

COUNCIL ON AGING

South Hadley Massachusetts

The sun never sets on our Activities...

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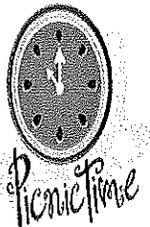
Chairperson: M. Connie Laplante

Social Service Coordinator: Angie Wright
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THE GOLDEN CHRONICLE

JULY—AUGUST 2012



ANNUAL SUMMER PICNIC

THURSDAY, AUGUST 9TH

11:00 P.M. - 3 P.M.

SENIOR CENTER; 45 DAYTON ST.

CHOICE OF HOT DOG OR HAMBURGER

STATE YOUR CHOICE WHEN MAKING

RESERVATION

SUGGESTED DONATION: \$2.25
In addition there will be salads, corn and the usual fixings to make for a great picnic lunch. Please call 538-5042; reservations for the picnic will be taken beginning Friday, July 27th, at 8 a.m., limited to 136. Bingo and prizes courtesy of the Friends of South Hadley Elderly after the meal. The picnic lunch will be served to hot meals clients on Wednesday, August 8th.

**WELCOME TO THOSE
OF YOU TURNING 60
THIS YEAR!**

**HAPPY
FOURTH
OF JULY!**



**NOTE: THIS IS A TWO-MONTH ISSUE-SAVE
FOR AUGUST**

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

DAILY Luncheons prepared at Senior Center, served 11:45 a.m. - 12:15 p.m. in Dining Room. Please reserve a day in advance. Although reservations close at 9 a.m. each day, it is better to reserve your place but please remember to cancel if you cannot make the luncheon. Suggested donation \$2.25 for participants 60 and over & a charge of \$3.00 for 59 and under. This program is for people 60 and over, however those under 60 can come as a volunteer or a guest of a senior. 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

Monday, July 23, MOHEGAN SUN \$21.00. Payment due upon booking. Call Howie Walsh, 593-6286. **Wednesday, August 8, Saratoga Raceway** and dinner at Grandma's Restaurant: \$79.00. Call David Bellefeuille 533-7724. **Tuesday, August 28, Lobster Bake at the Gloucester House** with a 90-minute narrated Essex River Cruise: \$92.00. Call David Bellefeuille, 533-7724. **Wednesday, September 19, Martha's Vineyard:** \$92.00 Call Judy Fortier, 534-3598. **Wednesday, October 3, Salem Witch Museum,** lunch at Victoria Station Restaurant followed by an afternoon of free time to explore historic Salem: \$74.00. Call Susan Canedy, 536-2106. **Fri.-Mon., November 9-12, 2012, Multi-day, Veteran's Day weekend in Washington DC.** 4 days/3 nights at the first class CROWNE PLAZA CRYSTAL CITY HOTEL. Cost \$562.00 pp twin/triple. A \$200.00 deposit due by August 17, final payment due September 21. Includes **guided tour of the Capital building and a guided tour of the famous memorials.** An additional **Washington-by-night tour of illuminated monuments.** Final stop at **Arlington National Cemetery** before we head home. Call Judy Fortier, 534-3598 for more details and a flyer. **Tuesday, December 11, the Radio City Rockette's Christmas Spectacular reserved orchestra tickets.** Free time to shop, have lunch on your own or experience New York getting ready for the Christmas Season before the show: **\$142.00** includes dinner at Milford, CT Cracker Barrel. A \$5.00 non-refundable deposit is due on all non-casino trips. No refund prior to 6 weeks of trip.

NOTES FROM THE DIRECTOR

Welcome to the individuals receiving this newsletter for the first time. I hope you find this publication informative, interesting and helpful. Annually the COA adds names of residents who will turn 60 during the year to the mailing list. This year 211 individuals are turning 60! Remember age is just a number and a positive attitude is most important. A visitor to our Center will see people in their nineties, many active volunteers. It becomes clear that a **good attitude** and a commitment to paying attention to one's mind, body and spirit is the best path to healthy aging.

This issue provides general information about the various services, activities and programs at the Senior Center. It is a two-month issue. July is the only month we all take a break from publishing/printing a newsletter. If by chance you receive more than one copy of this edition, or do not want it, please let us know.

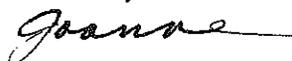
The staff is open to suggestions regarding new activities. Some programs are scheduled for early evening. The activity level slows down in the summer months so in September you will see many more programs listed.

At the July meeting the Council on Aging Board will welcome three new members. A listing of COA Board members will appear in the September newsletter. I appreciate the commitment and dedication of the members of our Board.

During the summer the bid process for the roof project will take place. I do not have any specific information in regard to dates but will keep everyone informed through weekly luncheon announcements and press releases. I appreciate the support of Town Meeting members for voting for an additional amount of up to \$100,000 to cover any deficit with the CDBG grant award. Additional work must be done to the structural pillars in the basement to safely support the weight of the new heating and cooling units on the exercise room roof. There may be a period when the COA parking lot is roped off to secure the construction area. We will get through it knowing in the end there will be a senior center that will hopefully make it for another fifteen years.

