

COUNCIL ON AGING

South Hadley, Massachusetts

The sun never sets on our Activities...

Director/Editor: Joanne Trybus

jtrybus@southhadleyma.gov

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

Tel. 538-5042 Fax: 532-8206

Asst. Director: Lisa Napiorkowski

lnapiorkowski@southhadleyma.gov

Chairperson: M. Connie Laplante

Social Services Coord:

Angie Wright –
awright@southhadleyma.gov

Website: www.southhadleyma.gov



DECEMBER 2012

HOLIDAY LUNCHEON AND CHORALITES CONCERT

The annual special Holiday luncheon will be held on Wednesday, December 19th. The menu will be Stuffed Chicken Breast Supreme/sauce, mashed potato, tarragon corn, cranberry sauce and pie. The suggested donation is \$2.25. Reservations begin on Friday, December 7th; call 538-5042 beginning at 8 a.m. Please do not leave your name on the answering machine. Due to the popularity of this special lunch, names will be added to the reservation list on a first come, first served basis.



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 and remember to cancel if you cannot make the luncheon. Suggested donation \$2.25 for persons 60 and over. Guests under the age of 60 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.

South Hadley Senior Travel Club

Tuesday, December 11: Radio City Spectacular. Reserved Mezzanine tickets to see the **Rockettes** perform their “Parade of Wooden Soldiers”. Some free time before show. Lunch on own but dinner included at Cracker Barrel in Milford CT. **Cost \$142.00.** Call Dave Bellefeuille 533-7724 or Howie Walsh 593-6286. **No January trip. Tuesday, February 5: Mohegan Sun. Cost \$22.00.** Payment due upon booking. Call Barbara Laramee 536-8567 or David Bellefeuille 533-7724. **Tuesday, March 5: Aqua Turf’s gala St. Patrick’s Day celebration** featuring **Tony Kenny**, past winner of Ireland’s Entertainer of the Year. Elegant lunch included. Wear your green. **Cost \$86.00.** Call Howie Walsh 593-6286. **April 3: Maple Syrup Breakfast Parker’s Maple Barn featured on Phantom Gourmet.** Includes visit to Butterfly Place plus a tasting and tour of Nashoba Valley Winery. **Cost \$76.00.** Call David Bellefeuille, 533-7724. **A \$5.00 non-refundable deposit is due on all non-casino trips. Because the South Hadley Senior Travel Club pays in advance for all trips, no cancellations will be honored less than one month prior to the trip with the exception of a Doctor’s note certifying a medical emergency.** A Travel Club Representative is at the So. Hadley Senior Center on Wed. and Thurs., 10:00-11:30. **Flyers available.**

SOUTH HADLEY ANNUAL CHRISTMAS BASKET

Once again this year the Council on Aging will be distributing gift cards for food stores or funds toward the electric bills of qualifying senior citizens. If you can make any size donation toward this project of spreading cheer to those whose budgets are very tight please send a donation (or purchase a food gift card) and send to the Council on Aging, 45 Dayton Street, South Hadley, MA 01075. Please make checks payable to: South Hadley Council on Aging and put whether for food card or “lights on” program in the memo so it will go to the correct program. If you choose to purchase gift certificates to Big Y, Stop and Shop or Price Rite, please bring them to the Senior Center no later than December 7th.

Thank you for your generosity. May you all have joyous holidays. The gift cards will be distributed during the week of December 10th. “Lights On” credits will be shared in January and the number of recipients will depend on the funds available after the gift card distribution.

Please visit the Center Church Cookie sale on Saturday, Dec. 1st to help support the program.

Thank you for helping others to have a Happy Holiday!



Important Reminder-Since we are in the winter season, there is a possibility that due to inclement weather, meals, meetings, classes or programs may be cancelled. In the event of a winter storm, please watch television stations 22, 40 or 3 to view the closings. Staff reports unless Town Hall is closed. Usually if WestMass ElderCare cancels their meal program, South Hadley follows but sometimes it varies so watch for S. Hadley Senior Center notice.

NOTES FROM THE DIRECTOR

One month into the roof project! The roof has been completed and now the final touches are being done on the HVAC upgrade. The last phase is reinforcing the structural columns in the basement. The completion of this project and no more roof leaks will certainly be the holiday gift to everyone involved with the senior center!

This is the season to count our blessings and remember those less fortunate. It only takes a small gesture of kindness to bring joy to someone's day. If you are able to make a financial donation to help brighten up the holiday for someone who may be less fortunate due to unforeseen life circumstances, please do so and know how much your generosity is appreciated! Thank you to all of the individuals, organizations and businesses that help to make the season merrier for residents.

I appreciate everyone's patience and cooperation during the renovations. We are planning on resuming all programs on Monday, December 3rd.

Please support the First Congregational Church Cookie Sale by baking or buying a delicious home-baked cookie or bar.

Hope to see you for the Holiday lunch and concert and/or the New Years celebration.

