

COUNCIL ON AGING

South Hadley Massachusetts

The sun never sets on our Activities...

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APRIL 2012

WebSite:www.southhadleyma.gov

VOLUNTEER APPRECIATION

FRIDAY, APRIL 20TH

Our annual Evening of Appreciation will be held on April 20th from 6:00- 8:00 p.m. Dining room doors will open at 5:30 p.m. Everyone who recorded their hours during 2011 will receive an invitation. Most invitations will be hand delivered by the first week of April. Please reply on or before April 13th by calling 538-5042, or stop by the office. Free transportation will be provided upon request. When you make your reservation, please let the receptionist know you need a ride. Please come and enjoy the fun as the staff pays tribute to the many wonderful and faithful volunteers who help to make our many programs possible.

Names of volunteers will be accepted first and if room permits guests will be welcome.

THE MEMBERS OF THE STAFF EXTEND THEIR SINCERE GRATITUDE TO THE 190+ VOLUNTEERS FOR YOUR ASSISTANCE DURING THE LAST YEAR. IF YOU WERE NOT PART OF OUR TEAM, WE COULD NOT PROVIDE THE MANY PROGRAMS AND SERVICES.



Every Weekday: Nutritious & Delicious Lunch 11:45 am - 12:15 pm, in the South Hadley Senior Center Dining Room. Please reserve a day in advance (538-5042). Remember to cancel if you cannot make the luncheon. Suggested donation \$2.25 for persons over 60 and \$3.00 for all others. FEDERAL GUIDE-

LINES 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

Thursday, April 19, Anheuser-Busch Brewery Tour, with beer sampling. A visit to the **Clydesdale Hamlet**. Lunch at **Common Man Restaurant** and a stop at **Swan Chocolate**, gelato and fudge samplings. Cost: \$77.00. Call Howie Walsh, 593-6286.

Tuesday, June 12, Narragansett Cruise. The magnificent **Quidnessett Country Club** for lunch. A 90-minute narrated cruise of Narragansett Bay. An afternoon stop to browse the quaint shops of **Wickford Village**. Cost \$81.00 Call Judy Fortier, 534-3598.

Sunday, July 8, 2012, TANGLEWOOD, featuring the **Boston Pops with Keith Lockhardt and special guest, Bernadette Peters**. Cost \$91.00 for reserved shed seats. Lunch is not included in this price but a stop at a McDonald's will be made prior to the concert or bring a picnic lunch or cheese, crackers and wine and picnic on the lawn. Call Susan Canedy, 536-2106.

Wednesday, August 8, 2012 Saratoga Raceway with dinner at Grandma's Restaurant. Cost \$79.00. Call David Bellefeuille 533-7724.

Tuesday, August 28, 2012. Lobster Bake at the Gloucester House with a 90-minute narrated Essex River Cruise. See rare birds, wildlife and stunning scenery. Cost \$92.00 Call David Bellefeuille, 533-7734. A \$5.00 non-refundable deposit required on all non-casino trips. No refund prior to 6 weeks before a trip. A Travel Club representative is at the South Hadley Senior Center on Wednesday and Thursday between 10:00 and 11:30. Flyers available.



PLEASE NOTE: DUE TO A REDUCTION IN STAFF AND THE NEED TO MAINTAIN OFFICE COVERAGE, PLEASE PLAN ON ARRANGING FOR THE LOAN OF HEALTH EQUIPMENT BETWEEN 10 A.M. AND 2 P.M. YOUR COOPERATION IS GREATLY APPRECIATED!

Transportation is available to and from the South Hadley Senior Center. It is provided in part by the Executive Office of Elder Affairs, the Town of South Hadley, memorial donations and the generosity of the community.

NOTES FROM THE DIRECTOR

Although it has been a mild winter, spring is my favorite season, although today seems like summer. Maybe it is because of my love of flowers and it is nice to see the crocus and daffodils in bloom. Seeing a robin is a sure indicator of a new season. Come and visit us at the senior center and enjoy a meal or take part in a program or activity. It is very important to stay active for healthy aging.

Currently the staff is busy planning the Volunteer Appreciation and we welcome the opportunity to thank the many faithful volunteers who have assisted us through 2011. Please note, if you are a new volunteer or have no recorded hours in 2011, you will not be invited this year. This recognition is based on a calendar year. Volunteers will be accommodated first. If room allows, guests will also be welcome but first must go on a waiting list. It is a fun evening so please try to come and let the staff wait on you!

