

COUNCIL ON AGING

South Hadley Massachusetts



The sun never sets on our Activities...

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NOVEMBER 2012

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Social Service Coordinator:

Angie Wright

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VERY IMPORTANT MESSAGE: Beginning on Thursday, November 1st, the long-awaited roof replacement and air-conditioning project will necessitate the closing of the So. Hadley senior center dining room. Hopefully the lunch program can resume in the dining room the last week of November, but this may be subject to change. Since the exercise room can only accommodate 48 participants, there will be **NO** special lunches during the month of November except the monthly birthday/anniversary party on Tuesday, November 20th. If you are a November celebrant, make your reservation as soon as possible. **ONLY the 35 daily regular participants** will be guaranteed a seat. All other reservations will be on a first come, first-served basis so **call right away!** We are sorry for this inconvenience and our inability to acknowledge the wonderful veterans on their special day or to celebrate Thanksgiving. However, other area Councils on Aging also serve daily meals but one must call the day ahead, if not sooner. Granby COA 467-3239; Chicopee COA 535-2521; Belchertown COA (413) 323-0420 and Holyoke COA 322-5625 (closed the last week of Nov.) Thank you for your understanding and patience during this period of renovations. There may be lots of noise, so if this will be a problem please consider eating at another site until the work is completed.

CHRISTMAS BASKETS will be distributed through the S. Hadley Food Pantry. Non-perishable food items may be dropped off at the senior center. The So. Hadley COA will continue to provide grocery gift cards and electric light credits to residents 60 and over during the holiday season. Recipients are able to accommodate any special dietary restrictions by purchasing their own food, or even buy a treat! After reading the thank you notes from recipients of a gift card or electric light credit, it is evident how grateful they are for the financial support. Monetary donations or grocery store gift cards will be greatly appreciated to help subsidize the program. Please send checks payable to COA Christmas Baskets to: 45 Dayton Street, SH. If you choose to purchase gift certificates to local grocery stores please bring them to the Senior Center by December 7th.

Monday-Friday a nutritious & delicious lunch is served between 11:45 a.m. and 12:15 p.m. at the So. Hadley Senior Center. **Due to limited seating for most of the month, please reserve in advance this month.** However, be considerate of others and cancel if you cannot make the luncheon. Monday reservations should be made no later than Friday. Suggested donation is \$2.25 for 60 and over. **Guests under 60 pay a charge of \$3.00 per meal.** FEDERAL GUIDELINES SPECIFY THAT FOOD SHOULD NOT BE TAKEN FROM THE LUNCH SITE. The only exceptions are bread, fruit, milk or non-perishable items.

South Hadley Senior Travel

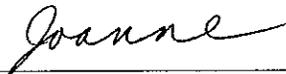
Tues., Nov. 13: Foxwoods. Cost \$21.00. Payment due upon booking. Call Judy Fortier 534-3598. **Tuesday, December 11: Radio City Spectacular.** Reserved Mezzanine tickets to see the **Rockettes** perform their "**Parade of Wooden Soldiers**". Some free time before show. Lunch on own but dinner included at Cracker Barrel in Milford CT. **Cost \$142.00.** Call Dave Bellefeuille 533-7724 or Howie Walsh 593-6286. **No January trip. Tuesday, February 5: Mohegan Sun. Cost \$22.00.** Payment due upon booking. Call Barbara Laramee 536-8567 or David Bellefeuille 533-7724. **Tuesday, March 5: Aqua Turf's gala St. Patrick's Day celebration** featuring **Tony Kenny**, past winner of Ireland's Entertainer of the Year. Elegant lunch included. Wear your green. **Cost \$86.00.** Call Howie Walsh 593-6286. **April 13: Maple Syrup Breakfast Parker's Maple Barn featured on Phantom Gourmet.** Includes visit to Butterfly Place and a tasting and tour of Nashoba Valley Winery. More details to follow. Call David Bellefeuille, 533-7724. **A \$5.00 non-refundable deposit is due on all non-casino trips. Because the So. Hadley Senior Travel Club pays in advance for all trips, no cancellations will be honored less than one month prior to the trip with the exception of a Doctor's note certifying a medical emergency.**