HAPPY HOLIDAYS TO ALL~



MINIBUS TRIP TO THE EASTFIELD MALL ON MONDAY, DECEMBER 17TH 10 A.M. — 2 P.M.

MINIBUS TRIP TO BRIGHT NIGHTS ON MONDAY, DECEMBER 10TH AT 4:30 P.M. PREFERENCE WILL BE GIVEN TO THOSE WHO HAVE NEVER GONE ON THE TRIP BEFORE. MUST BE A RESIDENT OF SO. HADLEY.

CALL 538-5042 TO SIGN UP FOR TRIPS.

Substitute Minibus Driver Wanted: Do you have experience with driving a larger vehicle and the public? If so, do you have a few hours to spend driving seniors around South Hadley? Drivers must be able to operate a lift and assist passengers. Hours are sporadic and there are no benefits. Hourly wage is \$11.30 per hour. Applications are available at the Senior Center, 45 Dayton Street, South Hadley, MA 01075. Must pass a CORI check. For more information call Joanne or Lisa at 538-5042.

DIABETES SUPPORT GROUP-Wednesday, December 12th-1 p.m. Join Patty Moriarty, RN, CDE for her presentation on "Managing Stress and the Benefits of Laughter in Controlling Blood Glucose Levels. Management and Relaxation Techniques to Survive the Holidays" 1-2:30 p.m. in the conference room.

SPECIAL THANKS TO:

**Carol Arcouette for the Halloween Candy

**Tony Brin for the 50 pounds of potatoes

**SO. HADLEY HIGH CLASS OF 1957 for the very generous donation of \$475.00 that has been deposited into the Christmas Basket Account for grocery gift cards.

**Wingate Healthcare for the 12 apple pies donated for Thanksgiving and put into a raffle at a luncheon.

WISH LIST ITEMS: Dish detergent Paper Towels
Plastic forks/spoons

Adjustable aluminum/metal canes (NOT QUAD canes) in excellent condition (no other health equipment can be accepted at this time due to lack of storage space).

HOLIDAY COOKIES to support the So. Hadley Council on Aging-Once again the annual community holiday cookie sale will take place on December 1st at the Center Church. Again we are asking members of our churches and of the community to contribute home-made cookies and bars for this sale. And once again, all the profits will go to the South Hadley Council on Aging to be used to provide Christmas baskets and help with electric bills for the elderly and those South Hadley families that are less fortunate. Many years we have been able to give the COA at least \$1,000! We hope to do that well this year!



The Cookie Sale will take place at Center Church on December 1st from 11:30 a.m. to 5:30 p.m. Cookies may be brought to the church on Friday between 3:30 and 5:30 p.m. or on Saturday morning between 8:30 and 11:30 a.m. Cookies must be labeled NUTS or NO NUTS. A light luncheon will be available as well as spice mixes, fudge sauce and gently used Christmas treasures.

We invite everyone to participate in this community effort. Making cookies/bars at holiday time is a fun activity for grandma's and grandkids to do together. Last year many active COA participants made delicious confections for the sale. This is our chance to offer a helping hand. A batch of home-made cookies...a pan of bars...not a lot of work...but if enough of us join in, we can help those in need and again prove that South Hadley is a great place to live!

"IN LIEU OF HOLIDAY CARDS" GREETINGS FROM

STELLA WARZENSKI

WHO MADE A DONATION TO THE SUBSIDIZED
TRANSPORTATION PROGRAM

Angie's News & Notes

DON'T INVITE THE FLU FOR THE HOLIDAYS

During the month of December, most of us spend time in crowds of people. This is also the time of year that seasonal influenza really takes off. Having the flu can ruin your holiday celebration! Seniors are especially vulnerable to the sometimes dangerous complications from the flu.

The best way to prevent the flu is with a flu vaccine. The Centers for Disease Control and Prevention (CDC) recommends that everyone 6 months of age and older get a seasonal flu vaccine as soon as it becomes available. Immunity sets in about two weeks after vaccination.

There are also ways to stay festively flu free:

- **Wash your hands.** Always wash your hands before you start digging into the appetizers at a party.
- **Don't sneeze into your hand.** If you feel a cough or sneeze coming on, be sure to cough into a tissue or into the inside of your sweater or jacket to avoid spreading any microbes. A cough or sneeze can contaminate the air and surfaces with virus up to six feet away.
- **Do the air kiss.** Greet your family and friends by giving them a hug and kissing the air near their cheek.
- **Don't use your fingers.** As a party guest, use serving spoons or forks to put food on your plate instead of just reaching for it. As a party host, be sure to put out plenty of serving utensils and provide people with alternatives to reaching into bowls, such as creating individual servings.
- **Get creative with your cups.** When hosting a party, come up with fun ways of personalizing cups so there aren't any mix-ups. Avoid serving beverages in their original containers for the same reason. Multiple identical

cans or bottles can easily be mixed up.

