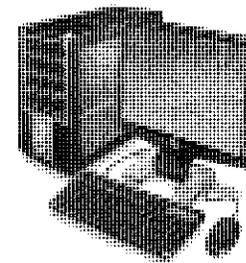
You do not have to be a South Hadley  
resident to join

# SeniorNet

Computer

Learning

Center



Council on Aging

45 Dayton Street

South Hadley, MA 01075

## DOREEN'S INFO

Does anyone know where the summer went? It went by so very fast didn't it? I hope you all had a joyful summer. Soon we will be witness to another seasonal change when the leaves start turning the beautiful colors. Back on the road are the yellow school buses.

July was an active month. The Veteran's Group held their meeting at the local favorite restaurant the Dockside. We also had our annual Ice Cream Social. This event had a high attendance and the entertainment portion was lots of fun. A sing - a - long and laughter lightened the mood and the ice cream sundaes were a wonderful way to end a fun afternoon. In July we welcomed new volunteer Joan Dube. This month volunteers logged 1325.50 hours.

August was also a busy month. We survived the summer heat waves and our senior's enjoyed and appreciated being in a cool environment. Our monthly Birthday /Anniversary celebrations have been well attended. Our September date for anyone celebrating a birthday/anniversary in September is on the 10<sup>th</sup>. If you are celebrating a wedding anniversary where you have been married 55 years or more, come and join us at the 55+ Anniversary luncheons on September 18<sup>th</sup>. Bring in your wedding albums and pictures for us to view. Reservations are needed for both of these events. Celebrants of 55+ are allowed 4 guests and please include their names when you make reservations.

Our annual COA picnic was lots of fun. There were lots of smiles, laughter and good food. Thank you to Terry Roberts who was our Bingo caller. A big thank you goes out to all of our wonderful volunteers. I and the COA can always count on you.

This month Council on Aging facilities nationally are celebrating "Experts at Living". Here at our own COA we hope that the activities and support offered do enhance our senior's lives. We like to think we are part of your "extended family" and this is your second home.

Barbara Hatch, our "Around the World Tour Guide", shared interesting facts this summer regarding New Zealand and Norway. For September she will be sharing facts about Jamaica. We will be celebrating this country on Friday the 20<sup>th</sup>. Come and join us.

Please check the monthly calendar to see what activities are taking place. The "vacation break" is over and several of our activities are returning this month. Remember ALL exercise programs require current physician's approval forms.

Our great volunteers logged 1069 hours for the month of August. Welcome new volunteers Paul Grennon and Gail Laprade.

Have a "colorful" autumn.

*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)

**OUR GOAL:** Provide "user friendly" classes to all seniors starting at the age of 55.

### Classes:

#### For Beginners:

Fundamentals  
Introduction to computers

### \* Other Services Provided:

\*Excellent Teachers.  
\*Individual Attention  
(provided by your personal coach)

### Intermediate:

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Excel  
Exploring Windows  
Internet  
Quicken  
Picasa  
Word Processing

\*A practice Workbook to take home.

\* Practice Disc.

### Workshops: Greeting cards Typing

You do not have to be a resident of South Hadley to take advantage of this learning opportunity.

*Our Brochure is included separately for your convenience.*

*Note: Let us know if you are interested in a class that is not listed here. We will attempt to accommodate your specific interest.*

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Transportation is available to & from the South Hadley Senior Center and destinations in town. It is provided in part by the Executive Office of Elder Affairs.

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