NOTES FROM THE DIRECTOR

This month it will be a "little" disorganized at the senior center as the roof project moves forward. Beginning on November 1st the dining room in the senior center will be closed to the public as the HVAC contractor must take down the ceiling tiles and put in new duct work for the new air-conditioning system. Lunch will be served, at least that is the plan at this time, in the exercise room. Therefore all activities that usually take place in the exercise room are cancelled. It also means limiting the number of lunch participants to 48. Keeping this fact in mind, please be considerate to those who really need the meal service. If you are able to attend another senior center in the city or town where you reside please consider doing so. This inconvenience should only last for 3 weeks. But there are no special lunches, namely Veterans' Day or Thanksgiving, only the monthly birthday/anniversary event on Tuesday, November 20th.

I count my many blessings this Thanksgiving and am extremely thankful for the loyal and caring staff members and faithful volunteers who continue to make the South Hadley Senior Center a home away from home for so many participants.

Happy Thanksgiving to all!



PRESIDENTIAL ELECTION WILL BE TUESDAY, NOVEMBER 6TH. ALL VOTING TAKES PLACE AT SOUTH HADLEY HIGH SCHOOL. Polls are open from 7 a.m. until 8 p.m. If you need a ride to vote, call 538-5042 and there is no charge, courtesy of the Friends of South Hadley Elderly.

Computer scams are a serious safety threat! Recently a resident received a phone call from someone claiming to represent a legitimate software business. The caller said it was known the person had a computer that ran on Windows 7 and was a candidate for a rash of malicious files. He urged the person to give him access to their computer so he could "clean it up." Please, **never give out information to a caller. Your information is safe only when you initiate a phone call!**

MEDICARE OPEN ENROLLMENT ENDS DECEMBER 7TH! Every year Medicare Part D and Medicare Advantage plans change their list of drugs covered, premiums, co-pays and deductibles. Review your options EVERY year. Some plans are leaving and new ones entering the local area. If your plan is leaving you need to choose a new plan for January 2013. A SHINE Counselor is available by appointment on Tuesdays until December 4th.

SPECIAL THANKS TO SO. HADLEY KNIGHTS OF COLUMBUS #1721 FOR DELIVERING THANKSGIVING DAY MEALS TO THE HOMEBOUND.



SPECIAL THANKS TO:

**Nancy Herrick for the 2 boxes of paper clips.

**Big Y for the bread and delicious baked goods.

**Norman Deshaies for the ceramic flower pot.

**Charlie and Joan Allard for the American Flag for the front pole.

**Mike Koske and his family for the very generous donation of \$4,350 for the Caregiver's Support Group and Services Gift Account in memory of Janet "Penny" Koske. Their fundraising poker run was very successful. Their efforts are sincerely appreciated!

November is National Caregivers Month and caregivers are very Special individuals who make many sacrifices.



The Friends of South Hadley Elderly, Inc, will hold their annual meeting on Tuesday, November 13th at 1 p.m. in the Exercise Room of the Senior Center. Election of officers will take place. All members are welcome to attend.

*****TURN YOUR CLOCKS BACK ONE HOUR ON SUNDAY, NOVEMBER 4TH. IT IS A GOOD TIME TO CHECK THE BATTERIES IN YOUR SMOKE DETECTORS.**

*****PLEASE CALL US IF YOU GO DOWN SOUTH FOR THE WINTER SO WE CAN HOLD YOUR NEWSLETTER. THANKS!**

November is Diabetes Month—DIABETES SUPPORT GROUP—Wed., Nov. 14th

"Healthy Eating on a Budget" with Registered Dietitian/Diabetes Educator, Mary Anne Sopelak. She will present strategies for stretching your food dollar and getting the most nutrition for your money.

FUEL ASSISTANCE officially begins on November 1st.

Call Angie Wright, Social Service Coordinator directly at 538-5042, Ext. 206 to make your appointment. Please do not just "stop by" even if you believe it is only for a "simple" question. If she does not answer, you may leave a message on her voice mail. She will call you back to set up a time to meet and also tell you what paperwork and records are required for the application process.

