

COUNCIL ON AGING

South Hadley Massachusetts

The sun never sets on our Activities...

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JUNE 2012

**HAPPY BIRTHDAY
 90+ BIRTHDAY LUNCHEON
 WEDNESDAY, JUNE 20th**

This year we will honor those who are turning 90 or over at a **SPECIAL LUNCHEON to be held on June 20th at 12 Noon**. If you were born in 1922 PLEASE LET THE RECEPTIONIST KNOW when you make your reservation. Those who are 91 or over this year are also welcome to attend. Because of limited space in the dining room each celebrant will be allowed to invite 1 guest. Celebrants will have their luncheon paid for by the Friends of South Hadley Elderly, Inc. Guests must pay for their own luncheon (60 and over suggested donation \$2.25 and 59 and under charge of \$3.00) Call in early! Give your name and date of birth and the name of your guest. The oldest resident in attendance will receive a small cake. We hope to see all nonagenarians that day! Space is limited, please keep in mind we want to accommodate as many 90 and over celebrants as possible. The menu is French Meat Pie/Gravy, AuGratin potatoes, green beans, whole wheat bread, juice and birthday cake.



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). Reservations close at 9 a.m. each day. Remember to cancel if you cannot make the luncheon. THE SUGGESTED DONATION IS \$2.25 FOR PEOPLE 60 AND OVER, BUT REMEMBER IT IS A DONATION. EVERYONE 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.

South Hadley Senior Travel Club

Sunday, July 8, 2012, TANGLEWOOD, featuring the Boston Pops with Keith Lockhardt and special guest, Bernadette Peters. Cost \$91.00 for reserved shed seats. Lunch is not included in this price but a stop at a McDonalds will be made prior to concert or buy a lunch at their snack bar or bring a lunch and picnic on the lawn. Call Susan Canedy, 536-2106. A NEW TRIP. Monday, July 23, MOHEGAN SUN. Cost, \$21.00. Payment due upon booking. Call Howie Walsh, 593-6286. Wednesday, August 8, 2012 Saratoga Raceway with dinner at Grandma's Restaurant. Cost \$79.00. Call David Bellefeuille 533-7724. Tuesday, August 28, 2012, Lobster Bake at the Gloucester House with a 90 minute narrated Essex River Cruise. Cost \$92.00. Call David Bellefeuille, 533-7724. Wednesday, September 19, Martha's Vineyard. Includes ferry ride to Vineyard. A 3 1/2 hour guided island tour with a dinner stop on way home at Periwinkles. Cost, \$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. A list of the many sights and activities of Salem will be given to you. Cost \$74.00. Call Susan Canedy, 536-2106. Fri-Mon., November 9-12, 2012, 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. Call Judy Fortier, 534-3598 for more details and a flyer. A \$5.00 non-refundable deposit is due on all non-casino trips. No refund prior to 6 weeks of trip.

**CONGRATULATIONS TO
 GEORGE PERREAULT
 FOR RECEIVING THE LIONS CLUB
 CITIZENSHIP AWARD**

**HAPPY FATHER'S DAY TO ALL
 FATHERS, GRANDFATHERS AND
 GREAT GRAND-FATHERS.**

Angie's News & Notes

Summer begins this month, and I continue to look forward to working in my hosta garden—they compliment our home and look so beautiful!

Speaking of home, do you know about the **Home Modification Loan Program?** The Home Modification Loan Program (HMLP) is a state loan program that could help you or a loved one live more independently at home.

HMLP provides loans to make modifications to the primary, permanent residence of elders, adults with disabilities and families with children with disabilities. The modifications to be made to the residence must be necessary to allow the beneficiary to remain in the home and must relate to their ability to function on a daily basis.

Eligibility: Any homeowner who is an elder, has a disability or has a household member who is an elder or has a disability is eligible. Landlords with fewer than 10 units may be eligible for a 3% loan for a tenant. The proposed modifications must relate to the functional limitation of the beneficiary as documented by a professional with whom there is a client history. This program is not a home repair program. Some examples of projects funded through this program include ramps, hard-wired alarm systems and other safety modifications, as well as accessible bathrooms and kitchens.

Types of Loans Available: Based on the income guidelines, you may qualify for a loan of \$1,000 up to \$30,000 which is secured by promissory note and a mortgage lien. This program offers 0% or 3% deferred payment loans and 3% amortizing loans (payments spread over a period of time) depending on the total gross household income.