I want to thank all of the staff and volunteers for helping to make the St. Patrick's Day luncheon event outstanding! Congratulations to Jeanne Garon whose name was drawn as Colleen and to her Court: Renee Orzechowski, Linda Larivee, Evelyn Greco and Venita Redding. Special thanks to Gert Kennedy and Rita Lawler for sharing their time and musical talent. Thank you to Blanca Brunelle and Nancy Herrick for decorating the dining room in green and to Renee Orzechowski for taking pictures. Thank you to District Attorney David E. Sullivan for joining us.

HAPPY SPRING!!!!



FALLS PREVENTION PROGRAM BEGINS ON THURSDAY, APRIL 26TH. PRE-REGISTRATION REQUIRED!

SO. HADLEY FRIENDS OF THE ELDERLY, INC.

ALERT! Many of you know that the Friends of the Elderly provide the coffee in the dining room. A bonus in addition to the coffee provided by the nutrition program with the daily lunches. Through the generosity of many, the "Friends" have been able to provide the beverage, asking only for a donation, for which we thank you. The small wooden box is on the top shelf of the coffee hutch. In the past seven months, we received \$436 in donations but have spent \$1,086 for coffee. Unless donations increase, we will be forced to stop providing the coffee. As you are aware, membership in the Friends is \$5.00 annually. This does not buy a lot of coffee, nor does it allow us to provide the Council and our seniors with much needed supplies and programs! Please help us keep the pots going; whatever you can contribute is appreciated.

CARD PARTY will take place at St. Patrick's Social Center on Tuesday, May 1st. Tickets are \$4.00 and available through a member of the "Friends" and will be on sale at lunches during the month. Your support is crucial and well appreciated!

DIABETIC SUPPORT GROUP WEDNESDAY, APRIL 11TH AT 1 P.M.

Mary Anne Sopelak, RD, CDE will lead the Diabetes Support Group for "Support Group Sharing-What are your successes with diabetes management and what are your concerns/difficulties? Supporting others." Everyone is welcome.

**** SPECIAL THANKS TO: THE OUTREACH TEAM OF THE FIRST CONGREGATIONAL CHURCH FOR THE \$350.00 FOR "LIGHTS ON."**

****THE PERSON WHO LEFT THE CANNING JARS FULL OF COINS AT THE S. HADLEY SENIOR CENTER DOOR DURING THE HOLIDAYS. YOUR GENEROSITY PROVIDED \$30 FOR SERVICES.**

TRIAD INFORMATION

GOT DRUGS? Drug Take Back Day-Saturday, April 28, 2012 at the South Hadley Police Station between 10 a.m. and 2 p.m. Don't throw away or flush your unused meds, save them for this. Medications can remain in original container and labels do not have to be removed! Items that cannot be accepted: **No needles, syringes, lancets, thermometers, IV bags, chemo drugs or liquids of any type.** This event is sponsored by the Drug Enforcement Administration, District Attorney David E. Sullivan, Sheriff Robert J. Garvey, Sheriff Christopher Donelan, So. Hadley Police Dept., DPH, MCOA and other community partners. The So. Hadley Police Station accepts unwanted medications every day (see below). Call Joanne 538-5042, Ext. 204 or Angie, Ext. 206 for more information.

Don't forget about getting a house number in place because it might SAVE your life in the event of an emergency. A \$5.00 donation will be appreciated. Call the COA at 538-5042 and add your name, address and phone number to the growing list of requests.

Courtesy of Sheriff Robert Garvey's Office, free battery-operated carbon monoxide detectors are available for low to moderate income elders. If you would like one, please call 538-5042 to add your name to the list.

CHANGES TO SSI STATE SUPPLEMENT PROGRAM

SSI (supplemental Security Income) is a federal program of the Social Security Administration that provides monthly payments to certain individuals 65 or older, blind or disabled. Massachusetts provides additional money to **SSP** recipients who live in this state. Until now, the federal government has been directly depositing both payments to peoples' bank accounts or by mailing them checks.

As of April 1st, there will be a new system for receiving SSI payment. If you currently receive one (combined) check from Social Security you will receive a check from Social Security and from the Commonwealth of Massachusetts. **If you normally have the check deposited in the bank for you, you will see two deposits that will add up to the same amount.** The Massachusetts deposit appears as "**SSI SUPP**". This change allows the state to save money by administering its own payment system.