Angie's News & Notes

BRAIN BASICS: PREVENTING STROKES

Did you know that stroke ranks as the fourth leading killer in the United States? It is the most common cause of adult disability. Stroke occurs more often than you may think. Each year more than 700,000 Americans have a stroke, with about 160,000 dying from stroke-related causes.

A stroke, or "brain attack," occurs when blood circulation to the brain fails. Brain cells can die from decreased blood flow and the resulting lack of oxygen. There are two broad categories of stroke: those caused by a blockage of blood flow and those caused by bleeding into the brain. A blockage of a blood vessel in the brain or neck, called an ischemic stroke, is the most frequent cause of stroke and is responsible for about 80% of strokes. Bleeding into the brain or the spaces surrounding the brain causes the second type of stroke, called hemorrhagic stroke.

Warning Signs of a Stroke

Warning signs are clues your body sends that your brain is not receiving enough oxygen. If you observe one or more of these signs of a stroke or "brain attack," don't wait, call a doctor or 911 right away!

- Sudden numbness or weakness of face, arm, or leg, especially on one side of the body
- Sudden confusion, or trouble talking or understanding speech
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, or loss of balance or coordination
- Sudden severe headache with no known cause

Other danger signs that may occur in-

clude double vision, drowsiness, and nausea or vomiting. Sometimes the warning signs may last only a few moments and then disappear. These brief episodes, known as TIA's, are sometimes called "mini-strokes." Although brief, they identify an underlying serious condition that isn't going away without medical help. Unfortunately, since they clear up, many people ignore them. Don't. Paying attention to them can save your life.

If you experience a TIA, get help at once. If you previously had a stroke, your risk of having a stroke is many times greater than someone who has never had one.

Treatable Risk Factors

- High Blood Pressure
- High Cholesterol
- Diabetes
- Atherosclerosis (progressive buildup of plaque in artery walls)

Lifestyle Risk Factors

- Smoking
- Alcohol (drinking large amounts of alcohol may increase your risk for stroke)
- Obesity
- Physical Inactivity

National Institutes of Health (NIH)
National Stroke Association

We are now going into the holiday season. A very busy time when we may be tempted to ignore our health. Please pay attention if you develop any signs of a stroke. I wish you and yours a very Happy and Healthy Thanksgiving. *Angie*

Angie Wright, Social Service Coordinator

A Note About Fuel Assistance

Angie is very happy to assist with Fuel Assistance applications. But, please call ahead of time to schedule an appointment (413) 538-5042. Thank You.