- **Carry hand sanitizer with you.** Remember: the person who sneezes into their hands transfers viruses onto public doorknobs, handrails, products you purchase, or even the change the cashier gave you. If there isn't a place to wash your hands nearby, use alcohol gel to sanitize your hands before you eat any food or even touch your face, particularly your nose or mouth. Keep a small bottle in your purse or pocket for those holiday shopping excursions.

- **Get enough sleep.** Lack of sleep weakens your immune system and makes you more susceptible to illness. Aim for six to eight hours of sleep every night, even during the busy season of shopping, planning and entertaining.
- **Avoid people who are sick.**
- **Seek medical advice** if you develop flu symptoms to see whether you may need medical evaluation or treatment with antiviral drugs. Flu symptoms include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Some people may also have vomiting and diarrhea. People may be infected with the flu and have respiratory symptoms without a fever.

Centers for Disease Control and Prevention (CDC)
Ryerson University

I wish everyone a happy and healthy holiday. This December will be especially exciting for me and my family as my daughter and son-in-law will be celebrating with us here in western Massachusetts for the first time in five years!



Angie Wright, Social Service Coordinator

SHOPPING ASSISTANCE PROGRAM

If you or a family member is in need of shopping assistance for groceries please call Angie at (413) 538-5042 for details.

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. DECEMBER MENU

- 3) ITALIAN SAUSAGE WITH PEPPERS & ONIONS, Egg Noodles, Green Beans, Whole Grained Bread, Apricots or Diet Apricots.
- 4) BIRTHDAY ANNIVERSARY—FRENCH MEAT PIE W/GRAVY, Oven Browned Potatoes, California Mixed Vegetables, Roll, Cake or Diet Cake.
- 5) CHICKEN PATTY W/GRAVY, Mashed Potatoes, Carrots, Biscuit, Mixed Fruit or Diet Mixed Fruit.
- 6) MEATLOAF W/GRAVY, Mashed Potatoes, Corn, Whole Grain Bread, Peaches or Diet Peaches.
- 7) CELEBRATE ISRAEL—CRACKER CRUSTED FISH WITH LEMON/DILL SAUCE, Mini Pasta, Garlic Spinach, Apple Cake or Diet Apple Cake.
- 10) ROASTED TURKEY W/GRAVY, Mashed Potatoes, Peas, Cranberry Sauce, Whole Grain Bread, Apple.
- 11) MACARONI & CHEESE, Broccoli, Garlic Bread, Jell-O or Diet Jell-O.
- 12) BBQ CHICKEN, Green Beans, Au Gratin Potatoes, Multi-Grained Roll, Apricots or Diet Apricots.
- 13) LIVER & ONIONS, Egg Noodles, Mixed Vegetables, Juice, Cookies or Diet Cookies.
- 14) VEAL PATTY W/GRAVY, Rice, Zucchini Blend, Tropical Fruit or Diet Tropical Fruit.
- 17) STUFFED CABBAGE W/TOMATO SAUCE, Mashed Potatoes, Carrots, Rye Bread, Peaches or Diet Peaches.
- 18) BAKED HAM, Sweet Potatoes, Green Beans, Whole Grained Bread, Mandarin Oranges or Diet Mandarin Oranges.
- 19) HOLIDAY LUNCHEON—STUFFED CHICKEN BREAST WITH SUPREME SAUCE, Mashed Potatoes, Tarragon Corn, Cranberry Sauce, Pie w/Topping or Diet Pie.
- 20) BROCCOLI QUICHE, Confetti Rice, Wax Beans, Whole Wheat Bread, Pineapple or Diet Pineapple.
- 21) TUNA CASSEROLE, Noodles, Mixed Vegetables, Orange Juice, Pudding or Diet Pudding.
- 24) COLD PLATE-CHICKEN SALAD, Pasta Salad, Carrot & Raisin Salad, Whole Grained Roll, Tropical Fruit or Diet Tropical Fruit.
(Dining Room served at 11:00 a.m.; Hot Meals on Wheels will be delivered beginning at 10:00 a.m.)
- 25) HOLIDAY—CENTER IS CLOSED.
- 26) BAKED CHICKEN W/GRAVY, Mashed Potatoes, Green Peas, Whole Grain Bread, Pineapple or Diet Pineapple.
- 27) VEAL PARMESAN, Pasta w/Red Sauce, Mixed Vegetables, Garlic Bread, Orange Juice, Peaches or Diet Peaches.
- 28) ALMOND POLLOCK, Confetti Rice, Broccoli, Rye Bread, Jell-O or Diet Jell-O.
- 31) COLD PLATE-TUNA SALAD, Macaroni Salad, Three Bean Salad, Juice, Whole Grained Bread, Cookies or Diet Cookies.
(Dining Room served at 11:00 a.m.; Hot Delivered Meals will be delivered beginning at 10:00 a.m.)

