

# COUNCIL ON AGING

South Hadley Massachusetts

*The sun never sets on our Activities...*

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## THE GOLDEN CHRONICLE

Chairperson: M. Connie Laplante  
 Social Service Coordinator:  
 Angie Wright  
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**MARCH 2012**

### ST. PATRICK'S DAY LUNCH & CONCERT

WEDNESDAY, MARCH 14TH

**SUGGESTED DONATION \$2.25**

Come and celebrate the holiday with us. The entrée is corned beef and cabbage. A Colleen and court will be chosen via raffle. Entertainment by the Choralites who will sing some wonderful holiday music, immediately following lunch. Reservations will be taken beginning on Friday, March 2nd at 8 a.m. Call 538-5042 or stop by the office. Please do not leave a message.

#### TOWN AND PRIMARY ELECTION

On Tuesday, March 6th there will be a combined Town and primary election at the South Hadley High School. If you need a ride to vote call 538-5042. The cost of transportation for voting is paid by the Friends of South Hadley Elderly, Inc.

#### COA BOARD MEMBERS NEEDED

Due to the expiration of term-limits, three members of the COA Board must step down in June. Applications for new members are being accepted. If you wish to apply, you may stop by the office and pick up an application. The board establishes policy and serves as an advisory group for the Director. Meetings are held at 4 p.m., usually the second Monday of each month and usually last about one hour. For more information call Joanne at 538-5042.

Every Weekday: Nutritious & Delicious Lunch 11:45 a.m.-12:15 p.m. in the South Hadley Senior Center Dining Room. Please reserve a day in advance (538-5042) and cancel if you cannot attend. 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.

#### South Hadley Senior Travel Club

Thursday, March 15, 2012. THE BOSTON FLOWER AND GARDEN SHOW AND Fire and Ice Restaurant. Openings still available. Cost \$79.00. Call Sue Canedy, 536-2106. Thursday, April 19, 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. Limited cabin categories still available. One-night accommodation in Montreal with welcome dinner and a guided city tour. A 7-night cruise aboard Holland America's Maasdam. Motorcoach transportation to and from South Hadley included. Call Susan Canedy, 536-2106. Tuesday, June 12 Narragansett Lighthouse Cruise. The magnificent Quiddnessett Country Club for lunch. A 90-minute narrated cruise of Narragansett Bay. An afternoon stop to browse the quaint shops of Wickford Village. Cost \$81.00. Call Judy Fortier, 534-3598. Sunday, July 8, 2012, TANGLEWOOD, featuring the Boston Pops with Keith Lockhardt and special guest, Bernadette Peters. Cost \$91.00 for reserved shed seats. Lunch is not included in this price but a stop at a McDonalds will be made prior to concert or bring a picnic lunch or cheese and crackers and wine and picnic on the lawn. Call Susan Canedy, 536-2106. Wednesday, August 8, 2012 Saratoga Raceway with dinner at Grandma's Restaurant. Cost \$79.00. Call David Bellefeuille 533-7724. 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.

NOTE: DAYLIGHT-SAVINGS TIME BEGINS EARLY THIS YEAR. REMEMBER TO MOVE YOUR CLOCKS ONE HOUR FORWARD ON SUNDAY, MARCH 11TH.

## NOTES FROM THE DIRECTOR

Although this has been a mild winter so far, I am anxiously awaiting spring. One indicator of the nicer weather and spring flowers to follow is changing the clocks, so move your clock one hour ahead on Sunday, March 11th.

Reservations for the St. Patrick's luncheon begin on **Friday, March 2nd at 8 a.m.** Please do not leave a message on voice mail. Although it is disappointing to be placed on the waiting list, do not hesitate to add your name because many times we call everyone on the list by the day of the event.

As the ground begins to thaw please keep in mind the importance of having a visible house number. The TRIAD house number sign makes it much easier to find a house, especially in the dark. Seconds count in an emergency situation so please help make finding your home easier for emergency personnel. Call the COA at 538-5042 and put your name on the list. A very small donation of \$5 is requested to help defray the cost of the post and number sign. Volunteers install the signs.

