

COUNCIL ON AGING

South Hadley Massachusetts



The sun never sets on our Activities...

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THE GOLDEN CHRONICLE

FEBRUARY 2012

Chairperson: M. Connie Laplante

Social Service Coordinator:
 Angie Wright
 awright@southhadley.org
 Website: www.southhadley.org/
 pages/SouthHadleyMA_COA

HAPPY VALENTINE'S DAY



TUESDAY, FEBRUARY 14TH
 SUGGESTED DONATION \$2.25

Pot Roast dinner with special dessert provided by Beers & Story Funeral Home and a picture display of 2011.



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) BUT PLEASE cancel if you cannot make the luncheon. Suggested donation \$2.25 for persons over 60. Guests under 60

must pay \$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.

AARP VOLUNTEER TAX ASSISTANCE begins Fri., Feb. 3rd through Friday, April 13th. Call 538-5042 to make an appointment for this service for low to moderate income seniors. Please have the following items with you: some form of IDENTIFICATION for yourself and all dependents. Copies of 2010 Federal and State Income Tax returns; Checkbook if you want direct deposit. INCOME: 2011 W-2 wages and W-2G Gambling Winnings; Self Employment Income; SSA-1099 Social Security Income (with pink box near top of form) or RRB-1099 (for Railroad Pensions); 1099 Series Income-Pensions, Annuities, IRA's (1099-R); Interest (1099-INT); Dividends (1099-DIV); Unemployment (1099-G); 1099B-Sale of stock or mutual funds (you will need to supply the purchase date and the cost basis of the sold items; 1099 Consolidate from your brokerage company including 1099-INT, 1099-DIV and 1099-B (you will need to supply the purchase date and cost basis of items on 1099B; 1099-MISC-We only do Schedule C-EZ; Forms K-1 and Alimony received; Health Insurance Form (Medicare Card) because of Mass. requirement for health insurance coverage; Rent paid in 2011; CIRCUIT BREAKER CREDIT: (over 65 only) **Need actual Real Estate Bill from Town, stating acreage and assessed value or a printout from Town Hall for 2011;** Property Tax Abatements, **Actual Water and Sewer bills.** DEDUCTIONS: Real estate taxes, estimated tax payments for 2010; Form 1098-T for college tuition paid; Child care provider info (if applicable). SCHEDULE A DEDUCTIONS: bring 1099-G (State Tax Refund), if you receive it; State income tax paid; 1098 home mortgage form; medical/dental expenses, including health and long-term care insurance premiums; receipts for contributions to charity, and any other tax documents you may have. If filing jointly, both people should attend.

South Hadley Senior Travel Club

Wednesday, February 15th, Mohegan Sun with full casino package. Cost: \$21. Payment due upon booking. Call Howie Walsh, 593-6286. **Thursday, March 15, THE BOSTON FLOWER AND GARDEN SHOW.** Over 25 garden displays, gardening & chef demos, lectures, and vendors. Followed by lunch at **Fire & Ice Marketplace**, a unique dining experience. Watch your lunch being cooked on their huge Mongolian style grill. Includes unlimited trips to the grill, unlimited soft drinks and desserts Cost \$79.00. Call Sue Canedy, 536-2106. **Wednesday, April 18, Anheuser-Bush Brewery Tour** with beer sampling. A visit to the **Clydesdale Hamlet.** Lunch at **Common Man Restaurant** and a stop at **Swan Chocolate** with chocolate, gelato and fudge samplings. Cost \$77.00 Call Howie Walsh, 593-6286. **May 11-19, 2012, MONTREAL, CANADA AND NEW ENGLAND CRUISE.** Some cabin categories still available but are filling fast. One night accommodation in Montreal with welcome dinner and a guided city tour. 7-night cruise aboard **Holland America's Maasdam.** Ports of call in Quebec, Prince Edward Island, Sydney and Halifax Nova Scotia, Bar Harbor and returning to Boston. **Motorcoach transportation to and from South Hadley included.** Call Susan Canedy, 536-2106. **Tuesday, June 12 Narragansett Lighthouse Cruise.** Start the day at the magnificent **Quidnessett Country Club** for lunch. Then 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. A \$5.00 non-refundable deposit is due on all non-casino trips. No refund prior to 6 weeks of trip. A Travel Club Representative is at South Hadley Senior Center Wednesday and Thursday 10-11:30. Flyers available.