On a very personal note, I want to express my sincere and heartfelt gratitude to everyone for their support as I endured the pain of losing my Mom. She died on June 12th but was able to enjoy her 88th birthday on June 5th with her family, the most important part of her life. The last couple of weeks have been the most difficult in my life but I appreciate all of the support of the Acting Town Administrator, the members of the Selectboard, the members of the COA Board, my faithful and devoted staff, especially Lisa, overseeing the department, other town employees, COA volunteers and participants, WMEC, EOE, other elder agencies and members of the community. I would sum up my feelings by quoting the song: "That's What Friends are For." Thank you so much!

Enjoy your summer and come visit the air-conditioned senior center anytime, truly a home away from home for many. I hope to see you soon!



SPECIAL THANKS TO:

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- *Representative John Scibak and Robert Judge for the House of Representative Citations for the 90+ birthday celebration.
 - *Carey's Florists for the donations of beautiful flowers throughout the year, especially for the monthly birthdays.
 - *To Big Y for the assorted breads and pastries donated twice a week.
 - *To Claire Bielanski for the hand sanitizers, Connie Laplante for the dish soap, and Stan Wojcik for the paper towels, all requests from last month's wish list.
 - *Susan Stockman for the \$25 gift certificate for Family Cuts. It will be used as a raffle prize at our annual picnic.
 - *American Legion Post 260 for the \$100 donation in appreciation of the use of the van for Memorial Day. It was deposited into the minibus maintenance account.
 - *To the St. Patrick's Ladies Guild for the \$500 donation that will be deposited into the Nutrition Gift Account.

WISH LIST: Paper Towels and small paper clips

NEWS FROM LEDGES GOLF CLUB

2012 OUTINGS-There are still some great dates left for outings. The Ledges Golf Club is one of the most fun outing venues in New England, ensuring your event's success. Contact Doug in the Pro Shop for dates and rates today or view the website <http://www.ledgesgc.com>. **SEASON PASSES**-if you are a frequent visitor to the Ledges, why not consider a Season pass? We offer family and senior packages, with or without carts along with a number of other choices. View the website or call the pro shop at (413) 532-2307 for more information or with questions.

SENIOR AIDE WANTED: Income eligibility rules apply. Must be 55 or over. Office experience required. For more information call Joanne at 538-5042, Ext. 204.

FUEL ASSISTANCE

If you are a current client of the fuel assistance program, re-certifications are mailed out in August and September. For assistance with the application, call Angela Wright. If you choose to file the application on your own, be sure to make copies of every document you enclose. Prepare for your application by keeping records of all income and pertinent expenses because you will need to make copies to enclose. New income guidelines are usually posted in September.

HOME DELIVERED MEALS are available for those needing a little "TLC" and/or help after an illness or a surgery. Call 538-9020 and ask for intake and referral if you believe you might benefit from a nutritious, hot-lunch, delivered to your door.

Angie's News & Notes

WELCOME!

A very warm welcome and congratulations to everyone in South Hadley who has turned 60 this year, and to those who will do so in the coming months.

As Social Service Coordinator, I want to let all seniors know about the many programs and services here at the Council that may be of interest and/or that may benefit you or your family. I can assist in determining qualifying income for many programs, as well as helping to fill out applications for MassHealth (Medicaid), Fuel Assistance, SNAP (Food Stamps), the Brown Bag: Food for Elders Program and Prescription Advantage, the Massachusetts state pharmaceutical assistance program that works together with Medicare prescription drug coverage to lower prescription drug costs for individuals enrolled in Medicare.

We also have a SHINE Program here at the Council. SHINE, or Serving the Health Information Needs of Elders, is the Massachusetts State Health Insurance Program. The SHINE Program provides free and unbiased health information, counseling, and assistance to Medicare beneficiaries of all ages and their caregivers. SHINE counselors help older people (and younger disabled Medicare beneficiaries) understand their Medicare benefits and other health insurance options. SHINE counselors are trained and certified by the Executive Office of Elder Affairs in many areas of health benefits, including Medicare A & B covered services, Medigap insurance plans, Medicare Advantage plans, prescription drug options, and free or reduced cost healthcare programs.

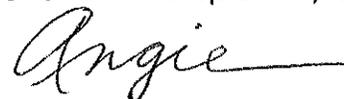
A referral for services through WestMass ElderCare (our area agency on aging) such as Meals on Wheels, home care, personal care and the Family Caregiver Support Program can be made. WestMass ElderCare also has a new program called

Options Counseling. Options Counseling assists consumers in need of long-term care services to make informed choices about the services and settings that best meet their needs, allowing them to live as independently as possible. The Options counselor can guide consumers through their questions about living in the community or a nursing home.

Information regarding Western Mass Legal Services as well as H.E.L.P (Hampshire Elder Law Program), a public service administered by the Hampshire County Bar Association to meet the civil legal needs of low-income elders is also available.