The South Hadley TRIAD/S.A.L.T. Council is a group of very dedicated volunteers who advocate for the safety of seniors. Together with the Hampshire County Sheriff's office, the Northwestern District Attorney's office, South Hadley Police Department, South Hadley Fire Departments, South Hadley Housing Authority, Friends of South Hadley Elderly, Inc., South Hadley Health Department, Emergency Management, our Council on Aging and many volunteers we designed an Emergency "Grab and Go" bag. The initial distribution was to home-delivered meals clients and residents of the housing units in town who we felt were most in need of this service. Many people worked together to see this project succeed and meet a six-week deadline. I want to personally thank everyone on the ad hoc committee for their efforts in seeking donations of items and funds and having the items available to pack in time for Valentine's Day. Sincere appreciation to the many sponsors whose names are on the back of the bags. The committee members hope to continue seeking funds to make more bags available within the community.

I want to thank the members of the South Hadley Parade Committee for nominating me for the Citizenship Award. I am honored to be the recipient of such a distinguished award because there are so many dedicated and giving people in our community that work diligently to make our community a wonderful place to live. I am humbled and extremely appreciative of this award.

*Joanne*



DIABETES SUPPORT GROUP-WED., MARCH 14TH

2 — 3:30 P.M. IN THE CONFERENCE ROOM

" FIGURING OUT FOOD LABELS "

Presented by Mary Anne Sopelak, RD,CDE

This will be a **show and tell** presentation. **Please bring a label from your cupboard or pantry.**

### SPECIAL THANKS TO:

- \*\*Irene Gondek for donating an American Flag.
- \*\*Fire Chief District # 1 Bob Authier for sending the paramedics and EMT's to visit the senior center once a month to do a blood pressure clinic.
- \*\*The Friends of South Hadley Elderly, Inc. for sponsoring the subscription to the Daily Hampshire Gazette.
- \*\*Carol Percy for the donation of a camera and VCR video recorder
- \*\*All of the people who donate the aluminum tabs. A nice thank you from members of Helma Court #64, Ladies Oriental Shrine of North America was recently received.
- \*\*HIP for the \$100.00 donation for "Lights On"
- \*\*Sallie Pitt of South Hadley Chorale for the 10 tickets for their concert.
- \*\*Hampshire County Sheriff Robert Garvey and Dave Fenton, Deputy Sheriff for the donation of 50 battery-operated Carbon Monoxide Detectors. Some have been distributed to home-delivered meals clients.



\*SPECIAL THANKS TO WENDY STORY AND MARC GAUDREAU OF BEERS & STORY SOUTH HADLEY FUNERAL HOME FOR THE DELICIOUS CAKE FOR THE CONGREGATE VALENTINE'S LUNCH. THANK YOU TO MARC FOR THE WALK

DOWN MEMORY LANE WITH THE SLIDE SHOW OF 2011. IT WAS VERY NICE TO REMINISCE. ALSO CONGRATULATIONS TO WENDY AND MARC ON THEIR BECOMING GRANDPARENTS OF HANNA KATE.



*Thank You*

**"GOOD LUCK AND  
THANK YOU"  
MURIEL HUNTER  
LUNCHEON**

Unfortunately, Muriel Hunter, who has been our faithful and dedicated Office Senior Aide for the last four years, must leave the position due to the federal guidelines regarding term limits for employment. We are all very sad to see her go, but hopefully she will come back and volunteer if time allows. On Friday, March 30th we will gather to wish Muriel the best of luck in her future endeavors and thank her for the work ethic and commitment she has shown to our department for the last few years. Please call 538-5042 and make your reservation for lunch (breaded Pollock loin) if you wish to join the staff in paying tribute to Muriel.

## **Angie's News & Notes**

### **Bereavement Support Group**

On Friday, April 13, 2012 and every Friday thereafter through June 1, 2012, I will be facilitating our yearly Bereavement Support Group here at the South Hadley Council on Aging. Seniors who have lost a loved one during 2011 are encouraged to join the group.

The Support Group will provide grieving individuals with information that helps them integrate loss into their lives—information and education that also helps them to understand and affirm what they are experiencing. What's more, there will be help to understand and avoid some of the unnecessary pain sometimes caused by well-intentioned but misinformed friends and family members. As noted grief counselor, Alan D. Wolfelt, PhD writes, "These people sometimes perpetuate grief misconceptions, offer misguided advice and impose unrealistic and inappropriate expectations on the mourner."