Root Vegetables

By Eric Frank

2012 Dietetic Intern at Keene State College



As the seasons change, so do the vegetables fresh from the fields. Fall crops often are vegetables that are able to last over the winter and have either tough outer skins, or nestle underground in the soil for protection from the changing climate. Vegetables that can last for weeks to months in the winter are root vegetables. These include potatoes, sweet potatoes, beets, onions, turnips, carrots, and parsnips.

Root vegetables get their name from the fact that the edible part of the plant is the root section. You may be familiar with the term "root cellar;" this was commonly the basement in a house where the root vegetables could be stored through the winter months. These rooms are cool and dry enough to lengthen the storage life of the seasonal vegetables. If access to a root cellar isn't possible, storage in a brown bag in the refrigerator will work as well.

All root vegetables are high in **Vitamin C**, **Vitamin A**, **potassium**, and are good sources of **fiber**. Vitamin C Acts as an antioxidant compound that helps build the immune system and protect damaged cells and tissues. Sweet potatoes are very high in beta-carotene, a form of Vitamin A that helps the body fight off illnesses and protects eyes from age-related vision impairment. Potassium assists in maintaining stable blood pressure and regulating fluid balance in the body. Root vegetables are also low in sodium, fat, and protein and contain complex carbohydrates.

Simple Roasted Root Veggies:

2 cups of root vegetables (carrots, turnips, sweet potatoes, beets, etc.), peeled and cubed
2 tablespoons of olive oil
1/2 teaspoon sea salt, 1/2 teaspoon black pepper
1/2 teaspoon of dried rosemary and thyme, or cumin and garlic powder.

Toss vegetables with remaining ingredients in a bowl. Spread on baking sheet and bake at 400 degrees for 30 minutes, until tender. *Enjoy!*

This year the Senior Center will be open 1/2 day on Christmas Eve . This is a change from previous years when the Center was closed all day. New Years Eve we are also open 1/2 day instead of being open all day as in past years.

NOTE: Meals will be served earlier on both days at the center at 11:00 a.m. Hot Meals on Wheels will be delivered beginning at 10:00 a.m.

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.

IN MEMORIAM

IN MEMORY OF:

FROM:

NUTRITION:

BETTY FOLEY	Elizabeth & Bob Methot
ALICE & GENE TURCOTTE	Lucille Mainville
FRANK STRZEMPKO	Alfred & Lee Hutt Paula, Lenny, Joe, Alison, and Bill Pietras
CHRISTINE MCCULLOUGH	Donald McCullough
JOSEPH MYTKOWICZ	Frances Mytkowicz
BETTY LAPRADE	Frances Mytkowicz
HELEN LONG CYRS	Frances Mytkowicz
RENE LANGLOIS	Linda Singer
CARL POPIELARZ	Donald McCullough

CHRISTMAS BASKETS:

STANLEY ORZECZOWSKI	Renee Orzechowski
ED THIBODEAU FAMILY	Lucille Ryan
BRUNO PATRUNO	Rita Patruno
LOUISA CLAUSON	Lathrop Village-Newton Manor Tenants Association
JEANNETTE GERAGHTY	Venita Redding
LEONIL QUESNEL	Marguerite Beaudry
SIMONE BARTHELETTE	Noella Loiselle
BETTY FOLEY	Claire Bielanski
LEO LABONTE	Claire Bielanski
GENE & ALICE TURCOTTE	Claire Bielanski
CARL KIONTKE	Rita Patruno
GEORGE & EVELYN EDGE	Evelyn Simpson & Nancy Hall

IN MEMORIAM

IN MEMORY OF:

FROM:

MINI-BUS MAINTENANCE:

JACK RYAN	Lucille Ryan
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SUBSIDIZED SR. TRANSPORTATION:

SOPHIE PERWAK	Anonymous
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LIGHTS ON:

NORMAN FOURNIER	So. Hadley Electric Light Department Employees
ALICE & GENE TURCOTTE	Kathy & Florence Gallivan
BILL LAMBERT	Genevieve Lambert

NEWSLETTER:

LEONIL QUESNEL	Marguerite Beaudry
CARL KIONTKE	Dwight & Carole Pearl Diane & Bob McCarthy and Renee Orzechowski
PROF. SOLIS L. KATES	Mary Kates

ACTIVITIES ACCOUNT:

MARJORIE KAUFMAN	Elaine V. Foley
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Please Note
HOLIDAY HOURS

The Council on Aging will be open from 8:30 a.m. to 12:00 Noon on Monday, December 24th (Christmas Eve) and Monday, December 31st (New Years Eve).

Congregate Lunch on December 24th & 31st will be served earlier at 11:00 a.m. Hot Meals on Wheels will also be delivered earlier, with deliveries starting at 10:00 a.m.