And did you know that South Hadley's TRIAD/ Emergency Preparedness for Seniors Program, a partnership involving senior citizens, law enforcement, the council on aging, visiting nurses, etc., sponsors a wonderful program free to seniors over 60 and persons with disabilities? Are You Okay?® is a computerized telephone call reassurance program operated from the South Hadley Police Department. Each day at a pre-arranged time Are You Okay?® automatically makes these computerized calls bringing a sense of comfort into every subscriber's home. You may also wish to have information regarding emergency response equipment, a pendant worn around the neck or a wrist device to summon help when needed. In addition, Safelink, a lifeline program, provides qualifying individuals with a free cell phone and free minutes every month.

I also serve as your source for information and referral regarding area senior services. If I don't have the answer I will surely find someone who does. Appointments, whether in my inviting office here at the Council or in the comfort of your home, are always confidential. So please don't hesitate to take me up on my offer.



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:

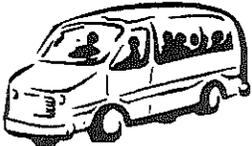
WESTMASS ELDERCARE, INC. JULY MENU

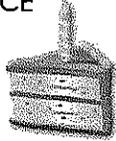
- 2) SWEDISH MEATBALLS W/GRAVY, Egg Noodles, Beets/Onions, Whole Grained Roll, Fresh Fruit/Melon.
- 3) COLD PLATE: Tuna Fish Salad, Potato Salad, Carrot Salad, Oatmeal Cookies or Diet Oatmeal Cookies.
- 4) **CENTER CLOSED — INDEPENDENCE DAY HOLIDAY**
- 5) BBQ CHICKEN, Mashed Potatoes, Corn Coblets, Rye Bread, Pineapple or Diet Pineapple.
- 6) BAKED POLLOCK LOINS, Baked Potato, Spinach, Whole Grained Bread, Jell-O or Diet Jell-O.
- 9) SALISBURY STEAK W/MUSHROOMS IN GRAVY, Noodles, Winter Blend (Broccoli/Cauliflower), Roll, Mixed Fruit or Diet Mixed Fruit.
- 10) **BIRTHDAY/ANNIVERSARY — ROAST PORK LOIN**, Oven Roasted Potatoes, Corn, Multi Grained Bread, Cake or Diet Cake.
- 11) FRENCH MEAT PIE, Carrots & Cauliflower, Noodles, Whole Wheat Bread, Pears or Diet Pears.
- 12) SWEET & SOUR CHICKEN, Candied Yams, Peas & Onions, Pineapple or Diet Pineapple.
- 13) FIESTA POLLOCK, Confetti Rice, Green Beans, Juice, Whole Grained Bread, Pudding or Diet Pudding.
- 16) SHEPHERD'S PIE W/GRAVY, Green Beans, Biscuit, Mandarin Oranges or Diet Mandarin Oranges.
- 17) COLD PLATE: Turkey Salad, Macaroni Salad, Whole Grained Roll, Lettuce & Tomato, Three Bean Salad, Juice, Peaches or Diet Peaches.
- 18) BEEF STEW W/POTATOES, Mixed Vegetables Blend, Whole Wheat Bread, Tropical Fruit or Diet Tropical Fruit.
- 19) MACARONI & CHEESE, Stewed Tomatoes, Rye Bread, Brownies or Diet Brownies.
- 20) CELEBRATE AUSTRIA, Apple Glazed Pork, Roasted Potatoes & Onion, Steamed Cabbage, Roll, Juice, Apricot Cake or Diet Apricot Cake.
- 23) ROASTED TURKEY W/GRAVY, Mashed Potatoes, Peas & Mushrooms, Multi Grained Bread, Fruit or Diet Fruit.
- 24) LASAGNA W/MEAT SAUCE, Garlic Bread, Italian Blend Vegetables, Chocolate Chip Cookies or Diet Chocolate Chip Cookies.
- 25) VEAL PATTY W/GRAVY, Mashed Potatoes, Corn, Whole Grain Wheat Bread, Tropical Fruit or Diet Tropical Fruit.
- 26) OVEN ROASTED CHICKEN, Baked Potato, Vegetable Medley, Biscuit, Tapioca Pudding or Diet Tapioca Pudding.
- 27) FLORENTINE POLLOCK, Rice, Brussels Sprouts, Rye Bread, Pears or Diet Pears.
- 30) BAKED HAM W/RAISIN SAUCE, Sweet Potatoes, Broccoli, Whole Grain Bread, Fruit Crisp or Diet Fruit Crisp.
- 31) COLD PLATE: Chicken Salad, Three Bean Salad, Carrot/Raisin Salad, Multi Grained Roll, Fresh Melon.