By joining a support group one can learn new coping skills from others who are surviving a similar loss, and receive support from others who really do have an appreciation for the bereaved' thoughts, feelings and experiences. Please be assured that each meeting will be a safe place to express your feelings without fear of being judged.

Seeking support and education are positive steps in the healing process. Please don't hesitate to contact me at (413) 538-5042 if you have any questions.

Please note that in the event less than 8 people join the support group it will, by necessity, be cancelled.



Angie Wright, MSW  
Social Service Coordinator

### **Neighbors Helping Neighbors South Hadley Food Pantry**

The South Hadley Food Pantry is a community project that opened in January, 2011.

Neighbors Helping Neighbors' (NHN) vision is to provide a safety net for South Hadley residents with food insecurity. Located in the United Methodist Church, 30 Carew St., South Hadley, clients may walk in during regular hours to register. Basic information regarding their personal identity, residency in South Hadley, the number of people in their household and household income will be asked for by volunteers. If clients are unable to provide written proof, they may sign a declaration stating that the information they provide is truthful.

Clients can visit the food pantry once every two weeks. NHN offers clients approximately 4 day's worth of food at each bi-weekly visit. The amount of food given is based upon the number of household members. As a "client choice" pantry, NHN has a process which allows clients to choose which items are most needed and wanted by their households.

Open: Wednesdays 1-4pm and 6-8pm;  
Saturdays 10am-1pm

Telephone Number: (413) 530-8240

Please Visit: [www.shfoodpantry.org](http://www.shfoodpantry.org)

## 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. MARCH MENU

- 1) LIVER & ONIONS, Mashed Potatoes, Squash Blend, Multi Grained Bread, Juice, Pudding or Diet Pudding.
- 2) FLORENTINE POLLOCK, Egg Noodles, Corn, Roll, Pineapple or Diet Pineapple.
- 5) SWEDISH MEATBALLS, Rice Pilaf, Carrots, Combread, Tropical Fruit or Diet Tropical Fruit.
- 6) BIRTHDAY/ANNIVERSARY—ROASTED TURKEY W/GRAVY, Roasted Potatoes, Peas & Onions, Cranberry Sauce, Roll, Cake or Diet Cake.
- 7) STUFFED CABBAGE W/SAUCE, Mashed Potatoes, Wax Beans, Roll, Fruit Cocktail or Diet Fruit Cocktail, (*High Sodium*)
- 8) VEAL PATTY W/GRAVY, Mashed Potatoes, Mixed Vegetables, Whole Wheat Bread, Pears or Diet Pears.
- 9) CELEBRATE DOMINICAN REPUBLIC DAY, Fish w/ Tomato & Peppers, Latin Rice, Broccoli & Onions, Roll, Banana Pudding or Diet Banana Pudding.
- 12) CHICKEN A LA KING, Noodles, Peas & Carrots, Whole Grained Bread, Pudding or Diet Pudding.
- 13) STUFFED SHELLS, Tomato Sauce, Garlic Bread, Spinach, Peaches or Diet Peaches.
- 14) ST. PATRICK'S DAY IRISH LUNCHEON—CORNERED BEEF W/ CABBAGE, Boiled Potatoes, Carrots, Soda Bread, Cake w/Mint Frosting or Diet Cake.
- 15) GROUND BEEF STROGNANOFF, Noodles, Broccoli, Multi Grained Bread, Fruit or Diet Fruit.
- 16) BROCCOLI QUICHE, White Rice, Stewed Tomatoes, Roll, Tropical Fruit or Diet Tropical Fruit.
- 19) CHICKEN TERIYAKI, Oven Browned Potato, Peas & Mushrooms, Whole Wheat Bread, Mandarin Oranges or Diet Mandarin Oranges.
- 20) SHEPHERD'S PIE W/GRAVY, Mashed Potatoes, Carrots, Biscuit, Tropical Fruit or Diet Tropical Fruit.
- 21) SWEET & SOUR PORK, Confetti Rice, Brussels Sprouts, Rye Bread, Jell-O or Diet Jell-O.
- 22) CHICKEN PATTY W/GRAVY, Mashed Potatoes, Mixed Vegetables, Apple Sauce or Diet Apple Sauce.
- 23) FIESTA POLLOCK, Corn, Spinach, Whole Grained Roll, Rice Pudding or Diet Rice Pudding.
- 26) LASAGNA W/MEAT SAUCE, Broccoli & Cauliflower, Garlic Bread, Apricots or Diet Apricots.
- 27) OVEN-FRIED CHICKEN, Baked Potato, Peas & Onions, Multi Grained Bread, Brownies & Diet Brownies.
- 28) AMERICAN CHOP SUEY, Oregon Mixed Vegetables, Cornbread, Pineapple or Diet Pineapple
- 29) COLD PLATE, Tuna Salad, Three Bean Salad, Carrot & Raisin Salad, Whole Grain Bread, Orange Juice, Cookies or Diet Cookies.
- 30) BREADED POLLOCK LOINS, Scalloped Potatoes, Spinach, Roll, Fresh 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 BY FRIDAY IF YOU'D LIKE TO EAT ON MONDAY.