Homeowners eligible for a 0% loan do not

make any monthly payments and no interest accrues. Repayment is required when the property is sold or has its title transferred. 3% loans require monthly payments and must be paid back in 5-15 years, depending on the total amount borrowed. The program only allows for one loan per property, making it important to think about all necessary home modifications, present and future.

Application Process: Applications are reviewed by six regional Provider Agencies to determine both income eligibility and eligibility of the proposed modification. Providers determine eligibility by evaluating documentation submitted with the application including, but not limited to, income verification, a professional's certification that the proposed modification relates to the beneficiary's ability to function on a day to day basis, verification of paid state income and property taxes, property deed, and home modification plans, if available.

How to Get Started: If you think you might be eligible, contact your provider agency, the Pioneer Valley Planning Commission at 413-781-6045 to start the application process.

More information can be found on the Massachusetts Rehabilitation Commission (MRC) website, www.mass.gov/mrc/hmlp or contact MRC directly, Susan Gillam at 617-204-3739 or susan.gillam@state.ma.us.



Angie Wright, Social Service Coordinator

CHORES GRANT

The Chores Program (outside yard work), funded by a grant from WestMass Eldercare through the Older Americans Act is intended to provide services to low and moderately low income seniors. Funds are available for yard clean up for qualified clients. If you believe that you qualify and are in need of services please contact Angie at the COA at (413) 538-5042, ext 206.

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. JUNE MENU

- 1) COLD PLATE: Ham Salad, Pasta Salad, Cucumber & Onion Salad, Roll, Fresh Fruit.
- 4) LASAGNA W/TOMATO SAUCE, Italian Blend Vegetables, Garlic Bread, Apricots or Diet Apricots.
- 5) BIRTHDAY/ANNIVERSARY—CHICKEN PATTY W/GRAVY, Scalloped Potatoes, Spinach, Toss Salad (Congregate), Rye Bread, Cake or Diet Cake.
- 6) SALISBURY STEAK W/GRAVY, Mashed Potatoes, Carrots, Multi-Grained Bread, Pineapple or Diet Pineapple.
- 7) SWEET & SOUR CHICKEN, Egg Noodles, Winter Mixed Vegetables, Jell-O or Diet Jell-O.
- 8) BREADED POLLOCK FILLETS, Rice Pilaf, Green Beans, Whole Wheat Bread, Juice, Peaches or Diet Peaches.
- 11) COLD PLATE: Turkey Salad, Potato Salad Carrot & Raisin Salad, Whole Grain Roll, Cookies or Diet Cookies.
- 12) Spaghetti w/Meatballs, Mixed Vegetables, Garlic Bread, Tropical Fruit or Diet Tropical Fruit.
- 13) BROCCOLI & CHEESE QUICHE, Potato Puffs, Peas & Carrots, Roll, Mandarin Oranges or Diet Mandarin Oranges.
- 14) BBQ CHICKEN, Baked Potato, Corn Cobbets, Whole Grain Bread, Pears or Diet Pears.
- 15) CELEBRATE MEXICO—MILD CHICKEN FAJITAS, Mexican Rice, California Blend Vegetables, Wheat Bread, Cake or Diet Cake.
- 18) BAKED HAM W/FRUIT SAUCE, Sweet Potatoes, Broccoli & Cauliflower, Rye Bread, Pineapple or Diet Pineapple.
- 19) BEEF TIPS & SAUCE, Mashed Potatoes, Peas, Mandarin Oranges or Diet Mandarin Oranges.
- 20) 90+ BIRTHDAY CELEBRATION—FRENCH MEAT PIE W/ GRAVY, Au Gratin Potatoes, Green Beans, Whole Wheat Bread, Juice, Cake or Diet Cake.
- 21) OVEN FRIED CHICKEN, Roasted Potatoes, Ratatouille, Peaches & Diet Peaches.
- 22) MACARONI & CHEESE, Stewed Tomatoes, Whole Grained Bread, Brownies or Diet Brownies.
- 25) LIVER & ONIONS, Mashed Potatoes, Peas & Mushrooms, Multi-Grained Bread, Pears or Diet Pears.
- 26) MILD BEEF CHILI, Rice, Spinach, Biscuit, Pie w/Topping or Diet Pie w/Topping.
- 27) ALL BEEF FRANKS, Baked Beans, Mixed Vegetables, Roll, Tropical Fruit or Diet Tropical Fruit.
- 28) COLD PLATE: Tuna Salad, Macaroni Salad, Pickled Beets, Whole Grained Roll, Orange Juice, Jell-O or Diet Jell-O.
- 29) POLLOCK LOINS, Rice Pilaf, Corn, Corn Bread, Pineapple or Diet Pineapple.