WESTMASS ELDERCARE, INC. AUGUST MENU

- 1) BROCCOLI QUICHE, Confetti rice, Mixed Vegetables, Juice, Multi Grained Bread, Tapioca Pudding or Diet Tapioca Pudding.
- 2) AMERICAN CHOP SUEY, Spinach, Garlic Bread, Mixed Fruit or Diet Mixed Fruit.
- 3) BROILED POLLOCK LOINS, Scalloped Potatoes, Beets, Pears or Diet Pears.
- 6) CHICKEN MARSALA, Mushrooms, Egg Noodles, Stewed Tomatoes, Rye Bread, Apricots or Diet Apricots.
- 7) **BIRTHDAY/ANNIVERSARY — VEAL PARMESAN W/PASTA**, Peas, Italian Bread, Juice, Tossed Salad: Congregate, Cake or Diet Cake.
- 8) HAM W/PINEAPPLE SAUCE, Sweet Potato, Green Beans, Multi-Grained Bread, Mandarin Oranges or Diet Mandarin Oranges. **Higher Sodium Meal. (*Picnic Lunch for HMOW)**
- 9) **PICNIC DAY CONGREGATE***, Hamburgers/Hot Dogs, Corn on the Cob, Baked Beans, Cold Slaw, Potato Chips, Rolls, Watermelon, Ice Cream. (*Ham w/Pineapple for HMOW).
- 10) TUNA & NOODLE CASSEROLE, Broccoli, Garlic Bread, Juice, Mixed Fruit or Diet Mixed Fruit.
- 13) OVEN FRIED CHICKEN, Roasted Potatoes, Ratatouille, Oatmeal Bread, Peaches or Diet Peaches.
- 14) SPAGHETTI W/MEATBALLS, Garlic Bread, Mixed Vegetables, Orange Juice, Fruit Cocktail or Diet Fruit Cocktail.
- 15) COLD PLATE: Chicken Salad, Pasta Salad, Cucumber & Onion Salad, Multi Grained Roll, Fresh Fruit.
- 16) ROAST TURKEY W/GRAVY, Mashed Potatoes, Corn, Cranberry Sauce, Whole Wheat Bread, Mixed Fruit or Diet Mixed Fruit.
- 17) BREADED POLLOCK FILLETS, Rice, Spinach, Rye Bread, Jell-O or Diet Jell-O.
- 20) COLD PLATE: Egg Salad, Potato Salad, Carrot/Raisin Salad, Multi Grained Roll, Cookies or Diet Cookies.
- 21) VEAL PATTY, Au Gratin Potatoes, Mixed Vegetables, Whole Wheat Bread, Tropical Fruit or Diet Tropical Fruit.
- 22) SHEPHERD'S PIE, Carrots, Biscuit, Pineapple or Diet Pineapple.
- 23) CHICKEN PATTY W/GRAVY, Rice Pilaf, Corn, Whole Grained Bread, Mandarin Oranges or Diet Mandarin Oranges.
- 24) **CELEBRATE THAILAND — THAI BBQ CHICKEN**, Wild Rice, Oriental Mixed Vegetables, Whole Grained Roll, Banana Pudding or Diet Banana Pudding.
- 27) LIVER & ONIONS, Mashed Potatoes, Peas & Mushrooms, Multi Grained Bread, Pears or Diet Pears.
- 28) MILD BEEF CHILI, Rice, Winter Blend, Biscuit, Pie w/Topping or Diet Pie.
- 29) COLD PLATE: Tuna Salad, Pasta Salad, Pickled Beets/Onions, Whole Grained Bread, Pineapple or Diet Pineapple.
- 30) TARRAGON CHICKEN, Confetti Rice, Broccoli, Cranberry Sauce, Whole Wheat Bread, Jell-O or Diet Jell-O.
- 31) MEATLOAF W/GRAVY, Mashed Potatoes, Corn, Rye Bread, Mixed Fruit or Diet Mixed Fruit.

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.