In sum, **your SSI payment will be the same** but you will receive payments from the federal government and from Massachusetts. The conversion will occur automatically and your payment totals will not be affected. If you have any questions about this change, please call the Massachusetts **SSP** Customer Service Center at 1-877-863-1128.

Applications for GRO South Hadley Community Gardening are available at the S. H. Senior Center. Plot fee is \$20 to compensate for compost, manure, tools, etc. Fee waivers are available upon request. No one will be turned away due to a lack of funding.

Angie's News & Notes

Health Care Proxies and Living Wills

Seniors often ask me about Health Care Proxies and Living Wills and whether or not there is a difference.

A Health Care Proxy is a simple legal document that allows you to choose someone to make medical decisions for you, if, for any reason, you are unable to make these decisions yourself. Under Massachusetts law, the person you choose (your "agent") must be at least 18 years old, and should be someone you know and trust to act in your best interest. You can give your agent the authority to make all medical decisions for you, or you can limit your agent's authority by including a list of specific medical treatments you would accept or reject.

Your Health Care Proxy will take effect only if your physician declares in writing that you are unable to make your own decisions. This could happen if you were unconscious or in a coma, or mentally incompetent, for example. Your agent would then be allowed to talk with your doctors about your health, and would have the authority to accept or refuse treatment for you.

You do not need a lawyer to complete a Health Care Proxy. You can fill out the form yourself. The only requirement is that you sign your Health Care Proxy in front of two adult witnesses. (Your agent cannot be a witness.) Once you have signed the form, you should give a copy to your agent, your doctors, family members, and any health centers where your medical records are kept. You may change your Health Care Proxy at any time.

To get more information and download the Massachusetts Health Care Proxy form go to the Massachusetts Medical Society website—massmed.org—click on

"Patients" and then "End of Life Care." Or, you may pick up the Massachusetts Health Care Proxy form and instructions here at the Council on Aging.

A Living Will is a document in which you describe the type of medical treatment you want if you become terminally ill or permanently unconscious. It allows you to make end-of-life decisions while you are physically and mentally competent to do so.

Massachusetts is one of only a few states that do **not** allow legally binding Living Wills. If you write a Living Will in Massachusetts, your doctors are not legally obligated to follow your wishes. However, a Living Will can help health care providers and the courts make decisions about your medical care.

In a Living Will, you should be as specific as you can about life-prolonging measures such as artificial nutrition and hydration, "Do Not Resuscitate" orders, pain medication, and other treatments you would accept or reject.

Because there is no law authorizing Living Wills in Massachusetts, there is no standard format that you must follow. You can get a sample Living Will online—Personal Wishes Statement—at betterending.org

As an alternative to a Living Will, you can list your preferences about specific medical treatments in your Health Care Proxy and limit the authority of your agent in making end-of-life decisions.

If you have not filled out a Massachusetts Health Care Proxy please consider doing so.