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.

Curious About Your Diet *While Taking Your Coumadin?* Follow your Nutritional A-B-C's!

By Natalie Zalewski
Keene State College Dietetic Intern

Coumadin, or also known as warfarin, is a medicine used in the prevention of blood clots, including those involved with heart attack and stroke within veins and arteries. Its mechanism of action involves limiting or decreasing the effects of clotting factors within the body. It is important to follow general guidelines when taking Coumadin.

Alcohol: Because alcohol can alter the effects of Coumadin, it should be limited or, at best, avoided.

Limit Brussels sprouts and other leafy green vegetables! These contain large doses of Vitamin K which acts as a natural coagulant within the body and will minimize the effects of Coumadin. Additionally, foods high in Vitamin K include liver, canola & soybean oils, spinach, kale, broccoli and other dark green, leafy vegetables.

Avoid Cranberries and cranberry juice.

Check the other medicines or supplements that you are also taking, many of them may also limit the blood clotting effects of Coumadin. For example, Tylenol and NSAID's may limit the potential of Coumadin.

Always let your doctor know if you have any pre-existing bleeding conditions or disorders before taking Coumadin. In addition, before having any surgery, taking another medication, or antibiotic, always let your doctor know you are also taking Coumadin.

Sources: <http://www.mayoclinic.com>,
<http://www.medicinenet.com>

IMPORTANT!! SENIOR LUNCH NOTICE

We would like to gently remind everyone that according to WMEC Policy and the South Hadley COA Policy Handbook "**Saving Seats**" is not allowed. New people come to enjoy the home-cooked lunches and we want them to feel welcome. Please be considerate and open to meeting new friends as you welcome them to join you at your table. Seats can be held only if you have made your donation, have been checked off on the attendance list and you are physically in the building—for example, if you must leave the dining room for a class or you are a volunteer or you opt to wait in the library. Please call **NO LATER** than **9:00 A.M.** that morning to book your lunch. Advance bookings are encouraged. Call in cancellations as soon as possible.

IN MEMORIAM

IN MEMORY OF:

FROM:

NEWSLETTER:

ROBERT H. DAUNAIS Jim & Sandy O'Connell
Mr. & Mrs. Joseph Balboni
Sheila & Dave Langton
Mr. & Mrs. Robert Rivers
John & Judy Balboni

GENEVIEVE "JENNY" MCGRATH Ken Ellis
Mary E. Kelleher & Gary Jodoin
Geraldine (Lavinio) MacDonald
Anne Barrett
Roberta Goddu
Chris Pollender
Fela Rossman
Natalie Metras
Wayne A. & Angela M. Majka

RENE LAVERDIERE Tillie Laverdiere

TRANSPORTATION:

BARBARA LEONARD Donald Leonard

NUTRITION:

FAY F. ATTARDI John V. Attardi

ED MONTEMAGNI Fran Mytkowicz

DECEASED FRIENDS Ethel Donohue

IN MEMORIAM

IN MEMORY OF:

FROM:

BUILDING FUND:

DORIS LANGLOIS Virginia J. Dressell

GENEVIEVE "JENNY" MCGRATH
Vin Jackson & Elaine Mutch

EDGAR "NED" NOEL Phyllis & Jean Lacoste
Ann Root
Michael & Lynn Manolakis
Ellen N. Manolakis
Pamela & William Dalton
Cameron & Kathryn Walker
Mrs. Ann Flynn

LUANE REYNOLDS Noella Loiselle

MOTHER'S GARDEN:

MARGARET WHITENETT Carolyn Dupuis

ANNA MAE PARKER MEMORIAL FUND:

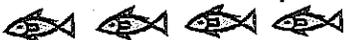
GENEVIEVE "JENNY" MCGRATH
Maureen Murray

MINI-BUS MAINTENANCE:

DOTTIE RENNER Harold D. J. Renner

NEW DONATIONS received after January 2012 Newsletter

ACTIVITY GIFT/NECESSITIES: Frank & Mary Jesionowski, Judith Fortier, Phoebe Daunais, Robert Ratkiewicz, Triad Salt Council; **ACTIVITY GIFT/TRANSPORTATION:** Dave LaRoche; **ACTIVITIES GIFT/SUBSIDIZED SENIOR TRANSPORTATION:** Ruth Wiesel, Anonym; **BUILDING FUND:** Joseph & Mary Hirschel; **MINI BUS MAINTENANCE:** Anonymous, Chester Pupek, Christopher J. Ratkiewicz, John & Helen Telicki, Sara Bach, Walter Bishop; **NEWSLETTER:** Agnes Briere, Alice Pelc, Arlene MacBrien, Armand Duquette, Audrey & Waldo Heinrichs, Betty Ann Belliveau, Bob & Gloria Boudreau, Bruce Docherty, Carmen Breton*, Carole Peloquin, Christina Sulek, Dave LaRoche, Donald J. Costello, Dorcas Duff, Doris Longpre, Doris Tanguay, Dorothy & Donald St. Pierre, Edward Mello*, Elaine Bigelow, Elaine Wilson, Elizabeth Pratt, Florence Fernandes, Florence Gallivan, Heather Ecklin, Helga Mueller-Loeffler, Irene Teflow, Janie Brochu, Jean Lambert, Joan Cassavant, Joanne & Wally Kluza, John & Carol Fallon, John & Helen Telicki, Judith Fortier, Judy Carrier, Julie & Jerry Quenneville, Kathleen & Francis McKay, Kathy Gallivan, Krystyna Sulek, Linda Lavigne, Lorraine Lavallee, Marcia Petri, Margaret & Leo Sieracki, Marie Tamburro, Marlene Perkins, Mary A. Mulvaney, Mary Pat Howe, Mary Simonds, Mary Zamarripa, Muriel Norris, Norman & Norma Moreau, Ola & Phil Herbert, Patricia O'Connor, Paul & Carolyn Henneman, Phyllis Ichtion, Rhea Vient, Richard & Kathryn Kirby, Richard & Marguerite Lacoste, Robert G. Engleson, Robert Nolin, Rudy Marek, Russell & Gloria Brown, Ruth & Robert Lynch, Sandra Cousineau, Sara & Gil Bach, Shirley Burdzy, Shirley Scanlon, Tekla F. McInerney*, William & Theresa Deslippe, Yvette Dupuis; **NUTRITION:** Claire Martel, Frank Strzempko, Marlene Perkins; **SERVICES:** Anonymous*; **SHOPPING ASSISTANCE:** Anonymous*; **SENIOR NET:** Doris Bick; **LIGHTS ON:** Ecumenical Group of G.H.S.H.; Helen Kendall, HIP, Outreach Team/First Congregational Church; **BUILDING GIFT:** Gregory Sheehan, James Barnes; **CHRISTMAS BASKETS/FUEL:** Bruce Docherty. *Denotes multiple donations.