By Jo-Ann Jolly

Keene State College Dietetic Intern

Elder Nutrition Programs nationwide will be celebrating March for Meals. March for Meals is an annual campaign sponsored by the Meals on Wheels Association of America to raise public awareness, promote fundraising and recruit volunteers to help deliver meals for senior nutrition programs.

Forty years ago in March 1972, President Nixon signed into law a reauthorization of the Older Americans Act that included senior meals for the first time. Today senior meal programs are a lifeline to hundreds of seniors in the community and are the most widely recognized of all the services under this act.

Last year, the South Hadley COA provided over 20,000 home delivered meals and 10,000 congregate meals to South Hadley residents. The meals provided by the South Hadley COA are well balanced, nutritious and delicious. The staff and volunteers take great pride in the meals served to the elders and dedicated drivers deliver the home delivered meals five days a week – in all types of weather.

For more information on the Elder Nutrition Program, contact the South Hadley COA at 538-5042 or West-Mass ElderCare at 538-9020. Happy 40<sup>th</sup> Anniversary Meals on Wheels!

### A HEART-HEALTHY DIET Information from Mayo Clinic

Saturated and trans fats lead to plaque in the arteries in addition to a condition called atherosclerosis, increasing risk of heart attack and stroke. The following measures can significantly reduce the risk of heart disease.

**Limit unhealthy fats and cholesterol**, choosing olive oil, canola oil or trans-fat free margarine  
**Choose low-fat protein sources** such as fat-free or low-fat dairy products, lean meat and fish  
**Increase servings of vegetables and fruits**  
**Eat whole grain products** and look to see if whole grain is the first listed ingredient

**Cut back on salt**  
**Watch your portion size** most portions are too large  
**Plan ahead** and think about your menu each day  
While an occasional "goodie" is allowed try to limit consumption to a limited treat.

**IN MEMORIAM**

**IN MEMORY OF:**

**FROM:**

**SERVICES GIFT:**

JANET "PENNY" KOSKE Marilyn Ishler  
Linda Gaunt, Mary Fleury, Claire Robillard  
Sandra & Robert LaCresse

**NEWSLETTER:**

JANET "PENNY" KOSKE Dolly Crossland  
Robert & Lynn Bertram

CHRISTINE NAPIORKOWSKI Nancy Herrick

HELEN R. KENNEDY Kathleen A. Kennedy

TOM & ISABELLA SIMPSON Doug &  
Linda Simpson

YVETTE BEDARD Marie Tetreault

LUANNE REYNOLDS Noella Loiselle

**ACTIVITIES GIFT/NECESSITIES:**

EUGENE BRUNELLE Cribbage Sunshine Club

RONALD R. CHATEAUNEUF Marilyn Pasternak

**CHORALITES:**

AL FERNANDES Bea Fernandes

**MINI-BUS MAINTENANCE:**

MARGARET MCDONNELL Marilyn Ishler

MISAO "JEAN" ROACH Andy & Martha Macko

**TRANSPORTATION ACCOUNT:**

CHRISTINE NAPIORKOWSKI Ann Guenette  
COA Dining Room Friends

**IN MEMORIAM**

**IN MEMORY OF:**

**FROM:**

**BUILDING FUND:**

"TOO MANY FRIENDS  
NOT WITH US" Marilyn Ishler

RONALD R. CHATEAUNEUF Cribbage Sunshine  
Club  
Lise & David Bourque

**NUTRITION:**

JUDY HEALY Marilyn Ishler

MARY PAOLUCCI ZIMMERMAN Fran Mytkowicz

DOROTHY VILBON Alfred Vilbon

ETHEL GELINEAU The Collen Family

DORIS E. LANGLOIS Bonnie & Jim Janik  
Robert & Rolanda Kusek  
John & Carol Fallon  
Lawrence & Cynthia Charette  
Linda Rogers  
Thomas & Elizabeth Gatesman  
Nancy Czabaj