<p>3 ITALIAN SAUSAGE W/ PEPPERS & ONIONS 9:30 FOOT NURSE (by appt.) 10 Music Appreciation-CE 11:30-12:30- Tai Chi-EX 1 Poker, Pinochle, Canasta-DR</p>	<p>4 BIRTHDAY/ANNIVERSARY FRENCH MEAT PIE W/GRAVY 10 Beginning Exercise-EX 9-3:45-SHINE (by appt.) 1 Bingo-CR 1 Movie-EX 1 Needlecraft-CE</p>	<p>5 Chicken PATTY W/GRAVY 8:30 HIP-EX 10 Travel Club-C1 10:30 Osteoporosis Exercise-EX 1 Pitch-CR 1 Mah Jongg-CE 1 Choralites-DR</p>	<p>6 MEATLOAF W/GRAVY Beginning Exercise-EX 10 Travel Club-C1 10 Alzheimer's Support-C2 1 Scrabble-L 1 Quilting-CE 1 Golden Agers-CR</p>	<p>7 CELEBRATE ISRAEL CRACKER CRUSTED FISH 9:30 Grocery Shopping 10 Coffee & Conversation-DR 10:30 Osteoporosis Exercise-EX 1 Knitting-L/Bridge-CE 1 Cribbage,CR 1 Canasta, Poker-DR</p>
<p>10 ROASTED TURKEYW/ GRAVY 10 Music Appreciation-CE 11:30-12:30- Tai Chi - EX 1 Poker & Pinochle-DR 1 Canasta-DR 1 Mah Jongg-CR 4:30 - The Bright Night's Trip</p>	<p>11 MACARONI & CHEESE Senior Travel Club Trip 9-12- SHINE (by appt.) 10 Beginning Exercise-EX 1 Bingo-CR 1 Movie-EX 1 Needlecraft-CE</p>	<p>12 BBQ CHICKEN 8:30 HIP-EX 10 Travel Club-C1 10:30 Osteoporosis Exercise-EX 1 Diabetic Support Group-C2 1 Pitch-CR 1 Mah Jongg-CE 1 Choralites-DR</p>	<p>13 LIVER & ONIONS 10 Veteran's Meeting 10 Beginning Exercise-EX 10 Travel Club-C1 12:30-2pm Blood Pressure Screening w/Nurse-C2 1 Quilting-CE 1 Scrabble-L 1 Golden Agers-CR S.H. SR. Travel Club Trip</p>	<p>14 VEAL PATTY W/GRAVY 9:30 Grocery Shopping 10 Coffee & Conversation-DR 10:30 Osteoporosis Exercise-EX 11:15 Ray Goulie, Wayne Doerpholz—Electrical Safety-DR 1 Bridge-CE/Cribbage-CR 1 Canasta, Poker-DR 1 Knitting-L</p>
<p>17 STUFFED CABBAGE W/ TOMATO SAUCE 9:30 FOOT NURSE (by appt.) 10 Music Appreciation-CE 10-2 - Eastfield Mall Trip 10-11- Tai Chi-EX 1 Mah Jongg -CR 1 Poker, Pinochle, Canasta 4 COA Board Meeting-C2</p>	<p>18 BAKED HAM 9-12- SHINE (by appt.) 10-11 Brown Bag-CE 10 Beginning Exercise-EX 12 Get Going-C2 Lunch 1 Bingo-CR 1 Movie-EX 1 Needlecraft-CE</p>	<p>19 HOLIDAY MEAL: CHRISTMAS STUFFED CHICKEN BREAST 8:30 HIP-EX 10 Travel Club-C1 10:30 No Osteoporosis Exercise 1 Choralites Holiday Concert-DR 1 Mah Jongg-CE/Pitch-CR</p>	<p>20 BROCCOLI QUICHE 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>21 TUNA CASSEROLE 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 1 Poker-DR</p>
<p>24 COLD PLATE CHICKEN SALAD 10-11- Tai Chi - EX Lunch will be served at 11am MOW delivered 10am 8:30-12:00 noon-Center is open 1/2 day 10 Music Appreciation-CE</p>	<p>25 CHRISTMAS HOLIDAY CENTER IS CLOSED</p> 	<p>26 BAKED CHICKEN W/ GRAVY 8:30 HIP-EX 9 Newsletter Collating - CE 10 Travel Club-C1 10:30 Osteoporosis Exercise-EX 1 Mah Jongg-CE 1 Pitch-CR</p>	<p>27 VEAL PARMESAN 10:30 Blood Pressure Screening w/Fire District #1-DR 10 Travel Club-C1 1 Quilting-CE 1 Scrabble-L No Golden Agers</p>	<p>28 ALMOND POLLOCK 9:30 Grocery Shopping 10 Coffee & Conversation-DR 10:30 Osteoporosis Exercise-EX 1 Knitting-L 1 Bridge-CE 1 Cribbage-CR 1:30-New Year's Celebration with Jimmy Mazz</p>
<p>31 COLD PLATE TUNA SALAD Lunch will be served at 11am MOW delivered 10am 8:30-12:00 noon-Center is open 1/2 day 10 Music Appreciation-CE 10-11- Tai Chi - EX</p>	<p>IN TOWN TRANSPORTATION AVAILABLE MONDAY-FRIDAY FROM 9-3, BY APPOINTMENT ONLY.</p> 	<p>December 2012</p> 	<p>ROOM KEY CR=Card Room CE=Ceramics C2=Formerly Old Office C1=Conf. Room Off Library EX=Exercise Room DR=Dining Room L=Library</p>	<p>See You Next Year 2013</p>  <p>Page 6</p>