FOR YOUR CONVENIENCE, TOWN CENSUS FORMS MAY BE DROPPED OFF AT THE SENIOR CENTER.

Angie's News & Notes

Caring for Caregivers

Are you a caregiver for a loved one who suffers from dementia? As you may know, Alzheimer's is the most common form of dementia, a general term for memory loss and other intellectual abilities serious enough to interfere with daily life. Alzheimer's disease accounts for 50 to 80 percent of dementia cases.

According to the Alzheimer's Association, in the U.S. alone nearly 15 million individuals provide more than 17 billion hours of unpaid care annually for loved ones with Alzheimer's. Caregiving can have a significant effect on the physical and emotional health of an individual. Stress and depression are frequently associated with caregiving, with an estimated 20% to 50% reporting some symptoms. Caregivers are less likely to address their own health needs and are at greater risk for medical conditions such as high blood pressure and cardiac disease.

If you are a caregiver, please consider the following 10 ways to be a healthier caregiver as recommended by the Alzheimer's Association.

1. Understand what's happening as early as possible

Symptoms of Alzheimer's may appear gradually. It can be easy to explain away changing or unusual behavior when someone seems physically healthy. Instead, consult a doctor when you see changes in memory, mood or behavior. Don't delay; some symptoms are treatable.

2. Know what community resources are available

Contact your local Alzheimer's office, at 413-787-1113 for available resources in the community. Adult day programs, in-home assistance, visiting nurses and meal delivery are just some of the services that can help you manage daily tasks.

3. Become an educated caregiver

As the disease progresses, new caregiving skills may be necessary. The Alzheimer's Association offers programs to help you better understand and cope with behaviors and personality changes that often accompany Alzheimer's.

4. Get Help

Trying to do everything by yourself will leave

you exhausted. Seek the support of family and friends. The Alzheimer's Association 24/7 Helpline (800-272-3900) and local support groups are great sources of comfort and reassurance. Support groups enable individuals to share their experiences in a safe environment while exchanging information and ideas with others in similar circumstances. If stress becomes overwhelming, seek professional help.

5. Take care of yourself

Watch your diet, exercise and get plenty of rest.

6. Manage your level of stress

Stress can cause physical problems (blurred vision, stomach irritation, high blood pressure) and changes in behavior. (irritability, lack of concentration, change in appetite). Note your symptoms. Use relaxation techniques that work for you, and talk with your doctor.

7. Accept changes as they occur

People with Alzheimer's change and so do their needs. They may require care beyond what you can provide on your own. Becoming aware of community resources—from home care services to residential care—should make the transition easier. So will the support and assistance of those around you.

8. Make legal and financial plans

Plan ahead. Consult a professional to discuss legal and financial issues including advance directives, wills, estate planning, housing issues and long-term care planning. Involve the person with Alzheimer's and family members whenever possible.

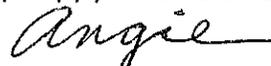
9. Give yourself credit, not guilt

Know that the care you provide does make a difference and you are doing the best you can. You may feel guilty that you can't do more, but individual care needs to change as Alzheimer's progresses. You can't promise how care will be delivered, but you can make sure that your loved one is well cared for and safe.

10. Visit you doctor regularly

Take time to get regular checkups, and be aware of what your body is telling you. Pay attention to any exhaustion, stress, sleeplessness or changes in appetite or behavior. Ignoring symptoms can cause your physical and mental health to decline.