Luc J. Beaudoin  
Debbie & Ed Giles  
David & Linda Singer  
Anonymous Donor  
Edna Robitaille  
Denise Robitaille  
Mike & Nancy Stevenson

JANET "PENNY" KOSKE Marcia & Wayne Petri

EDWARD CWIEKA Jennie Cwieka

**LIGHTS ON:**

RONALD R. CHATEAUNEUF Louise Perreault &  
John & Mary Boulanger

**MOTHER'S GARDEN:**

LUANNE REYNOLDS Noella Loiselle

<p><b>ROOM KEY</b>  CR=Card Room  CE=Ceramics  C2=Formerly Old Office  C1=Conf. Room Off Library  EX=Exercise Room  DR=Dining Room  L=Library</p>	<p><b>IN TOWN TRANSPORTATION AVAILABLE MONDAY-FRIDAY FROM 9-3, BY APPOINTMENT ONLY.</b></p>  <p><b>DAYLIGHT SAVINGS TIME BEGINS MARCH 11TH</b></p>	<h1>MARCH</h1> <h1>2012</h1>	<p><b>1 LIVER &amp; ONIONS</b>  <b>10 Alzheimer's Support-C2</b>  10 Beginning Exercise-EX  10 Travel Club-C1  1 Scrabble-L  1 Quilting-CE  1 Golden Agers-CR</p>	<p><b>2 FLORENTINE POLLOCK</b>  <b>9-12 AARP Tax Assist-C2</b>  9:30 Grocery Shopping  10 Painting Class-CE  10 Coffee &amp; Conversation-DR  10:30 Osteoporosis Exercise-EX  1 Knit-L/Bridge-CE/Poker-DR  1 Cribbage-CR/Canasta-DR</p>
<p><b>5 SWEDISH MEATBALLS</b>  10 Music Appreciation-CE  <b>10 Tai Chi-EX-Note new time</b>  1 Poker-DR  1 Pinochle-DR  1 Canasta-DR  <b>1 Red Hat Society-CR</b>  1 Mah Jongg-CE</p>	<p><b>6 BIRTHDAY/ANNIVERSARY ROAST TURKEY/GRAVY</b>  <b>9-12 SHINE (by appt.)</b>  10 Beginning Exercise-EX  1 Bingo-CR  1 Movie-EX  1 Needlecraft-CE</p> <p><b>Town Election</b></p>	<p><b>7 STUFFED CABBAGE/SAUCE</b>  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><b>8 VEAL PATTY/GRAVY</b>  10 Beginning Exercise-EX  10 Travel Club-C1  <b>10 Veteran's Meeting-CE</b>  <b>12:30-2pm Blood Pressure Screening w/Nurse-C2</b>  1 Scrabble-L  1 Quilting-CE  1 Golden Agers-CR</p>	<p><b>9 FISH W/TOMATO &amp; PEPPER DOMINICAN REPUBLIC DAY</b>  <b>9-12 AARP Tax Assist-C2</b>  9:30 Grocery Shopping  10 Painting Class-CE  10 Coffee &amp; Conversation-DR  10:30 Osteoporosis Exercise-EX  1 Knit-L/Bridge-CE/Poker-DR  1 Cribbage-CR/Canasta-DR</p>
<p><b>12 CHICKEN A LA KING</b>  <b>9:30 Foot Nurse (by appt.)