DONATIONS TO THE SOUTH HADLEY COUNCIL ON AGING ACCOUNTS:

Throughout the year we are asked how an individual can make a donation to help the Senior Center. Kindly check off one of the accounts listed below that you would like to have your donation go to. If your donation is in memory of someone and you would like us to send an acknowledgement, please indicate the individual's name and address below. *Thank You for Your Assistance!*

DONATION FROM: _____ **ADDRESS:** _____

Contribution in memory/honor of: _____

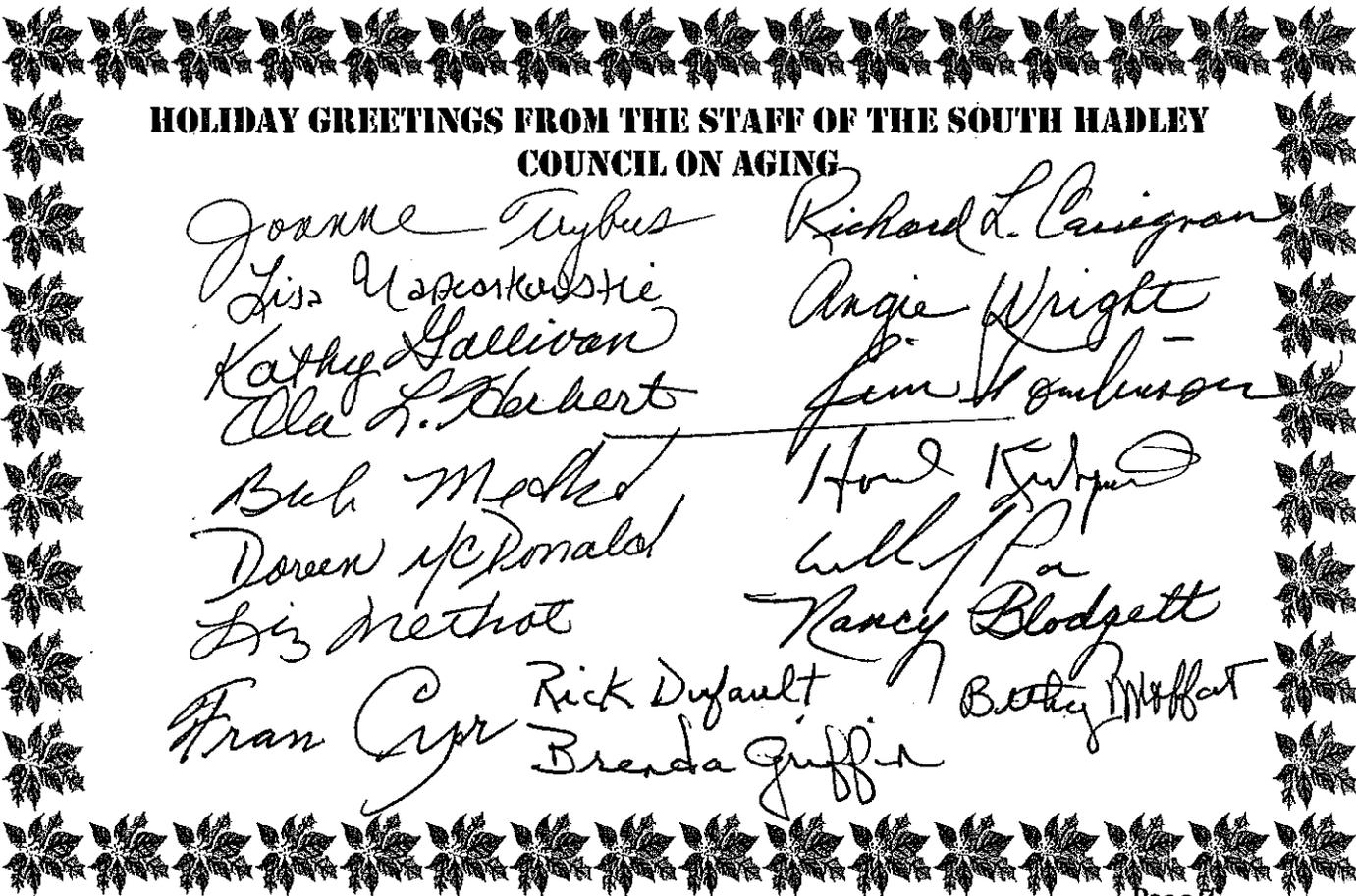
Please send Acknowledgement to: (kindly indicate name, address & relationship): _____