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. NOVEMBER MENU

- 1) SWEET & SOUR CHICKEN, Egg Noodles, Yellow Squash, Juice, Apricots or Diet Apricots.
- 2) MACARONI & CHEESE, Stewed Tomatoes, Whole Wheat Roll, Brownies or Diet Brownies.
- 5) BAKED HAM W/PINEAPPLE, Sweet Potatoes, Broccoli, Rye Bread, Fresh Fruit.
- 6) ROASTED CHICKEN W/GRAVY, Mashed Potatoes, Peas/ Onions, Cranberry Sauce, Multi-Grained Bread, Cookies.
- 7) AMERICAN CHOP SUEY, Spinach, Garlic Bread, Apricots or Diet Apricots.
- 8) VEAL PATTY W/GRAVY, Mashed Potatoes, Green Beans, Whole Wheat Bread, Peaches or Diet Peaches.
- 9) FIESTA POLLOCK, Rice, Stewed Tomatoes, Whole Grained Bread, Vanilla Pudding or Diet Vanilla Pudding.
- 12) **CENTER CLOSED—VETERAN'S DAY.**
- 13) SALISBURY STEAK W/GRAVY, Rice Pilaf, Peas & Mushrooms, Whole Grain Bread, Mandarin Oranges or Diet Mandarin Oranges.
- 14) ROASTED TURKEY W/GRAVY, Mashed Potatoes, Bread Dressing, Squash, Cranberry Sauce, Pumpkin Pie w/Topping or Diet Pumpkin Pie.
- 15) STUFFED CABBAGE W/SAUCE, Mashed Potatoes, Broccoli, Rye Bread, Peaches or Diet Peaches.
- 16) BREADED POLLOCK, Baked Potatoes, Zucchini Blend, Multi Grained Bread, Jell-O or Diet Jell-O.
- 19) CHICKEN PATTY W/GRAVY, Mashed Potatoes, Corn, Whole Wheat Bread, Cranberry Juice, Apple.
- 20) **BIRTHDAY ANNIVERSARY—SIRLOIN BEEF TIPS W/ SAUCE**, Scalloped Potatoes, Carrots, Roll, Cake or Diet Cake.
- 21) ALL BEEF FRANKS W/ROLL, Baked Beans, California Blend Vegetables, Juice, Pears or Diet Pears.
- 22) **CENTER CLOSED — THANKSGIVING HOLIDAY**
- 23) **CENTER CLOSED**
- 26) OVEN FRIED CHICKEN, Baked Potato, Peas & Carrots, Rye Bread, Jell-O or Diet Jell-O.
- 27) LIVER & ONIONS, Egg Noodles, Broccoli Florets, Whole Wheat Bread, Cookies or Diet Cookies.
- 28) BEEF STEW, Mashed Potatoes, Wax Beans & Tomatoes, Biscuit, Mixed Fruit or Diet Mixed Fruit.
- 29) BROCCOLI QUICHE, Rice Pilaf, Green Beans, Multi-Grained Roll, Pineapple or Diet Pineapple.
- 30) STUFFED SHELLS, Tomato Sauce, Garlic Bread, California Blend Vegetables, Pears or Diet Pears.

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.

Evaluating Vegetables

By Christine M. Brown
WMEC Nutritionist

My Plate, the new guidelines for healthy eating, recommends that half your plate contain fruits and vegetables. There are many beneficial vegetables to choose for your eating pleasure, other than the usual green beans and mixed vegetables.

The vegetables that provide **vitamin C** are: red bell peppers, broccoli, green bell peppers and Brussels sprouts.

The vegetables that provide more than vitamin C such as **folate** and **vitamin A** are: spinach, asparagus, curly endive, Romaine lettuce and turnip greens.

Feeding the body more fruits and vegetables may help protect your heart and lower the risk of heart disease. The top **fiber** vegetables are: artichokes, peas, avocado, lima beans and jicama (*hee-ka-ma*).

Keeping your blood pressure under control and lowering your risk of stroke is potentially possible if you consume vegetables that are high in **potassium**. The following are high in this nutrient: sweet potato, lima beans, spinach, Swiss chard and portobello mushrooms.

The following are beneficial for your eyes, lowering your risk of cataracts and possibly deterring macular degeneration because they contain **lutein**: kale, spinach, Swiss chard, radicchio and turnip greens.

Some vegetables may lower your risk of diabetes. It may be a result of **magnesium**, a mineral that helps to keep insulin working in the body. The following contain magnesium: spinach, Swiss chard, lima beans, arugula and peas.

In summary, fill up your plate with some new-to-you vegetables for a healthy way of eating.

Information from "NutritionAction" Newsletter October, 2012.

IMPORTANT NOTICE ABOUT LUNCHES!

Beginning Thursday, November 1st, the dining room will be closed for 3 weeks to the public so that the necessary duct work can be done in the ceiling as part of the roof project. **Meals will be served** in the Exercise Room which means the count will be limited to 48 participants. Participants who eat every day will be accommodated first, those eating on a particular day every week will be included in the first count. The next step will be to take people on a first come, first served basis. Remember, as an option, there are other Councils on Aging/Senior Centers who also serve lunch. There will be NO special lunches due to these circumstances. I thank you all in advance for your cooperation & understanding during the renovations because finally there will be a new roof over the Center!