</b>  10 Music Appreciation-CE  10 Tai Chi-EX  1 Poker-DR  1 Pinochle-DR  1 Canasta-DR  1 Mah Jongg-CR  <b>4 COA Board Meeting-C2</b></p>	<p><b>13 STUFFED SHELLS/SAUCE</b>  10 Beginning Exercise-EX  1 Bingo-CR  <b>No Movie</b>  1 Needlecraft-CE</p>	<p><b>14 ST. PATRICK'S DAY LUNCHEON CORNED BEEF AND CABBAGE</b>  8 HIP-EX  10 Travel Club-C1  <b>No Osteoporosis Exercise</b>  <b>1 Choralites' Concert-DR</b>  1 Pitch-CR  1 Mah Jongg-CE  <b>2 Diabetic Support Group-C2</b></p>	<p><b>15 GROUND BEEF STROGANOFF</b>  10 Beginning Exercise-EX  10 Travel Club-C1  1 Quilting-CE  1 Scrabble-L  1 Golden Agers-CR</p> 	<p><b>16 BROCCOLI QUICHE</b>  <b>9-12 AARP Tax Assist-C2</b>  9:30 Grocery Shopping  10 Painting Class-CE  10 Coffee &amp; Conversation-DR  10:30 Osteoporosis Exercise-EX  <b>11:30 Rep. John Scibak-DR</b>  1 Bridge-CE/Cribbage-CR  1 Canasta &amp; Poker-DR  1 Knitting-L</p>
<p><b>19 CHICKEN TERIYAKI</b>  10 Music Appreciation-CE  10 Tai Chi-EX  1 Poker-DR  1 Pinochle-DR  1 Canasta-DR  1 Mah Jongg-CR</p>	<p><b>20 SHEPHERD'S PIE/GRAVY</b>  <b>9-12 SHINE (by appt.)</b>  <b>10 Lo-Vision Support-C2</b>  <b>10-11 Brown Bag-CE</b>  10 Beginning Exercise-EX  1 Bingo-CR  1 Movie-EX  1 Needlecraft-CE  <b>2 Get Going-C2</b></p>	<p><b>21 SWEET &amp; SOUR PORK</b>  8 HIP-EX  10 Travel Club-C1  10:30 Osteoporosis Exercise-EX  1 Choralites-DR  1 Mah Jongg-CE  1 Pitch-CR  1 Senior Poetry-C2</p> 	<p><b>22 CHICKEN PATTY/GRAVY</b>  10 Beginning Exercise-EX  10 Travel Club-C1  1 Quilting-CE  1 Scrabble-L  1 Golden Agers-CR</p>	<p><b>23 FIESTA POLLOCK</b>  <b>9-12 AARP Tax Assist-C2</b>  9:30 Grocery Shopping  10 Painting Class-CE  10 Coffee &amp; Conversation-DR  10:30 Osteoporosis Exercise-EX  1 Knitting-L/Bridge-CE  1 Cribbage-CR  1 Canasta-DR/Poker-DR</p>
<p><b>26 LASAGNA/MEAT SAUCE</b>  <b>9:30 Foot Nurse (by appt.)</b>  10 Music Appreciation-CE  10 Tai Chi-EX  1 Poker-DR  1 Pinochle-DR  1 Canasta-DR  1 Mah Jongg-CR</p>	<p><b>27 OVEN-FRIED CHICKEN</b>  <b>9 Newsletter Collating-CE</b>  10 Beginning Exercise-EX  1 Bingo-CR  1 Movie-EX  1 Needlecraft-CE</p>	<p><b>28 AMERICAN CHOP SUEY</b>  8 HIP-EX  10 Travel Club-C1  10:30 Osteoporosis Exercise-EX  1 Choralites  1 Mah Jongg-CE  1 Pitch-CR</p>	<p><b>29 COLD TUNA SALAD PLATE</b>  10 Beginning Exercise-EX  10 Travel Club-C1  <b>10:30 Blood Pressure Screening w/Fire District #1-DR</b>  1 Quilting-CE  1 Scrabble-L  1 Golden Agers-CR</p>	<p><b>30 BREADED POLLOCK LOIN</b>  <b>9-12 AARP Tax Assist-C2</b>  9:30 Grocery Shopping  10 Painting Class-CE  10 Coffee &amp; Conversation-DR  10:30 Osteoporosis Exercise-EX  <b>"Good Luck &amp; Thank You" To Muriel at Lunch-DR</b>  1 Knit-L/Bridge-CE/Poker-DR  1 Cribbage-CR/Canasta-DR</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.