I wish everyone a very happy Valentine's Day,



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. FEBRUARY MENU

- 1) BAKED MEATLOAF, Au Gratin Potatoes, Corn, Gravy, Roll, Tropical Fruit or Diet Tropical Fruit.
- 2) CHICKEN BREAST PATTIES W/GRAVY, Peas & Onions, Baked Potato, Cornbread, Butterscotch Pudding or Diet Butterscotch Pudding.
- 3) POLLOCK LOINS, Wild Rice, Zucchini Blend, Multi-Grained Roll, Cookies or Diet Cookies.
- 6) SHEPHERDS PIE W/GRAVY, Spinach, Biscuit, Pears or Diet Pears.
- 7) BIRTHDAY/ANNIVERSARY—ROAST TURKEY W/GRAVY, Mashed Potatoes, Roasted Vegetables, Cranberry Sauce, Cake or Diet Cake.
- 8) BROCCOLI & CHEESE QUICHE, Potato Puffs, Succotash, Roll, Pineapple or Diet Pineapple.
- 9) STUFFED SHELLS, Tomato Sauce, Green Beans, Garlic Bread, Tropical Fruit or Diet Tropical Fruit.
- 10) CELEBRATE PORTUGAL—PORTUGUESE CHICKEN STEW, Buttered Noodles, Broccoli & Onions, Whole Grained Bread, Rice Pudding or Diet Rice Pudding.
- 13) LOW SODIUM HOT DOGS, Baked Beans, Rolls, Green Beans, Orange Juice, Pudding or Diet Pudding.
- 14) VALENTINE'S DAY LUNCHEON—POT ROAST W/IAU JUS SAUCE, Au Gratin Potatoes, Broccoli, Roll, Strawberry Cake or Diet Strawberry Cake.
- 15) LIVER & ONIONS W/GRAVY, Mashed Potatoes, Spinach, Whole-Grained Bread, Apricots or Diet Apricots.
- 16) SPINACH QUICHE, Tater Tots, California Mixed Vegetables, Whole-Grained Roll, Pears or Diet Pears.
- 17) BREADED POLLOCK FILLETS, Rice Pilaf, Peas & Onions, Juice, Fruit Cocktail or Diet Fruit Cocktail.
- 20) HOLIDAY—CENTER CLOSED (*President's Day*)
- 21) OVEN BAKED CHICKEN, Baked Potatoes, Peas & Mushrooms, Cranberry Sauce, Cookies or Diet Cookies.
- 22) MACARONI & CHEESE, Stewed Tomatoes, Green Beans, Whole-Grained Roll, Apples
- 23) KIELBASA, Lazy Pierogi, Egg Noodles, Broccoli & Cauliflower, Rye Bread, Peaches or Diet Peaches.
- 24) CHEESE LASAGNA W/SAUCE, Italian Blend Vegetables, Garlic Bread, Jell-O or Diet Jell-O.
- 27) ROASTED CHICKEN W/GRAVY, Rice Pilaf, Peas, Multi-Grained Bread, Pineapple or Diet Pineapple.
- 28) SALISBURY STEAKS W/GRAVY, Mashed Potatoes, Carrots, Roll, Juice, Brownies or Diet Brownies.
- 29) SANTA FE CHICKEN & ONIONS, Scalloped Potatoes, Spinach, Corn Bread, Apricots or Diet Apricots.

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.

Healthy Heart Habits

By Emily Lawler

Keene State College Dietetic Intern

The heart is an amazing organ. An average adult heart pumps 100,000 times per day and delivers blood to just about every area of the body (only the corneas do not receive a blood supply). This mighty muscle is so important for one's health and wellbeing. Unfortunately the number one cause of death in America is heart disease. So what can you do to protect your heart? Give these three tips a try.

Eat your fruits and vegetables. Eating 4 to 7 servings of fruits and vegetables provides the body with many vitamins, minerals and fiber. These nutrients play an important role in heart health. Choose a variety of colors to receive the most benefits. Fresh is preferred but if not available choose frozen or canned, but make sure to select those without added sugar, saturated fat, cholesterol, or salt.