- | | | |
|---|---|---|
| <input type="checkbox"/> Activities Account | <input type="checkbox"/> Clinic Account | <input type="checkbox"/> Nutrition Gift Account |
| <input type="checkbox"/> Minibus Maintenance Acct. | <input type="checkbox"/> Building Fund | <input type="checkbox"/> Mothers' Garden |
| <input type="checkbox"/> Minibus (Future Purchase) | <input type="checkbox"/> Shopping Assistance | <input type="checkbox"/> Emergency Fund |
| <input type="checkbox"/> Subsidized Senior Transportation | <input type="checkbox"/> Senior Net | <input type="checkbox"/> Services Account |
| <input type="checkbox"/> Transportation Account | <input type="checkbox"/> Newsletter Account | <input type="checkbox"/> Christmas Baskets |
| <input type="checkbox"/> "Lights On" | <input type="checkbox"/> Wherever Needed Most | |

Please Make Check Payable To: South Hadley Council on Aging, 45 Dayton Street, South Hadley, MA 01075. Contributions are tax deductible.

Donations made "In Memory/Honor" of someone **WILL** be published in the Monthly COA Newsletter.

Please check if you **DO NOT** want your name published.



HOLIDAY GREETINGS FROM THE STAFF OF THE SOUTH HADLEY COUNCIL ON AGING

Joanne Aybus	Richard L. Carignan
Lisa Uspenski	Angie Wright
Kathy Gullivan	Jean M. Ambrose
Olga S. Herbert	Howard K. Gagnier
Beth Meehan	Will Pa
Doreen McDonald	Nancy Blodgett
Siz Methot	Betty Moffatt
Fran Cyr	Rick Dufault
	Brenda Griffin

SNOWBIRDS: PLEASE REMEMBER TO LET US KNOW WHEN YOU ARE LEAVING THE AREA SO THAT WE DO NOT SPEND UNNECESSARY MONEY ON POSTAGE. THANK YOU FOR YOUR COOPERATION. AGAIN IF YOU WISH TO HAVE THE NEWSLETTER MAILED TO AN OUT OF TOWN ADDRESS, JUST LET US KNOW.

Friends Craft Fair

The South Hadley Friends of the Elderly want to thank everyone that participated in our recent Craft Fair. Through the effort of many volunteers, we had a very successful event. We want to particularly thank the quilting and knitting groups. Through the raffle for the quilt made by that group and the knitted articles made by the knitters, the Friends were on the receiving end of very nice donations. Thanks to the many bakers who made the bake sale a very popular and profitable part of the event. A special thanks, though, goes to Joanne and her staff. Every one participated in some form or other – setting up, dismantling, cooking, attending – helping out wherever needed. We certainly couldn't have done it without them. Thanks again to all.

In October 2012 Council on Aging VOLUNTEERS gave
1396.5 HOURS

of their valuable time to serve the Mission of the
South Hadley Council on Aging

WINTER EMERGENCY SUPPLY KIT

Flashlight/extra batteries; portable radio or NOAA Weather Radio with extra batteries; charged cell phone; First-aid kit; non-perishable food; manual can opener; water (1 gallon per person/per day); baby items; extra blankets and sleeping bags; fire extinguisher. FAMILY EMERGENCY COMMUNICATIONS PLAN-Develop a 'Family Emergency Communication Plan' in case family members are separated from one another during a winter storm (a real possibility during the day when adults are at work and children are at school), and have a plan for getting back together. Ask an out-of-state relative or friend to serve as the 'family contact'. After a disaster, it is often easier to call long distance than across town. Also, calling outside the area will probably be easier than calling into a disaster area. Make sure everyone knows the name, address and telephone number of the contact person.

Sometimes an emergency could impact your neighborhood or small section of town. Decide on an alternate meeting area for family members.

BE INFORMED-Become aware of your community's Emergency Plans, available through your local Emergency Management Director. Be familiar with the Emergency Plans at your children's school and your workplace. Be aware of the location of your community's emergency notification systems, potential emergency shelters and possible evacuation routes.

WAYNE DOERPHOLZ, MANAGER OF THE SOUTH HADLEY ELECTRIC DEPARTMENT, CALLED ME TO REPORT THAT HE RECEIVED A CALL AT HIS HOME ABOUT HIS ELECTRIC LIGHT BILL ON THE VETERAN'S DAY HOLIDAY, NOVEMBER 12. IT WAS A SCAM! PLEASE DO NOT GIVE OUT PERSONAL INFORMATION ABOUT YOUR BANK ACCOUNT NUMBER, YOUR CHECKING ACCOUNT NUMBER OR ROUTING NUMBER TO AN ANONYMOUS CALLER. IF SOMEONE IS THREATENING TO SHUT OFF YOUR ELECTRIC BILL OR GIVE YOU A CREDIT IF YOU PROVIDE YOUR BANK ACCOUNT INFORMATION, IT IS A SCAM! IF YOU HAVE ANY QUESTIONS ABOUT YOUR SOUTH HADLEY ELECTRIC LIGHT DEPARTMENT BILL, CALL THEIR OFFICE AT 536-1050. WAYNE ASSURED ME THAT NO ONE WOULD HAVE THEIR ELECTRICITY SHUT OFF ON A WEEKEND OR A HOLIDAY!