Joanne

IN MEMORIAM

IN MEMORY OF:

FROM:

NUTRITION:

ELIZABETH "BETTY" TIFFANY Robert Tiffany

HARRY CROSSLAND Venita Redding

CARL POPIELARZ Patricia O'Connor
Gregory & Linda Komer

RENE W. LANGLOIS Jim & Bonnie Janik
Dwight & Carole Pearl
John & Carol Fallon
Marcel & Sheila Goepfert
Russell & Mary Boudreau
Deborah & Edward Giles
Peter & Bette Babinski
R. Pelissier
Nancy Czabaj
Susan & Rich Sormanti
Jennifer Wehr
Michael & Nancy Stevenson

LEO LABONTE Venita Redding

ANITA HARNOIS Doris Piquette

FRANK J. STRZEMPKO Edward & Emily Zoladz
Ms. Jean Kurdziel

CAROLA PAOLUCCI Frances & James Mytkowicz

ACTIVITIES/NECESSITIES:

BETTY FOLEY Mr. & Mrs. Howie Walsh

MOTHER'S GARDEN:

ELIZABETH "BETTY" TIFFANY Linda & Robert
Scott

LIGHTS ON:

LUANNE REYNOLDS Noella Loiselle

MINI-BUS MAINTENANCE:

ALICE TURCOTTE Corinne LeMay

BUILDING FUND:

ANNETTE PAUL Joseph Paul

**The Holidays are Coming
Don't be a Victim of Identity Theft!**

What is "Identity Theft"? Using someone's personal identifying information to fraudulently obtain a benefit—Usually financially motivated.

What are the financial gains? Access to a person's financial account & drain it. Using your identity to create an account for a credit card, open a bank account, apply for a loan or to buy a cell phone.

How does your identity get stolen? Many ways, the most common are: "Dumpster diving"—picking through your trash and looking to see what they can find such as Credit card offers that you have not destroyed. Stealing your mail and taking your bank or credit card statements, credit card offers, new checks or tax information or pay stubs or anything that has your identifying information on it. Finding your personal information in your home or by you giving information out over the phone. They may even change the address on your credit cards and have the bills sent to their address or by you using an unsecured website on the internet or if you respond to fraudulent emails sent to you.

How do you know if you have lost your identifying information? You may not know for a long time. You start receiving bills unknown to you or you may start to get calls from debt collectors. You may even be unable to obtain credit for a purchase such as a car, personal loan, etc.

How can you protect yourself? Don't use your Social Security number on your driver's license or checks. Do not put any identifying information on your personal checks. Protect your mail by removing it promptly from your mailbox. Never leave checks or money orders in your mailbox for pick up—mail them at the post office. Never leave your wallet or pocketbook or important information out in plain view in your home. Do not give out personal information over the phone or internet if you have not initiated the call or the purchase by internet. Always review your bank statements, credit card bills and phone bills to insure accuracy. Destroy or shred financial documents that you no longer need, unwanted credit cards and credit card offers, checks that you receive by the mail. Ask your doctor, bank or anyone you to business with, if they protect your information.

What to do if you become a victim or Identity Theft? First and foremost, do not feel embarrassed. Call the police and make a report as soon as you suspect fraud. Get a copy of the report in case you may need this for proof with your credit card company or bank. If it is credit card related, call the card company and cancel that card immediately. If it is your savings or checking account, do the same with the bank. Call one of the three credit card bureaus and place a fraud alert on your credit report ~ you only need to call one and the others will be notified. This allows for no new credit to be given without your approval. Call the Social Security Administration Inspector General Frauds Hotline & report that it was mis-used. Call the Federal Trade Commission & report you have been a victim. Obtain a yearly credit report from: Equifax 1-800-525-6258 OR www.equifax.com; Experian 1-800-397-3742 OR www.experian.com; TransUnion 1-800-680-7289 OR www.transunion.com.