<p>2 SWEDISH MEATBALLS No Tai Chi 1 Poker -DR 1 Pinochle-DR 1 Canasta-DR 1 Mah Jongg-CR</p>	<p>3 TUNA FISH SALAD PLATE 1 Bingo-CR 1 Movie-EX 1 Needlecraft-CE</p>	<p>4 INDEPENDENCE DAY HOLIDAY CENTER IS CLOSED</p> 	<p>5 BBQ CHICKEN 10 Alzheimer's Support -C2 10 Travel Club-C1 1 Quilting-CE 1 Scrabble-L</p>	<p>6 BAKED POLLOCK LOINS 9:30 Grocery Shopping 10 Coffee & Conversation-DR 10:30 Osteoporosis Exercise-EX 1 Knitting-L 1 Bridge-CE 1 Cribbage-CR 1 Canasta & Poker-DR</p>
<p>9 SALISBURY STEAK 9:30 Foot Nurse (by appt.) 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 ROASTED PORK LOIN 1 Bingo-CR 1 Movie-EX 1 Needlecraft-CE</p>	<p>11 FRENCH MEAT PIE 8 HIP-EX 10 Travel Club-C1 10:30 Osteoporosis Exercise-EX 1 Pitch-CR 1 Mah Jongg-CE</p>	<p>12 SWEET & SOUR CHICKEN 10 Travel Club-C1 12:30-2pm Blood Pressure Screening w/Nurse-C2 1 Friends Quarterly Meeting-DR 1 Scrabble-L 1 Quilting-CE</p>	<p>13 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>16 SHEPHERD'S PIE/GRAVY 10 Tai Chi-EX 1 Poker -DR 1 Pinochle-DR 1 Canasta-DR 1 Mah Jongg-CR</p>	<p>17 TURKEY SALAD PLATE 10-11 Brown Bag-CE 9-12 SHINE (by appt.) 1 Bingo-CR 1 Movie-EX 1 Needlecraft-CE</p>	<p>18 BEEF STEW W/POTATOES WMEC Picnic 8 HIP-EX 10 Travel Club-C1 10:30 Osteoporosis Exercise-EX 1 Pitch-CR 1 Mah Jongg-CE</p>	<p>19 MACARONI AND CHEESE 10 Travel Club-C1 1 Quilting-CE 1 Scrabble-L</p>	<p>20 CELEBRATE AUSTRIA APPLE GLAZED PORK 9:30 Grocery Shopping 10 Coffee & Conversation-DR 10:30 Osteoporosis Exercise-EX 11:30 Rep. John Scibak-DR 1 Bridge-CE 1 Cribbage-CR 1 Canasta & Poker-DR 1 Knitting-L</p>
<p>23 ROAST TURKEY/GRAVY 10 Tai Chi-EX 9:30 Foot Nurse (by appt.) 1 Poker -DR 1 Pinochle-DR 1 Canasta-DR 1 Mah Jongg-CR</p>	<p>24 LASAGNA/MEAT SAUCE 1 Bingo-CR 1 Movie-EX 1 Needlecraft-CE</p> 	<p>25 VEAL PATTY/GRAVY 8 HIP-EX 10 Travel Club-C1 10:30 Osteo Exercise -EX 1 Ice Cream Social-entertainers Donna Lee and Bill Shontz-DR 1 Mah Jongg-CE 1 Pitch-CR</p>	<p>26 OVEN-ROASTED CHICKEN 10 Travel Club-C1 10:30 Blood Pressure Screening w/Fire District #1-DR 1 Quilting-CE 1 Scrabble-L</p>	<p>27 FLORENTINE 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 HAM/RAISIN SAUCE 10 Tai Chi-EX 1 Poker -DR 1 Pinochle-DR 1 Canasta-DR 1 Mah Jongg-CR</p>	<p>31 CHICKEN SALAD PLATE 9-12 SHINE (by appt.) 1 Bingo-CR 1 Movie-EX 1 Needlecraft-CE</p>	<p>JULY 2012</p>	<p>IN TOWN TRANSPORTATION IS AVAILABLE MONDAY-FRIDAY 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>