UNFORTUNATELY SCAM ARTISTS ARE ALL AROUND US. PLEASE BE CAUTIOUS ABOUT GIVING OUT ANY INFORMATION WITHOUT VERIFICATION THAT THE PARTY MAKING THE CALL IS LEGITIMATE. ONE WAY IS TO ASK THEM FOR A NUMBER TO RETURN THE CALL. BEWARE OF BLOCKED CALLS, "DATA UNAVAILABLE", ETC. ON YOUR CALLER ID SCREEN. THESE CALLS USUALLY CANNOT BE TRACED.

PREPARING FOR WINTER WEATHER-MEMA Offers Tips to Help Keep Massachusetts Families Safe

A winter storm in New England can range from a moderate snowfall over a few hours to a chilling Nor'easter, bringing blizzard conditions with blinding wind-driven snow that lasts several days. People can become stranded in their automobiles or trapped at home, without utilities or other services. The aftermath of a winter storm can have an impact on a community or the entire region for days, weeks or even months. Storm effects, in New England, include large snow accumulation, extremely cold temperatures, heavy, wet snow or icing on trees and power lines, roof collapses, coastal flooding and beach erosion.

Winter storms are also deceptive killers because most deaths are indirectly related to the actual storm. The major causes are automobile or other transportation accidents, exhaustion and heart attacks caused by overexertion, 'freezing to death' and asphyxiation from improper heating sources. House fires occur more frequently in the winter due to lack of proper safety precautions when using alternate heating sources, like unattended fires and space heaters.

"As with most potential disasters, preparedness, monitoring the Media and common sense can minimize the danger to you and your family," states Massachusetts Emergency Management Agency Director Kurt Schwartz. "That is why MEMA is sharing important winter safety information through the Media and the MEMA website over the next few weeks."



DOREEN'S INFO

SeniorNet is planning the next classes. Call us at 533-6889 and tell us of your interests. 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.

Some of our classes are one or two session workshops; others run two to four weeks. Examples of workshops include **Greeting Cards and Photoshop Elements**. If you need practice with typing, we have a tutorial. Depending on interest and need, this is a one or two session class.

Classes planned for the next session in December:
INTRODUCTION TO COMPUTERS: An over view of what can be done with a personal computer. Topics covered briefly include Word Processing, Spreadsheets, Databases and the Internet.

THE INTERNET: A course for new and experienced Internet users regardless of the software or Internet service you are using. Learn how to access and search the World Wide Web, and use email. Also learn how to deal with security, cookies, viruses and other on-line issues.

Other topics we offer:

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

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

WORD PROCESSING: An introduction to the basic concepts of Word Processing: creating, editing, saving, retrieving and printing documents; changing font styles and sizes, margins, tabs, spell checking, etc.

SeniorNet is seeking a teacher for an Ebay workshop. We hope to offer both buying and selling on Ebay. If interested, please call us, 533-6889 and leave a message. We'll call you right back. You also can use our website to leave a message: **SENIORNETSH.org**.

Each class has coaches who help each student, an instruction book and a practice disc that is yours to keep. The Friday afternoon lab is available throughout the year and is open to all those who take our classes.

Where did 2012 go? It seems just a few weeks ago it was September. Well, just think spring is right around the corner.

On Halloween day we had our Halloween luncheon. It was great to see the creative costumes our seniors dressed in. The judges for the contest surely had a tough job choosing 3 contest winners.

Please note that our December **Birthdays and Anniversaries** will be held on December 4th and reservations are needed.

On Thursday, the 10th our Veteran's meeting will be taking place.

With the holidays quickly approaching there will be seasonal activities taking place. On the 19th we will be having our holiday dinner. Entertainment will be supplied by the Choralites. We will be celebrating New Year's on Friday the 28th. The entertainment for that day will be Jimmy Mazz. The Festivities start at 1:30pm. Remember to make your lunch reservations early.

Looking to make the winter days fly by? Come and participate in the COA activities. Enjoy a hot meal, join our exercise classes, or come to watch a movie, play bingo, cards, or scrabble. Check out the December calendar for more information. Cozy up with a good book in our library or read the daily paper.

There is no way to avoid New England's winter weather. One way to keep busy is to be to **volunteer**.

I would like to welcome Mary Otto. Mary is our most recent RSVP Volunteer joining our "team".

Every day it is so apparent how valued our volunteers are, helping with the day to day operations and at special events.

Congratulations to volunteer Barbara Hatch for receiving a certificate of appreciation for volunteering at her church and here at our center.

A big thank you to the wonderful volunteers who are helping our programs be a success.

Stay safe and warm, *Doreen*

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