NOVEMBER



2012

**DAYLIGHT SAVINGS
TIME ENDS NOV. 4**

**PRESIDENTIAL ELECTION
TUES. NOVEMBER 6TH**
"Your **VOTE** Counts"
BEGINNING NOV. 1ST
**LUNCH WILL BE SERVED IN
THE EXERCISE ROOM
UNTIL FURTHER NOTICE**

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

1 SWEET & SOUR CHICKEN
10 Alzheimer's Support -C2
10 **No Class**-Beginning Exercise
10 Travel Club-C1
1 Quilting-CE
1 Scrabble-L
1 Golden Agers-CR

2 MACARONI & CHEESE
9:30 Grocery Shopping
10 Coffee & Conversation-EX
10:30 **No Class**- Osteo Exercise
1 Knitting-L
1 Bridge-CE
1 Cribbage-CR
1 Canasta & Poker-EX

5 BAKED HAM W/PINEAPPLE
10 No Class—Tai Chi
10 Music Appreciation— CE
1 Poker—EX
1 Pinochle—EX
1 Canasta—EX
1 Mah Jongg—CE
1 Red Hat Society—CR

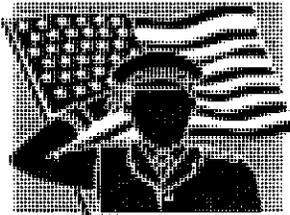
**6 ROASTED CHICKEN W/
GRAVY**
9-12 SHINE (by appt.)
10 **No Class**—Beginning
Exercise
1 Bingo-CR
1 Needlecraft-CE
**(7am-8pm Presidential
Election at the High School)**

7 AMERICAN CHOP SUEY
8 HIP-EX
10 Travel Club-C1
10:30 **No Class**-Osteo Exercise
1 **No Choralites**
1 Pitch-CR
1 Mah Jongg-CE
1 Senior Poetry-C2

8 VEAL PATTY W/GRAVY
10 Alzheimer's Support-C2
10 **No Class**-Beginning Exercise
10 **Vets Group-CE / Travel-C1**
**12:30-2pm Blood Pressure
Screening w/Nurse-C2**
1 Scrabble-L / 1 Quilting-CE
1 Golden Agers-CR
1 **Friends Quarterly Meeting-EX**

9 FIESTA POLLOCK
9:30 Grocery Shopping
10 Coffee & Conversation-EX
10:30 **No Class**- Osteo Exercise
1 Knitting-L
1 Bridge-CE
1 Cribbage-CR
1 Canasta-EX
1 Poker-EX

**12 VETERAN'S DAY HOLIDAY
CENTER IS CLOSED**



**13 SALISBURY STEAK
W/GRAVY**
Senior Travel Club Trip
9-12 SHINE (by appt.)
10 **No Class**—Beginning
Exercise
1 Bingo-CR ,Needlecraft-CE
1 Friends Annual Meeting-EX
2 Get Going-C2

14 ROASTED TURKEY W/GRAVY
8 HIP-EX
10 Travel Club-C1
10:30 **No Class**-Osteo Exercise
1 **No Choralites**
1 Pitch-CR / Mah Jongg-CE
1 Diabetes Support Group-EX

15 STUFFED CABBAGE W/SAUCE
10 Alzheimer's Support -C2
10 **No Class**-Beginning Exercise
10 Travel Club-C1
1 Quilting-CE
1 Scrabble-L
1 Golden Agers-CR

16 BREADED POLLOCK
9:30 Grocery Shopping
10 Coffee & Conversation-EX
10:30 **No Class**- Osteo Exercise
11:30 Rep. John Scibak-EX
1 Bridge-CE
1 Cribbage-CR
1 Canasta & Poker-EX
1 Knitting-L

19 CHICKEN PATTY W/GRAVY
9:30 Foot Nurse (by appt.)
10 No Class—Tai Chi
10 Music Appreciation-CE
1 Poker—EX
1 Pinochle-EX
1 Canasta-EX
1 Mah Jongg-CR
4 COA Board Meeting—C2

**20 BIRTHDAY/ANNIVERSARY
SIRLOIN BEEF TIPS W/SAUCE**
9-12 SHINE (by appt.)
10-11 Brown Bag-CE
10 Lo-Vision Support-C2
10 **No Class**—Beginning
Exercise
1 Bingo-CR
1 Needlecraft-CE