ROOM KEY CR=Card Room CE=Ceramics C2=Formerly Old Office C1=Conf. Room Off Library EX=Exercise Room DR=Dining Room L=Library	<h1>AUGUST 2012</h1> <p>IN TOWN TRANSPORTATION IS AVAILABLE MONDAY-FRIDAY 9-3 BY APPOINTMENT ONLY</p>	1 BROCCOLI QUICHE 8 HIP-EX 10 Travel Club-C1 10:30 Osteoporosis Exercise-EX 1 Pitch-CR 1 Mah Jongg-CE	2 AMERICAN CHOP SUEY 10 Alzheimer's Support -C2 10 Travel Club-C1 1 Quilting-CE 1 Scrabble-L	3 BROILED POLLOCK LOINS 9:30 Grocery Shopping 10 Coffee & Conversation-DR 10:30 Osteoporosis Exercise-EX 1 Knitting-L 1 Bridge-CE 1 Cribbage-CR 1 Canasta & Poker-DR
6 CHICKEN MARSALA 10 Tai Chi-EX 1 Poker-DR 1 Pinochle-DR 1 Canasta-DR 1 Mah Jongg-CR	7 BIRTHDAY/ANNIVERSARY VEAL PARMESAN/PASTA 1 Bingo-CR 1 Movie-EX 1 Needlecraft-CE 	8 HAM/PINEAPPLE SAUCE HMOW PICNIC Senior Travel Club Trip 8 HIP-EX 10 Travel Club-C1 10:30 Osteoporosis Exercise-EX 1 Pitch-CR 1 Mah Jongg-CE	9 COA PICNIC DAY HAMBURGERS/HOTDOGS 10 Travel Club-C1 12:30-2pm Blood Pressure Screening w/Nurse-C2 1 Scrabble-L 1 Quilting-CE 	10 TUNA NOODLE CASSEROLE 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
13 OVEN FRIED CHICKEN 9:30 Foot Nurse (by appt.) 10 Tai Chi-EX 1 Poker-DR 1 Pinochle-DR 1 Canasta-DR 1 Mah Jongg-CR	14 SPAGHETTI/MEATBALLS 9-12 SHINE (by appt.) 1 Bingo-CR 1 Movie-EX 1 Needlecraft-CE	15 COLD CHICKEN SALAD PLATE 8 HIP-EX 10 Travel Club-C1 10:30 Osteoporosis Exercise-EX 1 Pitch-CR 1 Mah Jongg-CE	16 ROAST TURKEY/GRAVY 10 Travel Club-C1 1 Quilting-CE 1 Scrabble-L	17 BREADED POLLOCK FILLET 9:30 Grocery Shopping 10 Coffee & Conversation-DR 10:30 Osteoporosis Exercise-EX 11:30 Rep. John Scibak-DR 1 Bridge-CE 1 Cribbage-CR 1 Canasta & Poker-DR 1 Knitting-L
20 COLD EGG SALAD PLATE 10 Tai Chi-EX 1 Poker-DR 1 Pinochle-DR 1 Canasta-DR 1 Mah Jongg-CR	21 VEAL PATTY 10 Lo-Vision Support-C2 10-11 Brown Bag-CE 1 Bingo-CR 1 Movie-EX 1 Needlecraft-CE	22 SHEPHERD'S PIE 8 HIP-EX 10 Travel Club-C1 10:30 Osteo Exercise-EX 1 Mah Jongg-CE 1 Pitch-CR	23 CHICKEN PATTY/GRAVY 10 Travel Club-C1 10:30 Blood Pressure Screening w/Fire District #1-DR 1 Quilting-CE 1 Scrabble-L 1 Falls Prevention Regional Group Meeting-EX	24 CELEBRATE THAILAND THAI BBQ CHICKEN 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
27 LIVER & ONIONS 9:30 Foot Nurse (by appt.) 10 Music Appreciation Resumes-CE 10 Tai Chi-EX 1 Poker-DR 1 Pinochle-DR 1 Canasta-DR 1 Mah Jongg-CR	28 MILD BEEF CHILI Senior Travel Club Trip 9 Newsletter Collating 9-12 SHINE (by appt.) 1 Bingo-CR 1 Movie-EX 1 Needlecraft-CE	29 COLD TUNA SALAD PLATE 8 HIP-EX 10 Travel Club-C1 10:30 Osteoporosis Exercise-EX 1 Pitch-CR 1 Mah Jongg-CE	30 TARRAGON CHICKEN 10 Travel Club-C1 1 Quilting-CE 1 Scrabble-L 1 Falls Prevention Group Follow Up -EX	31 MEATLOAF/GRAVY 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

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.

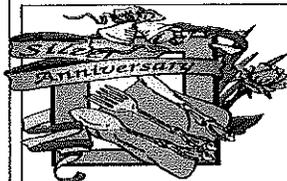
NEWSLETTER DONATIONS

Another fiscal year begins on July 1st for the newsletter gift account. South Hadley continues to be one of the few remaining communities where newsletters are mailed to individual homes, free of charge. It is only through the generous donations of the businesses that place ads, the support of the Executive Office of Elder Affairs, volunteer assistance and the many generous donations throughout the year that the free mailing is made possible. People who live out of town must pay \$10.00 per year to cover the mailing expenses. Patrick Labonte volunteers well over 10 hours every month to print the publication. This teamwork demonstrates that many hands working together make for efficient and economical service. Please know your donations are sincerely appreciated. Some people give many times throughout the year and for your generosity I extend much gratitude.

The majority of individuals who receive the newsletter find it educational and informative. I am always open to suggestions. However, if you have no interest in the newsletter, please notify us so we can take your name off of the mailing list.
Joanne

FRIENDS OF THE ELDERLY ICE CREAM SOCIAL

The Friends of South Hadley Elderly, Inc. will be hosting their annual ice cream social on Wednesday, July 25th at the South Hadley Senior Center at 1 p.m. Entertainment by Donna Lee and Bill Shontz. Call 538-5042 and make your reservation. Please let the receptionist know if you want strawberry, butterscotch or chocolate topping.



A donation was made by
George & Sally Schnugger
to the Nutrition Gift Account
in honor of the
25th Wedding Anniversary of Louise & Frank Croke

WestMass ElderCare Elder Nutrition Summer Picnic will be held on Wednesday, July 18th from 11 a.m. until 2:30 p.m. at the West Springfield-Agawam Elks Lodge, #2174 Pavilion, 429 Morgan Rd., W. Springfield.