<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>IN TOWN TRANSPORTATION IS AVAILABLE MONDAY-FRIDAY 9-3 BY APPOINTMENT ONLY</p> 	<h1 style="text-align: center;">JUNE 2012</h1>		<p>1 COLD HAM SALAD PLATE 9:30 Grocery Shopping 10 Bereavement Support-CE 10 Coffee & Conversation-DR 10:30 Osteoporosis Exercise-EX 1 Knitting-L/Bridge-CE 1 Cribbage-CR 1 Canasta & Poker-DR</p>
<p>4 LASAGNA/TOMATO SAUCE 10 Tai Chi-EX 1 Poker -DR 1 Pinochle-DR 1 Canasta-DR 1 Mah Jongg-CR 1 Red Hat Society-CR</p>	<p>5 BIRTHDAY/ANNIVERSARY CHICKEN PATTY/GRAVY 9-12 SHINE (by appt.) 1 Bingo-CR 1 Movie-EX 1 Needlecraft-CE</p>	<p>6 SALISBURY STEAK/GRAVY 8 HIP-EX 10 Travel Club-C1 10:30 Osteoporosis Exercise-EX 1 Pitch-CR 1 Mah Jongg-CE 1 Senior Poetry-C2 1:30-2:30 Fish Lift Van Trip </p>	<p>7 SWEET & SOUR CHICKEN 10 Alzheimer's Support -C2 10 Travel Club-C1 1 Scrabble-L 1 Quilting-CE 1 Golden Agers-CR</p>	<p>8 BREADED POLLOCK FILLET 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>11 TURKEY SALAD PLATE 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>12 SPAGHETTI/MEATBALLS Senior Travel Club Trip 1 Bingo-CR 1 Movie-EX 1 Needlecraft-CE 1 Mandatory Nutrition Sanitation Training by Chris Brown, WMEC Nutritionist</p>	<p>13 BROCCOLI CHEESE QUICHE 8 HIP-EX 10 Travel Club-C1 10:30 Osteoporosis Exercise-EX 1 Pitch-CR 1 Mah Jongg-CE</p>	<p>14 BBQ CHICKEN 10 Travel Club-C1 12 Veteran's Outing 12:30-2pm Blood Pressure Screening w/Nurse-C2 1 Quilting-CE 1 Scrabble-L 1 Golden Agers-CR FLAG DAY </p>	<p>15 CELEBRATE MEXICO MILD CHICKEN FAJITAS 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>18 BAKED HAM/FRUIT SAUCE 10 Tai Chi-EX 1 Poker -DR 1 Pinochle-DR 1 Canasta-DR 1 Mah Jongg-CR</p>	<p>19 BEEF TIPS/SAUCE 10 Lo-Vision Support-C2 10-11 Brown Bag-CE 1 Bingo-CR 1 Movie-EX 1 Needlecraft-CE 2 Get Going-C2</p>	<p>20 90+ BIRTHDAY LUNCHEON FRENCH MEAT PIE/GRAVY 8 HIP-EX 10 Travel Club-C1 10:30 Osteo Exercise Cancelled 1 Mah Jongg-CE 1 Pitch-CR 1 Senior Poetry-C2 1ST DAY OF SUMMER</p>	<p>21 OVEN FRIED CHICKEN 10 Travel Club-C1 1 Quilting-CE 1 Scrabble-L 1 Golden Agers-CR</p>	<p>22 MACARONI & CHEESE 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>25 LIVER AND ONIONS 9:30 Foot Nurse (by appt.) 10 Tai Chi-EX 1 Poker -DR 1 Pinochle-DR 1 Canasta-DR 1 Mah Jongg-CR</p>	<p>26 MILD BEEF CHILI 9 Newsletter Collating-CE 9-12 SHINE (by appt.) 1 Bingo-CR 1 Movie-EX 1 Needlecraft-CE</p>	<p>27 ALL-BEEF FRANKS 8 HIP-EX 10 Travel Club-C1 10:30 Osteoporosis Exercise-EX 1 Mah Jongg-CE 1 Pitch-CR</p>	<p>28 COLD TUNA SALAD PLATE 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>29 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-DR 1 Poker-DR</p>

ANNE'S INFO

June is always an exciting time, schools are finishing up for the year, the weather is beautiful and summer fun begins. If you are anything like me I don't like to **FEEL** hot. As long as I am in the air conditioning or the pool I'm happy! The building here has wonderful air conditioning and many activities continue during the summer months. As always there is a delicious meal prepared here each day so you don't have to heat up your kitchen and cook! Although some activities take a hiatus for the summer, there are still many to participate in and we have a beautiful library with books, magazines, newspapers and puzzles. There is always coffee and tea provided by the Friends and baked goods donated by Big Y in the dining room. We do not charge for this but a donation to offset the cost of coffee is welcome. Feel free to stop in and check us out or if you would like a tour, please call me to arrange a time.

Each year, in June, we hold a **90+ Birthday Luncheon** to honor all of the people celebrating their 90th or more birthdays. 90 years of living is a huge milestone in ones' life and deserves celebrating. So, if you are a nonagenarian **OR** a centenarian please join us as our guest on Wednesday, June 20th. There will be a delicious French Meat Pie meal, Birthday Cake and a surprise for the oldest celebrant.

We will also have our monthly **Birthday and Anniversary Luncheon** on Tuesday, June 5th for anyone celebrating their birthday or anniversary in June. We invite you to share your special day with us as our guest. Another day to note is Friday, June 15th when we **Celebrate Mexico**. There will be Mexican food, trivia and if you have anything from Mexico you are invited to bring it to show.

I hope you decide to spend some time with us in June,

Anne

South Hadley Council on Aging

SeniorNet
Computer Learning Center



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

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. An example of a workshop:

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

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.

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. Most classes run for 6 to 8 lessons, each lasting 2 hours over a 4 week period. The workshops have one or two sessions.

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

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 (413) 532-8206 FAX

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