Start moving. Exercise improves circulation which helps protect the heart. Physical activity can also help lower stress, maintain a healthy weight, raise the healthy cholesterol levels, manage high blood pressure, and can improve the quality of your life. Try to add at least 30 minutes of exercise on most days of the week.

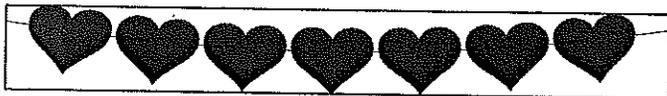
Maintain a healthy weight. Over 60% of adults in America are overweight or obese. This can raise one's risk for heart disease, stroke, diabetes, and high blood pressure. Keeping the extra weight off can make a big difference in one's health. Check with your doctor to see if your weight is healthy.

Making small lifestyle changes like those listed above may improve your heart health; which may allow you to live a longer healthier life.

AVOID THESE FOODS FOR A HEALTHIER HEART

- ◆ Processed Meats — are those preserved using salts, nitrites, or other preservatives. They include hot dogs, bacon, sausage, salami, and other deli meats. Long-term observational studies have found that the worst types of meats are those that are processed.
- ◆ Highly Refined & Processed Grains & Carbohydrates—studies have linked whole grain intake—in place of starches (like potatoes) and refined carbohydrates (like white bread, white rice, and low-fiber breakfast cereals)—to a lower risk of heart disease, diabetes and possibly stroke. Whole grains are linked to lower weight gain over time. Whole grains lower blood pressure and cholesterol and may improve blood vessel function and reduce hunger.
- ◆ Soft Drinks & Other Sugary Drinks—all have the same ill effects on the heart as highly refined and processed carbohydrates & increase chances of weight gain. A 12-oz. can of soda=10 tsp. of table sugar. Diet sodas are sugar-free or low in calories, but have no nutrients.

(excerpt from A Harvard Medical School Special Health Report)



IN MEMORIAM

IN MEMORY OF:

FROM:

SERVICES GIFT:

JANET M. "PENNY" KOSKE Phil & Ola Herbert
Mary Kates
Ruby F. Carver
Jean Lambert
Charlotte Dunaj
Colleen C. Johnson
Janice S. Stone
Alan & Trish Tabin
Ray & Kristen Carillon
Toby & David Daly
Julie & Cas Janocha
Nancy & Gino Sbrega
Bob & Barbara Sullivan
Edward & Kathleen Goldrup, Jr.
John & Elaine Foley
Donald J. McKenna
Marjorie Stark
Barbara Vanderpoel
Ed & Jean Landry
Barbara Erwin
Mr. & Mrs. Roland Racine, Sr.
Thomas & Bernice McNiff
Hal & Ann Foley
Carole A. Peloquin
Tony Kosior
Frank & Dorina Conti
Terrance & Gertrude Sugrue
Lee & Alfred Hutt
Margaret Hoschtetler
Judith Carter
Lori & Jordyn Gallant
Paul & Cathy Chivas
Lisa & Fred Lord
Carol & Robert Koske
Margaret Towne
Nancy & Michael Canter
Jerilynn Koske
Gina M. Barry, Bacon/Wilson Attorney
Joan Germain
Cynthia Dearborn
Bruce & Diane Perron
Linda J. Barker
White Wing
Deborah & Kevin Baldini

NEWSLETTER:

EDWARD WALZ

Joe & Jill Gagne

IN MEMORIAM

IN MEMORY OF:

FROM:

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RALPH WEISEL Lathrop Village &
Newton Manor Tenants Assoc.