SOUTH HADLEY COA STAFF:

Director: Joanne Trybus
Assistant Director: Lisa Napiorkowski
Social Services Coordinator: Angela Wright
Activity/Volunteer Coordinator: Anne O'Connor
Food Service Coordinator: Billy Poe
Senior Clerk: Kathy Gallivan
Assistant Cook: Jim Tomlinson
Hot Meals Coordinator: Liz Methot
Sub Hot Meals Coordinators: Alice Pont, Rick Dufault
Custodian: Bob Methot
Minibus Driver: Richard Carrigan
Substitute Minibus Drivers: Rick Dufault
Roger Duval
Al Guyott
Francis Wagner
Hot Meals Drivers: Nancy Blodgett
Francis Cyr
Rick Dufault
Sub Meals Drivers: Maryanne Fredette, Sal Canata, Albert Guyott, Richard Belanger, Alice Pont, Bob Blodgett
Sub Cook: Howard Kirkpatrick
Office Senior Aide: position vacant
Shopper: Anita Stefanik
Chores: Rick Landry, George Fournier
SHINE COUNSELOR: Eileen Burke
WestMass ElderCare Executive Board: Ken Ellis
WestMass ElderCare Advisory Council:
Roland Roberts, Donna Robideau, Joanne Chuslo
PVTA Advisory: Marilyn Ishler
Triad Chair: Elaine Foley
Travel Club Chairperson: David Bellefeuille
Friends President: Kay Washburn
Golden Age President: Dee Martin
Senior Net Coordinator: Irene Bernstein
Newsletter Printer: Patrick Labonte
AND NUMEROUS DEDICATED, LOYAL AND HARDWORKING VOLUNTEERS

FUNDING FROM THE OLDER AMERICANS ACT THROUGH the Massachusetts Executive Office of Elder Affairs provides GRANTS FROM WESTMASS ELDERCARE, INC. The programs include an Alzheimer's Caregivers Support Group, a Diabetic Support Group, Chores/Snow Removal and Companion/Escort transportation. Call the COA at 538-5042 and ask for Joanne or Angie if you would like more information.

FRIENDS OF SOUTH HADLEY, ELDERLY, INC.

This group is the booster association of the Council on Aging. These volunteers host fund-raisers to help provide the extras. The "Friends" purchased the COA van, an expensive copier for printing the monthly newsletter at the senior center and therefore helping to keep advertising for local business affordable. Their next meeting will be Thursday, July 12th at 1 p.m. in the dining room. Dues are \$5.00. Membership is open to residents and non-residents of all ages. If you are interested in learning more about the Friends, come to the next meeting.

The "Friends" will be hosting their annual Ice Cream Social on Wednesday, July 25th in our dining room at 1 p.m. Entertainment by Donna Lee (she sings many Patsy Cline songs and more) and Bill Shontz. **PARTIAL FUNDING FROM THE SOUTH HADLEY CULTURAL COUNCIL AND "THE FRIENDS". CALL 538-5042 TO MAKE YOUR RESERVATION AND PLEASE INDICATE YOUR SUNDAE TOPPING CHOICE.**

STRETCHING YOUR DOLLARS



It's time to consider some of the many programs which may be available to you. **Brown Bag:** Would a bag of easy to cook food help to stretch your monthly budget? The Food Bank of Western Mass. distributes groceries here every month. If you are 55, eligible for fuel assistance or live in elder housing, you can receive a bag. **Shopping Assistance:** Grocery shopping is available for homebound individuals if you have no one to help. Call Joanne or Angie for more information. There is a fee for this service based on income. **Prescription Advantage:** This is a Massachusetts support program for Medicare Part D. The program has many benefits, of which the most important is saving you from the donut hole. No specific enrollment period. **House-keeping, Errands, Companion Service:** If you are in need of some assistance in these areas, call Angie. She maintains a list of individuals who are seeking employment. All service providers must fill out an application, pass a Criminal Records Check and provide names of references.

So. Hadley Farmers' Market every Thursday from 1-6 p.m. on the Town Common. Sale items include locally-grown vegetables and fruits, organically-raised meat and chicken, baked goods, maple syrup, garden plants, relishes and sauces. There will also be a few artisans showing their works. EBT and SNAP benefits as well as senior coupons for purchasing fresh produce accepted.

COA PROGRAMS & SERVICES

FORMS, ETC. AVAILABLE AT THE SENIOR CENTER

There are many forms which we have at the Senior Center to assist you. Unless a price is stated, it is free. Many other places would charge you, so take advantage of what we have to offer.

- Homestead Protection forms are available for those 62+ and disabled persons of any age (\$500,000/person) and an individual under 62 for \$500,000 on the home. There is a \$35.00 filing fee payable to the Registry of Deeds. These protect you from losing your home due to a lawsuit. You must be the owner of the home to file a homestead.
- Health Care Proxy is available for you to choose your health care agent and treatment. There are many choices in life support; it is important that your family know your wishes.
- Cable Discount forms are available for those 63+, providing a 2% reduction on basic service. You will need to bring your driver's license or birth certificate and a utility bill or tax bill as copies of these must be included with the application.
- FILE OF LIFE is a magnetic holder which holds emergency & medical information (keep updated). Put one on your refrigerator and the label on your main door so emergency technicians know you have one. Available in wallet form also. Replacement inserts are also available.