Each year the South Hadley St. Patrick's Parade committee nominates two individuals for awards of distinction. One is the Citizenship Award and the other is to act as Marshall for the South Hadley contingent in Holyoke's annual St. Patrick's Day parade. Both awards will be formally presented at South Hadley "Irish Night" which will be held on March 10th at the Fairview Knights of Columbus this year.

The individuals selected are judged mainly upon their selfless dedication to others and the impact their efforts have upon our community. Their deeds are often unknown to the general public. They are the "unsung heroes" who, quietly and humbly go about the business of enhancing the quality of life for others. The two selected this year more than meet these criteria. We are proud to name Joanne Trybus as the Citizenship winner and Thomas Carey as the Parade Marshall. Both of them exemplify the best of "small town America" through their efforts on behalf of the Council on Aging and the Chamber of Commerce.

It is because of people like Joanne and Tom that South Hadley is a better place to live.

Bill Schenker, Co-Chair,  
South Hadley Parade Committee

## EIGHTS WAYS TO PROTECT YOURSELF FROM SCAMS

1. Be aware that you are at risk from strangers-and from those closest to you.
2. Don't isolate yourself-stay involved!
3. Always tell solicitors: "I never buy from (or give to) anyone who calls or visits me unannounced. Send me something in writing."
4. Shred all receipts with your credit card number.
5. Sign up for the "Do Not Call" list and take yourself off multiple mailing lists.
6. Use direct deposit for benefit checks to prevent checks from being stolen from the mailbox.
7. Never give your credit card, banking, Social Security, Medicare, or other personal information over the phone unless you initiated the calls.
8. Be skeptical of all unsolicited offers and thoroughly do your research.

Be sure to safeguard yourself by having a reliable and trustworthy person appointed as your Power of Attorney to act in your best interest if you are incapacitated.

Sadly, over 90% of all reported elder abuse is committed by the older person's own family members. Common tactics include depleting a joint checking account, promising but not delivering care in exchange for money or property, outright theft, and other forms of abuse, including physical abuse, threats, intimidation, and neglect of basic care needs. One does not need to be wealthy to be a victim.

If you believe you are being victimized, do not hesitate to seek help. Call your bank or credit card companies, cancel any debit or credit cards linked to a stolen account, reset your personal identification numbers or call Elder-at-Risk at Greater Springfield Senior Services (413) 781-8800. (above courtesy of NCOA)

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



**\*\*NEW TAI CHI SESSION BEGINS ON MONDAY, MARCH 5TH THROUGH APRIL 30TH. THE 8-WEEK SESSION WILL COST \$48.00. THERE WILL BE A CHANGE IN TIME. CLASS WILL NOW BEGIN AT 10 A.M. AND GO UNTIL 11 A.M.**

**\*\*NEW SESSION OF BEGINNING EXERCISE WILL BEGIN ON THURSDAY, MARCH 1ST. COST FOR THE 16 SESSIONS IS \$48.00.**

### **PEEK AND POKE RACK**

Very soon people will be thinking of cleaning their closets and switching to spring clothing. If you come across nice items that you no longer wear for various reasons, please consider donating them to the COA peek and poke rack. Your donations can be valued and a tax deductible receipt issued. Please donate only clean and current clothing but no undergarments or shoes. Also, men's clothing do not seem to move well. But it is amazing how many people visit the peek and poke rack where the price is right. All items are free and the only criteria for taking clothing away is that it fits. The COA prides itself on the many recycling projects it oversees but please remember that if an item is not useful, staff must dispose of the unused articles and this can become a time-consuming as well as expensive project.

### **INTERVIEW WITH REPRESENTATIVE JOHN SCIBAK**

Recently I met with Representative John Scibak and Jane Wagenbach Booth, Director of the Hadley Council on Aging. Because Rep. Scibak represents South Hadley, Hadley and Easthampton, he wanted to have the three Council on Aging Directors meet with him to talk about our individual senior centers. Unfortunately Linda Talbot, Director of the Easthampton Council on Aging was unable to attend.

Rep. Scibak had questions about the budgets and programs pertinent to our Centers. We had a discussion about the many activities that take place at the senior centers. It was also an opportunity to explain what senior centers provide for the community.

The program is now on Channel 15 if you wish to view it.