21 ALL BEEF FRANKS W/ROLL
8 HIP-EX
10 Travel Club-C1
10:30 **No Class**-Osteo Exercise
1 **No Choralites**
1 Mah Jongg-CE
1 Pitch-CR
1 Senior Poetry-C2

**22 THANKSGIVING HOLIDAY
CENTER IS CLOSED**



**23 THANKSGIVING HOLIDAY
CENTER IS CLOSED
HOME DELIVERED MEALS ONLY**



26 OVEN-FRIED CHICKEN
10 **No Class**—Tai Chi
10 Music Appreciation-CE
1 Poker—DR
1 Pinochle-DR
1 Canasta-DR
1 Mah Jongg-CR

27 LIVER & ONIONS
9-12 SHINE (by appt.)
9 Newsletter Collating-CE
10 **No Class**—Beginning
Exercise
1 Bingo-CR
1 Movie-EX
1 Needlecraft-CE

28 BEEF STEW
8 HIP-EX
10 Travel Club-C1
10:30 Osteoporosis Exercise
1 Choralites-DR
1 Pitch-CR
1 Mah Jongg -CE

29 BROCCOLI QUICHE
10 Alzheimer's Support -C2
10:30 Blood Pressure—DR
10 **No Class**-Beginning Exercise
10 Travel Club-C1
1 Quilting-CE
1 Scrabble-L
1 Golden Agers-CR

30 STUFFED SHELLS
9:30 Grocery Shopping
10 Coffee & Conversation-DR
10:30 Osteoporosis Exercise
1 Knitting-L
1 Bridge-CE
1 Cribbage-CR
1 Canasta-DR
1 Poker-DR



SeniorNet is planning the next classes. Call us at 533-6889 and tell us of your interests. This helps us schedule our classes. We'll call you back with more information.

SeniorNet also has a website where you can see our list of classes. It is also a good place to tell us of your particular interests. The website also has information about SeniorNet, the national organization under which our SeniorNet functions, a calendar, and other information about our program. You can reach the website: SENIORNETSH.ORG. To leave a message, just click on the Contact Us tab.

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

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.

FUNDAMENTALS: A basic course for students who have had no prior experience with computers. You will get hands on practice using a mouse, navigating computer menus and will begin to learn computer terminology. This is a four session, two week course.

EXCEL: A course for those interested in a spread sheet program. It is also useful for keeping track of your investments, bills and other financial needs.

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

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

SeniorNet is considering giving a workshop about buying and selling on Ebay. Potential attendees please note: The policy of Ebay requires that attendees will need to have an email account for which they are paying in order to complete the course. Email accounts for which there is no charge, such as Gmail and Yahoo, will not be accepted by Ebay. Thus, only those attendees with proper accounts will be able to participate.

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

DOREEN'S INFO

I would like to introduce myself to you.

My name is Doreen McDonald and I am the new Activity /Volunteer Coordinator here at the Council on Aging.

I am currently in my third week and I am enjoying my new position.

I want to thank all the staff and wonderful volunteers who are helping me to navigate my way around the building and my responsibilities.

During the first week of October **RSVP Volunteers** were honored at the annual luncheon held at the Log Cabin. Volunteers play such an important role here at the Council on Aging. They definitely help to keep the days and activities running smoothly.

A reminder, don't forget to set **your clocks back** one hour on Sunday the 4th.

On Wednesday, 21st we will be celebrate **Birthdays and Anniversaries** for the month. Celebrants are invited to be out guests for lunch. Please call in advance to reserve your meal. Let us know if you are celebrating a birthday or anniversary.

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

We have a variety of opportunities to use your talents and skills. Last month our volunteers logged many hours. Call me if you are interested and we can learn together.

Another way to keep busy is to come and participate in many of our activities.

Besides enjoying a delicious meal we have exercise classes, a movie every week, bingo, needlecraft, knitting, scrabble and much more. Visit our library, read the daily paper or find and read a good book or join our monthly Veteran's group.

Hope to meet you soon.

South Hadley Council On Aging
 45 Dayton Street
 South Hadley, MA 01075
 (413) 538-5042
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