Many programs and services are available at the Senior Center. If you are looking for information on Volunteer opportunities or a tour of the building, please call Anne O'Connor at 538-5042, Ext. 205. If you require assistance with forms, Prescription Advantage (a Massachusetts support program for Medicare Part D), applications for Brown Bag or Fuel Assistance, personalized transportation service, chores, information on the various support groups, shopping assistance (when you are unable to shop and have no one to help), food stamps, home care assistance or general information about nursing homes or rehab facilities, please call Angie Wright at 538-5042, Ext. 206. For minibus transportation questions, call Lisa Napiorkowski at 538-5042, Ext. 203. A full list of staff is shown on Page 9. In our library we have lots of books, some large print. There is a puzzle table with two puzzles going at most times or to borrow and do at home. There are coupon boxes where we keep the many coupons that our volunteers clip, sort and file. There are magazines and local newspapers.

We collect eye glasses for the Lions Club and Campbell Soup labels (and other company products) for Plains & Mosier Schools and tabs from cans for the Shriners.

There is a billiards room open from 8-4:30, a Peek and Poke rack with free clothing (we are always looking for current and clean clothing) and the rule is if it fits, it's yours. In addition, there is a free table in the lower hall that people really enjoy. If you have items that are still usable (no broken, dirty or impractical items please) bring them to the free table or come and look at what we have available.

TRIAD



What is TRIAD? TRIAD is a community policing initiative made of senior citizens, law enforcement and service providers to increase safety through education and crime prevention. Our S.A.L.T. (seniors and lawmen together) meets the last Tuesday of every month, September through May at 9 a.m. at the S. Hadley Police Station conference room. New members are welcome. Locally, individuals representing the Hampshire County Sheriff's Office, Northwestern District Attorney's Office, S. H. Police Department, S.H. Fire Dept., COA and elders represent S.A.L.T.

One project is the "ARE YOU OK?" a computerized calling program housed at the Police Department and an automatic call to check on individuals enrolled in the program.

Other projects include house numbers, cell phone distribution for 911 calls, educational presentations, and Files of Life.

VOLUNTEER OPPORTUNITIES-if you are interested, we have many ways you can spend some quality time helping the Council on Aging. We have friendly visitors, nutrition volunteers, kitchen volunteers, newsletter volunteers, craft instructors, data entry people, decorators, office volunteers and many other various slots you can fill if you would like to share some of your time. Call Anne at 538-5042, Ext. 205.

EDUCATION PROGRAMS-we try to have at least one program monthly. The subject varies but we are always looking for new ideas.

HEALTH EQUIPMENT-for loan for 3 months, no charge.



ANNE'S INFO

If you are just turning 60 this may be the first newsletter you have received. I encourage you to look at all the activities we offer and the menus for the delicious luncheons and plan to visit this summer. If you would like a tour of our building or more information about our activities, please call me at 538-5042.

During the summer, many of you may be going away on vacation or enjoying extra activities with family and friends. Some of our groups take time off in July and August and the calendars on pages 5 and 6 will show you what is still in process. Our building is comfortably air conditioned and there is always a nutritional and delicious meal, so why not take a break from cooking and check us out!

We have some special activities which I'd like to mention. On Wednesday, July 25th the Friends of the South Hadley Elderly, Inc. are giving an **Ice Cream Social**. We will have special entertainment by **Donna Lee and Bill Shontz**, thanks to an award from the South Hadley Cultural Council and ice cream sundaes from McCray's Farm provided by the Friends. This will be a wonderful afternoon, so don't procrastinate on signing up! On Thursday, August 9th we will have our annual **COA Picnic** here at the Senior Center. There will be hotdogs and hamburgers and all the fixings. After we eat, we will play Bingo which is provided by the Friends.

In addition we will have **Birthday and Anniversary Luncheons** on Tuesday July 10th and August 7th. Anyone celebrating a birthday or anniversary during the respective month is invited to be our guest. We will also be celebrating **Austria** on Friday, July 20th and **Thailand** on Friday, August 24th. These are fun, interesting events, you can taste the cuisine of the country and learn a few new facts. Also we encourage a little "show and tell" if you have anything from the country we are "visiting".

I'd like to thank the volunteers from local churches that help us on Wednesdays in our Nutrition program. Once a month we have volunteers from **First Congregational Church, All Saints Episcopal Church, Falls Congregational Church and St. Theresa's Church** who come and set tables, serve, clean up and everything in between. Some groups have 2 ladies (men are welcome too!) and one group has 6. If you attend any of these churches and would like to join in, we'd love to have you. Also, if you attend another church and would like to organize a group let me know, we could use help when there is a 5th Wednesday and for special luncheons.

Have a wonderful, safe summer and make the Senior Center a part of your fun!

Anne

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.

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

Four week courses:

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, use E-mail. Also learn how to deal with security, cookies, viruses and other on-line issues.

PICASA: A digital photo organizer and editor. It will help you with quick edits of your pictures, sorting of pictures, and how to place them in an album or folder.

Other courses we offer include: **FUNDAMENTALS, INTRODUCTION, WORD PROCESSING, QUICKEN, AND EXCEL.**

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.

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.

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