massresources.org

A very happy spring to all,
Angie Wright
Social Service Coordinator



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. APRIL MENU

- 2) BROCCOLI & CHEESE QUICHE, Rice Pilaf, Summer Blend Vegetables, Multi-Grained Bread, Pear or Diet Pears.
- 3) BBQ CHICKEN, Red Potatoes, Mixed Vegetables, Roll, Apple Crisp or Diet Apple Crisp.
- 4) SWEDISH MEATBALLS WITH GRAVY, Egg Noodles, Spinach, Peach or Diet Peaches.
- 5) BREADED CHICKEN FILLETS WITH GRAVY, Mashed Potatoes, Brussels Sprouts, Rye Bread, Mixed Fruit or Diet Mixed Fruit.
- 6) BREADED POLLOCK LOINS, Scalloped Potatoes, Stewed Tomatoes, Chocolate Pudding or Diet Chocolate Pudding.
- 9) BAKED CHICKEN W/GRAVY, Rice, Broccoli, Whole Wheat Bread, Mixed Fruit or Diet Mixed Fruit.
- 10) BIRTHDAY/ANNIVERSARY—VEAL PARMESAN W/PASTA, Italian Blend Vegetables, Congregate: Tossed Salad, Garlic Bread, Cake or Diet Cake.
- 11) FRENCH MEAT PIE WITH GRAVY, Noodles, Carrots, Roll, Tropical Fruit or Diet Tropical Fruit.
- 12) GRILLED HAM & CHEESE SANDWICHES, Potato Puffs, Corn Cobbets, Juice, Pears or Diet Pears.
- 13) MACARONI & CHEESE, Stewed Tomatoes, Whole Grained Bread, Pineapple or Diet Pineapple.
- 16) HOLIDAY—CENTER CLOSED (*PATRIOT'S DAY*)
- 17) SPAGHETTI WITH MEATBALLS, Garlic Bread, Mixed Vegetables, Juice, Brownies or Diet Brownies.
- 18) LIVER & ONIONS, Mashed Potatoes, Summer Blend Vegetables, Whole Grained Roll, Pears or Diet Pears
- 19) ROASTED TURKEY W/GRAVY, Mashed Potatoes, Broccoli, Rye Bread, Cranberry Sauce, Cookies or Diet Cookies .
- 20) CELEBRATE JAPAN—GINGER TERIYAKI PORK, Wild Rice, Sesame Pea Pods, Cake or Diet Cake.
- 23) MEATLOAF W/GRAVY, Mashed Potatoes, Peas & Mushrooms, Multi-Grained Bread, Mandarin Oranges or Diet Mandarin Oranges.
- 24) CHEESE LASAGNA WITH ALFREDO SAUCE, Garlic Bread, Italian Blend Vegetables, Apricots or Diet Apricots.
- 25) CHICKEN CACCIATORE, Pasta, Spinach, Whole Wheat Bread, Peaches or Diet Peaches.
- 26) SHEPHERDS PIE, Mashed Potatoes, Carrots, Biscuit, Orange Juice, Cake or Diet Cake.
- 27) FIESTA POLLOCK, Rice, Creamed Corn, Whole Grained Bread, Pineapple or Diet Pineapple.
- 30) BAKED HAM WITH PINEAPPLE, Brown Rice, Broccoli, Oatmeal Bread, Bread Pudding or Diet Bread Pudding.

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 BY FRIDAY IF YOU'D LIKE TO EAT ON MONDAY.

Potassium for Better Health

By Christine Brown
Nutritionist WMEC

Adding potassium rich foods to your way of eating may protect you from the most common type of stroke, as well as potentially protecting your bones. Moderately low levels of potassium in your diet can contribute to salt sensitivity and high blood pressure.

Several research studies have indicated that for every 1000 mg. of potassium consumed per day, there was a decrease in the risk of ischemic stroke by 11%. Ischemic strokes are caused by an interruption of the brain's blood supply. Researchers speculated that potassium may reduce the risk of stroke by improving blood vessel function.

In relation to bone health, potassium reduces the excretion of calcium thereby maintaining greater bone density and helping to reduce the risk of osteoporosis.

The Recommended Daily Allowances for potassium for an adult is 4.7 grams or 4,700 milligrams. The 2100 Dietary Guidelines for Americans made boosting potassium a priority. Food sources of potassium are considered optimal rather than relying on supplements.

The best sources of potassium are as follows:

Sweet Potato — 1 baked = 694 mg.

Tomato Paste — 1/4 cup = 610 mg.

White Potato — 1 baked = 610 mg.

White Canned Beans — 1/2 cup = 595 mg.

Yogurt, plain, non-fat — 8 oz. = 579 mg.

Winter Squash, cooked — 1/2 cup = 448 mg.

Bananas — 1 medium = 422 mg.

Milk — non-fat = 382 mg.

Source: Tufts Health & Nutrition Newsletters January 2012 & March 2012

IN MEMORIAM

IN MEMORY OF:

FROM:

SERVICES GIFT:

JANET "PENNY" KOSKE Janet Stache

NEWSLETTER:

MOM, DAD & BROTHER MIKE Stanley Wojik

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TRANSPORTATION ACCOUNT:

KENNETH ALDRICH Lathrop Village & Newton
Manor Tenants Association

IN MEMORIAM

IN MEMORY OF:

FROM:

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LIGHTS ON:

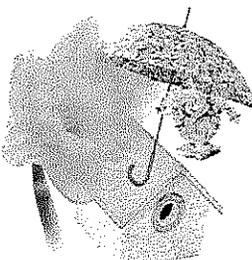
CHRISTINE NAPIORKOWSKI Linda & Robert
Scott

ELAINE WAGNER Linda & Robert Scott

FLOYD DOWNEY Jean Lambert

CHRISTMAS BASKETS:

KAREN DWIGHT Lathrop Village & Newton
Manor Tenants Association

<p>2 BROCCOLI QUICHE 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>3 BBQ CHICKEN 10 Beginning Exercise-EX 1 Bingo-CR 1 Movie-EX 1 Needlecraft-CE</p>	<p>SWEDISH MEATBALL 8 HIP-EX 10 Travel Club-C1 10:30 Osteoporosis Exercise-EX 1 Pitch-CR 1 Mah Jongg-CE 1 Choralites-DR 1 Senior Poetry-C2</p>	<p>5 BREADED CHICKEN FILLETS 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>6 POLLOCK LOINS 9-12 AARP Tax Assist-C2 9:30 Grocery Shopping 10 Coffee & Conversation-DR 10:30 Osteoporosis Exercise-EX 1 Knitting-L 1 Bridge-CE/Poker-DR 1 Cribbage-CR/Canasta-DR</p>
<p>9 BAKED CHICKEN/GRAVY 9:30 Foot Nurse (by appt.) 10 Music Appreciation-CE 10 Tai Chi-EX 1 Poker -DR 1 Pinochle-DR 1 Canasta-DR 1 Mah Jongg-CR 4 COA Board Meeting-C2</p>	<p>10 BIRTHDAY/ANNIVERSARY VEAL PARMESAN/PASTA 9-12 SHINE (by appt.) 10 Beginning Exercise-EX 1 Bingo-CR 1 Movie-EX 1 Needlecraft-CE</p>	<p>11 FRENCH MEAT PIE/GRAVY 8 HIP-EX 10 Travel Club-C1 10:30 Osteoporosis Exercise-EX 11:15 Berkshire Hills Music-DR 1 Pitch-CR 1 Mah Jongg-CE 1 Choralites-DR 1 Diabetic Support Group-EX</p>	<p>12 GRILLED HAM & CHEESE 10 Beginning Exercise-EX 10 Travel Club-C1 10 Veteran's Meeting-CE 12:30-2pm Blood Pressure -C2 1 Friends Meeting-DR 1 Scrabble-L 1 Quilting-CE 1 Golden Agers-CR</p>	<p>13 MACARONI & CHEESE 9-12 AARP Tax Assist-C2 9:30 Grocery Shopping 10 Coffee & Conversation-DR 10:30 Osteoporosis Exercise-EX 1 Knitting-L 1 Bridge-CE 1 Cribbage-CR 1 Canasta & Poker-DR</p>
<p>16 PATRIOTS' DAY HOLIDAY CENTER IS CLOSED</p>  <p>VOLUNTEER APPRECIATION WEEK</p>	<p>17 SPAGHETTI/MEATBALLS 10 Lo-Vision Support-C2 10-11 Brown Bag-CE 10 Beginning Exercise-EX 1 Bingo-CR/Movie-EX 1 Needlecraft-CE 1 Poker, Pinochle and Canasta-DR 2 Get Going-C2</p>	<p>18 LIVER & ONIONS Senior Travel Club Trip 8 HIP-EX 10 Travel Club-C1 10:30 Osteoporosis Exercise-EX 1 Choralites-DR 1 Pitch-CR 1 Mah Jongg-CE 1 Senior Poetry-C2</p>	<p>19 ROASTED TURKEY/GRAVY 10 Beginning Exercise-EX 10 Travel Club-C1 1 Quilting-CE 1 Scrabble-L 1 Golden Agers-CR</p>	<p>20 CELEBRATE JAPAN GINGER TERIYAKI PORK 9:30 Grocery Shopping 10 Coffee & Conversation-DR 10:30 Osteoporosis Exercise-EX 11:30 Rep. John Scibak-DR 1 Bridge-CE/Cribbage-CR 5:30 Volunteer Appreciation No afternoon activities in DR</p>
<p>23 MEATLOAF/GRAVY 9:30 Foot Nurse (by appt.) 10 Music Appreciation-CE 10 Tai Chi-EX 1 Poker -DR 1 Pinochle-DR 1 Canasta-DR 1 Mah Jongg-CR</p>	<p>24 CHEESE LASAGNA 9 Newsletter Collating-CE 9-12 SHINE (by appt.) 10 Beginning Exercise-EX 1 Bingo-CR 1 Movie-EX 1 Needlecraft-CE 1 South Hadley Senior Travel Club Presentation-DR</p>	<p>25 CHICKEN CACCIATORA 8 HIP-EX 10 Travel Club-C1 10:30 Osteoporosis Exercise-EX 1 Choralites-DR 1 Mah Jongg-CE 1 Pitch-CR</p>	<p>26 SHEPHERD'S PIE 10 Beginning Exercise-EX 10 Travel Club-C1 10:30 Blood Pressure Screening w/Fire District #1-DR 1 Falls Prevention Begins-EX 1 Quilting-CE 1 Scrabble-L 1 Golden Agers-CR</p>	<p>27 FIESTA POLLOCK 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>30 BAKED HAM/PINEAPPLE 10 Music Appreciation-CE 10 Tai Chi-EX 1 Poker-DR 1 Pinochle-DR 1 Canasta-DR 1 Mah Jongg-CR</p>		<p style="text-align: center;">APRIL</p> <p style="text-align: center;">2012</p>	<p>IN TOWN TRANSPORTATION AVAILABLE MONDAY-FRIDAY FROM 9-3, BY APPOINTMENT ONLY.</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>