### **STRENGTH IN NUMBERS**



Another educational series in falls prevention is being offered by the VNA & Hospice of Cooley Dickinson Hospital at the South Hadley Senior Center. The first session will be on Thursday, April 26th at 1 p.m. and will continue for the next six consecutive Thursdays, ending on May 31st. The one-hour sessions are free of charge. In order to reap the full benefits of this program, participants will be asked to commit to attending all six sessions.

Topics include:

1. Determining your own risk of falling
2. Strength tests and exercises you can do at home.
3. Balance activities and the benefits of walking
4. Managing your medications and keeping an up-to-date list
5. Visual concerns and age-related changes
6. Home safety assessment and recommendations

An estimated 30% to 60% of older adults fall each year. Falls are the leading cause of injury death among the elderly.

Research has identified many factors that lead to an increased risk of falls including:

- Over 65
- Fear of falling and a history of falls
- Lower extremity weakness
- Impaired balance and vision
- Taking multiple medications
- Unsafe home environment
- (approximately 60% of falls occur at home)

Yet falls are not an inevitable part of aging. Proven prevention strategies can help older adults live longer, have greater independence and increase the chance of remaining in their own homes.

All participants who complete the sessions will be given a free exercise DVD for their personal use.

This educational program is underwritten by the Tufts health Plan Foundation.

More information is available through the senior center by calling 538-5042 or by contacting John Yount, PT, Falls prevention Coordinator at the VNA & Hospice of Cooley Dickinson, (413) 584-1060.

**"Spring is when you feel like whistling even with a shoe full of slush." Doug Larson**

## ANNE'S INFO

I am so very excited to begin this article by informing you that the South Hadley St. Patrick's Parade Committee has selected **Joanne Trybus**, Director of the Council on Aging, as recipient of this years' **Citizenship Award**. This award is given to an individual based on selfless dedication to others and enhancing the quality of life of members of the community. This describes Joanne perfectly and I ask you to join us in congratulating her on this distinguished award.

We have been so grateful to Walter Hamilton, a local artist, for giving his time to teach **acrylic painting** at the Senior Center. He will offer the class again for March and is open to add a few more students. If you are interested, please call me at 538-5042 to sign up.

We have had a **Stained Glass** group meeting here for many years. Recently our instructor retired and the group would love to continue under the direction of a **new instructor**. If you have experience with Stained Glass and are available Monday afternoons from 1-3pm please contact me. Until we find an instructor we have to discontinue the group.

Next I'd like to welcome 4 new volunteers! They are **Peg Sullivan** who is packing Meals on Wheels and Gardening, **Cheryl George** who will be substituting on the Lunch Book, **Mary Rousseau** who is substituting on Meals on Wheels, and **Jane Ting** a Dining Room volunteer with First Congregational Church. We welcome you and want you to know you are joining a wonderful group of volunteers, last month they logged in 1,477.5 hours! We are still in need of a volunteer who can pack Meals on Wheels on Fridays. In addition, we are always looking for volunteers who can help out in the Dining Room for daily or special luncheons. Please call me if you can help in any of these areas.

Lastly, I'd like to invite you to a few special events this month. Our **Birthday/Anniversary Luncheon** will be Tuesday, March 6<sup>th</sup>, we will **Celebrate** the Dominican Republic on Friday, March 9<sup>th</sup> and our **St. Patrick's Day Luncheon** and concert by the **Choralites** will be Wednesday, March 14<sup>th</sup>.

"Top o' the mornin' to you!"

*Anne*

South Hadley Council on Aging  
**SeniorNet**  
Computer Learning Center 

Address: 43 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](http://SENIORNETSH.ORG). To leave a message, just click on the Contact Us tab.

Our next classes will include:

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

**WORD - OFFICE 7:** The curriculum includes various aspects of word processing such as creating, editing, saving, retrieve and printing documents, changing font styles and sizes, margins and tabs, as well as how to use spell check. The class also will explain Office 7.

**INTERNET:** A course for new and experienced Internet users regardless of the software or Internet service you are using. Demonstrates how to access and search the World Wide Web, and use E-mail. It also covers how to deal with security, cookies, viruses and other on-line issues.

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

SeniorNet, the umbrella, national organization under which we function, has its own website: [seniornet.org](http://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.

**South Hadley Council On Aging**  
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