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Lisa Napiorkowski
OSCAR J. BAIL Pauline & Ed Symasko
KENNETH T. HOWES Gail & Andy McDonnell
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NUTRITION:

JANET M. "PENNY" KOSKE Nancy &
Robert Blodgett
ALICE & JOSEPH JEZ Peter Jez
LINDA MOL Helen & Edward Wytrych

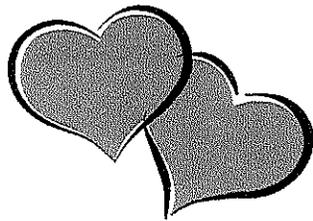
MOTHER'S GARDEN:

HENRIETTA LUKASIK Sophie Paquette

"LIGHTS ON":

JANET M. "PENNY" KOSKE Robert &
Linda Scott
TIM LAWLER Rita Lawler
ANITA JORDAN Marguerite Roberts

FEBRUARY 2012



		<p>1 BAKED MEATLOAF 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>2 CHICKEN BREAST PATTY 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>3 POLLOCK LOINS 9-12 AARP Tax Assist-C2 9:30 Grocery Shopping 10 Painting Class-CE 10 Coffee & Conversation-DR 10:30 Osteoporosis Exercise-EX 1 Knit-L/Bridge-CE/Poker-DR 1 Cribbage-CR/Canasta-DR</p>
<p>6 SHEPHERDS' PIE/GRAVY 10 Music Appreciation-CE 11 Tai Chi-EX 1 Poker-DR 1 Pinochle-DR 1 Canasta-DR 1 Red Hat Society-CR</p>	<p>7 BIRTHDAY/ANNIVERSARY ROAST TURKEY/GRAVY 9-12 SHINE (by appt.) 10 Beginning Exercise-EX 1 Bingo-CR 1 Movie-EX 1 Needlecraft-CE</p>	<p>8 BROCCOLI CHEESE QUICHE 8 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>9 STUFFED SHELLS 10 Beginning Exercise-EX 11 Travel Club-C1 10 Veteran's Meeting-CE 12:30-2pm Blood Pressure Screening w/Nurse-C2 1 Falls Prevention Follow-up-EX 1 Scrabble-L /Quilting-CE 1 Golden Agers-CR</p>	<p>10 CELEBRATE PORTUGAL PORTUGUESE CHICKEN STEW 9-12 AARP Tax Assist-C2 9:30 Grocery Shopping 10 Painting Class-CE 10 Coffee & Conversation-DR 10:30 Osteoporosis Exercise-EX 1 Knit-L/Bridge-CE/Poker-DR 1 Cribbage-CR/Canasta-DR</p>
<p>13 LOW-SODIUM HOT DOGS 9:30 Foot Nurse (by appt.) 10 Music Appreciation-CE 11 Tai Chi-EX 1 Poker-DR/Pinochle-DR 1 Canasta-DR 1 Mah Jongg-CR (formerly Tuesday Evening) 4 COA Board Meeting-C2</p>	<p>14 VALENTINE'S LUNCHEON POT ROAST/AU JUS SAUCE 10 Beginning Exercise-EX 1 Bingo-CR 1 Movie-EX 1 Needlecraft-CE</p>	<p>15 LIVER AND ONIONS/GRAVY Senior Travel Club Trip 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>16 SPINACH QUICHE 10 Beginning Exercise-EX 10 Travel Club-C1 1 Quilting-CE 1 Scrabble-L 1 Golden Agers-CR</p>	<p>17 BREADED POLLOCK FILETS 9-12 AARP Tax Assist-C2 9:30 Grocery Shopping 10 Painting Class-CE 10 Coffee & Conversation-DR 10:30 Osteoporosis Exercise-EX 11:30 Rep. John Scibak-DR 1 Bridge-CE/Cribbage-CR 1 Canasta & Poker-DR/Knit-L</p>
<p>20 PRESIDENTS' DAY HOLIDAY CENTER IS CLOSED</p> 	<p>21 OVEN BAKED CHICKEN 9-12 SHINE (by appt.) 10-11 Brown Bag-CE 10 Beginning Exercise-EX 1 Bingo-CR 1 Movie-EX 1 Needlecraft-CE 2 Get Going-C2</p>	<p>22 MACARONI & CHEESE 8 HIP-EX 10 Travel Club-C1 10:30 Osteoporosis Exercise-EX 11:15 Berkshire Hills Music-DR 1 Choralites 1 Mah Jongg-CE 1 Pitch-CR</p>	<p>23 KIELBASA 10 Beginning Exercise-EX 10 Travel Club-C1 10:30 Blood Pressure Screening w/Fire District #1-DR 1 Quilting-CE 1 Scrabble-L 1 Golden Agers-CR</p>	<p>24 CHEESE LASAGNA 9-12 AARP Tax Assist-C2 9:30 Grocery Shopping 10 Painting Class-CE 10 Coffee & Conversation-DR 10:30 Osteoporosis Exercise-EX 1 Knitting-L/Bridge-CE 1 Cribbage-CR 1 Canasta-DR/Poker-DR</p>
<p>27 ROAST CHICKEN/GRAVY 9:30 Foot Nurse (by appt.) 10 Music Appreciation-CE 11 Tai Chi-EX 1 Poker-DR 1 Pinochle-DR 1 Canasta-DR 1 Mah Jongg-CR (formerly Tuesday Evening)</p>	<p>28 SALISBURY STEAKS/GRAVY 9 Newsletter Collating-CE 10 Beginning Exercise-EX 1 Bingo-CR 1 Movie-EX 1 Needlecraft-CE</p>	<p>29 SANTA FE CHICKEN & ONIONS 8 HIP-EX 10 Travel Club-C1 10:30 Osteoporosis Exercise-EX 11:30 Candidates @ Lunch-DR 1 Choralites 1 Mah Jongg-CE 1 Pitch-CR</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>