SeniorNet is planning the next classes. We offer a variety of classes from "beginner" to "expert". Let us know of your interests by calling us at 533-6889. This helps us schedule our classes. We'll call you back with more information.

SeniorNet also has a website where you can see our list of classes. It is also a good place to tell us of your particular interests. The website also has information about SeniorNet, the national organization under which our SeniorNet functions, a calendar, and other information about our program. You can reach the website: **SENIORNETSH.ORG**. To leave a message, just click on the Contact Us tab.

Our next classes will include:

EXCEL: This spreadsheet program is an excellent way to keep track of your finances. It will help you with your checkbook, loans, and investments.

GREETING CARD WORKSHOP: A detailed course in designing cards, adding your own pictures from your library, etc.

FUNDAMENTALS: This two week class offers basic information about your computer. There are explanations about both the hard drive and the software it uses as well as practice in using the mouse and/or the finger pad. This course is a good place to begin getting used to the keyboard and exploring the capabilities of your computer.

SeniorNet, the umbrella, national organization under which we function, has its own website: seniornet.org. When you take a class or workshop, you are enrolled also at SeniorNet. This website offers a variety of useful information about computing. It also offers tutorials and other helpful information. Your membership is good for one year from the time you first enroll.

Each class provides coaches who will help each student, an instruction book that is yours to keep and a practice disc. Coaches assist students with "hands-on" help. There is a regular Friday afternoon lab which is open to all those who take our classes. This is a great time to go over a class that you might have missed as well as aspects of a class that might have been unclear. Most classes run for 6 to 8 lessons, each lasting 2 hours over a 4 week period. The workshops have one or two sessions.

The goal of SeniorNet is to provide hands-on instruction in learning both computer basics and more advanced uses at an affordable cost and in a relaxed atmosphere. Our classes are designed for older adults. Anyone 55 years and older is eligible. Call us at 533-6889.

ANNE'S INFO

The month of April is very important to us at the Senior Center because it is the month when we honor our volunteers. As I began preparations I counted 195 active volunteers. Our **Volunteer Appreciation** event will be held on Friday evening, April 20th at 6:00 p.m. Every volunteer should be receiving their invitation shortly, but if you don't and know that you gave volunteer hours in 2011 please see me. We don't want to miss anyone! We ask that you RSVP no later than Friday, April 13th at 4:30p.m. by calling or visiting our office. The afternoon of April 20th we are cancelling our activities in the Dining Room and Library so we can set up for the event.

On Tuesday, April 10th we are having our April **BirthDay/Anniversary Luncheon** and if you celebrating either event we invite you to join us as our guest for lunch. On Wednesday, April 11 **Berkshire Hills Music Academy** will be here to perform before lunch. They are a talented and enthusiastic group of young people who you won't want to miss. On Friday, April 20 we will **Celebrate Japan** with a delicious meal and informative trivia. If you have visited Japan and wish to bring something to show us, we would love that! For all of these luncheons please call for reservations, in advance.

With the warmer temperatures and more certain road conditions you probably are feeling more interested in getting out. We have many activities at the Senior Center that are open to all over 60. You don't have to "join" or commit to anything and we welcome you to try something of interest. If you would like to come for a tour, please call me to arrange a time. You can come during an activity to see it or come for lunch and I'll introduce you to some great people you can sit with. The Senior Center has something for everyone; you just have to make that first step through the door.

See you soon!

Anne

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

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