ANNE'S INFO

South Hadley Council on Aging
SeniorNet
Computer Learning Center



Address: 45 Dayton Street
South Hadley
Telephone: 533-6889
Coordinator: Irene Bernstein

Now that the Holidays are over, this is a good time to learn the ins and outs of your computer – especially those of you who received a new one. We offer a variety of classes from “beginner” to “expert”. Let us know of your interests by calling us at 533-6889. 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: SENIORNETS.ORG. To leave a message, just click on the Contact Us tab.

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; fundamentals last for two weeks. 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. We’ll call you right back. Or, click on Contact Us at our website and leave us a message. Knowing of your interests will help us schedule our classes.

I know February can be a little dreary for those who are dreaming of 80 degree weather, but here at the Senior Center we do have an alternative. Why not try an activity you have secretly longed to do or have a delicious meal in our dining room with other brave New Englanders? We have exercise classes, movies with popcorn, Bingo, needlecraft, quilting and knitting, Scrabble, sing with the Choralifes, join the Golden Agers, come for Coffee and Conversation, take a computer class, read a book in our Library, write poetry and that's just for starters! We also have some special events that you will enjoy. On Tuesday, the 7th we will celebrate the **Birthdays and Anniversaries** for the month. Celebrants are invited to be our guests for lunch, just call in advance to reserve your meal and let us know you are celebrating. On Friday the 10th we are **Celebrating Portugal**. A volunteer will present interesting trivia about the country and you will partake of Portugese cuisine for lunch. Have you ever been to Portugal? We'd love you to bring something to show us from your travels. On Tuesday, the 14th we will hold our **Valentine's Day Luncheon**. Marc Gaudreau of Beers and Story Funeral Home will be here to present a slide show of the last years' events at the Senior Center. Come and enjoy this stroll down memory lane with a delicious meal and great company.

Another way to enjoy the winter (or any other season) is **volunteering**. We have a wide variety of opportunities for you to use your abilities and talents. Last month our volunteers logged in 1,325.75 hours. If you would like to be a part of a great team, please call me.

For all **current RSVP volunteers**, I want to be sure you received your RSVP Winter 2012 newsletter this month. They have made a change in the requirement for the Log Cabin Recognition Luncheon. Due to budget constraints, this year (between July 2011 and June 2012) you must volunteer **36 hours** to receive an invitation. If you are concerned that you may not have enough, please see me, there are always opportunities for additional hours.

Have a safe and healthy February,

Anne Page 7



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 E-mail: Rep.Johnscibak@hou.state.ma.us

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