

# COUNCIL ON AGING

South Hadley Massachusetts

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

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**OCTOBER 2012**

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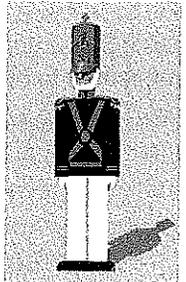
**HAPPY HALLOWEEN**

Our Halloween Party will be held on Wednesday, October 31st at lunch. The suggested donation is \$2.25. For guests under 60 the charge is \$3.00. The menu is juice, beef tips & sauce, scalloped potatoes, peas & onions, whole-grain bread and cake. Please make your reservation by calling 538-5042. **Reservations will be accepted beginning on Friday, October 5th at 8 a.m.** You are encouraged to COME IN COSTUME and add to the festivities. Please plan on arriving by 11:30 a.m. For those who do come in an actual costume, there will be a prize courtesy of The South Hadley Friends of the Elderly, Inc as well as a contest and the top 3 most outstanding costumes will win an additional prize.

Daily nutritious & delicious lunch -11:45 a.m. - 12:15 p.m. in the Senior Center Dining Room. Please reserve a day in advance. Although reservations close at 9 a.m. each day, it's preferable to reserve your place sooner and cancel if you need to, but please remember to do so. Monday reservations should be made by Friday. Suggested donation \$2.25 for persons 60 and over. **Guests under 60 must pay a charge of \$3.00.** FEDERAL GUIDELINES SPECIFY THAT FOOD MUST NOT be taken from the lunch site. The only exceptions are bread, fruit, milk or non-perishable items.

**South Hadley Senior Travel Club**

**Wednesday, October 3rd: Last minute seats available for Salem Witch Museum and Victoria Station Restaurant.** Cost \$74.00. Call Susan Canedy, 536-2106 ASAP. **PLEASE NOTE CHANGE IN DATE TO TUESDAY, NOVEMBER 13-Foxwoods Casino. 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, on your own before the show. Lunch is on your own but dinner is included on the return at the **Cracker Barrel** in Milford CT. All ages welcome. Cost: \$142.00. Call Dave Bellefeuille, 533-7724 or Howie Walsh, 593-6286. **NO JANUARY TRIP. Tuesday, February 5, 2013: Mohegan Sun.** Cost \$22. Payment is due upon booking. Call Barbara Laramie 536-8567 or David Bellefeuille 533-7724. **Tuesday, March 5, 2013 gala St. Patrick's Day celebration.** Wear your green. Big name entertainment. For further information call Howie Walsh 593-6286. **A \$5.00 non-refundable deposit is due on all non-casino trips. Because the South 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. Full payment for casino trips is due upon booking. A Travel Club Representative is at South Hadley Senior Center Wednesday and Thursday 10-11:30. Flyers available.**



**FRIENDS OF SOUTH HADLEY ELDERLY, INC.**

**CRAFT FAIR**

**SATURDAY, OCTOBER 27TH**

**9 A.M. TO 2 P.M.**

**SOUTH HADLEY SENIOR CENTER**

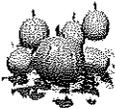
**45 DAYTON STREET**

**LUNCH AVAILABLE TO PURCHASE**

**HOMEMADE BAKED GOODS WELCOMED**

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

## NOTES FROM THE DIRECTOR



THE ROOF PROJECT WILL BE STARTING. Be prepared for some inconveniences along the way to a new, non-leaking roof over the senior center. When the exterior work is completed, the goal is to rehab the inside to make it look like it was before the leaks! Many visitors compliment our building and the efficient space available for use. I want to say thank you again to Senator Stan Rosenberg and Representative John Scibak for their advocacy for this grant. The first phase will be in the basement and if it has not started when you read this newsletter, it will begin soon. I look forward to collaborating with Jim Mazik, Deputy Director of Operations for the Pioneer Valley Planning Commission, Richard Harris our Town Planner, Richard Gorham, Project Manager for Russo Barr Associates, Jennifer Wolowicz, Acting Town Administrator and MDM Engineering during this project.

I want to welcome Doreen McDonald as the Activity/Volunteer Coordinator. Her first day will be Monday, October 1st so please stop by her office and welcome her to our "family" at the senior center. She has a very nice smile and extensive experience in Human Services. I also want to welcome Dorothy Martin as a new volunteer.

Thanks to the staff of Hitchcock Press for producing the ad page and to the advertisers for supporting our newsletter and helping to defray the printing and mailing expenses. **For those of you who travel south for the winter, please be sure to let the office know.**

The South Hadley COA delivered approximately 112,825 units of service during the past fiscal year, a 5% increase (almost 5,000 units). THANK YOU staff and volunteers for your commitment to our seniors. It really is a TEAM effort!

Fall is a spectacular time of year to enjoy the beauty of nature. It also is a busy time at the senior center. I hope you will visit soon!



*Joanne*

### DRINKING WATER AT THE CORRECT TIME MAXIMIZES ITS EFFECTIVENESS ON THE HUMAN BODY

2 glasses of water after waking helps activate internal organs; 1 glass of water 30 minutes before a meal helps digestion; 1 glass of water before a bath helps lower blood pressure; 1 glass of water before bed avoids stroke or heart attack. (source unknown)

**FLU VACCINATION CLINIC:** Tuesday, October 9th from 9-1 p.m. in the Ceramics and Craft rooms. Activities in those rooms will begin at 1:30 p.m. MDPH is providing a "free" flu vaccine. Please wear short, loose sleeves.

**MAKE A DIFFERENCE DAY**-Community Clean up, Saturday, Oct. 20th, 9 a.m.-1 p.m. (rain date 10/27). Meet at parking lot across from Egg & I. Bring your own gloves, rakes, etc. Call (413)437-0405 or RSVP to [falls.neighbors@gmail.com](mailto:falls.neighbors@gmail.com).

**VETERAN'S GROUP** resumes Thursday, Oct. 11th, 10 a.m. in the Ceramics Room. **MUSIC APPRECIATION** begins Mon., Oct. 1st, 10 a.m. in Ceramics Room. **OCTOBER BIRTHDAY/ANNIVERSARY PARTY** will be at October 9th luncheon.

**SPECIAL THANKS TO: WAYNE KONRAD FOR THE STATIONARY EXERCISE BIKE**

**\*\*MAUREEN THERIAULT FOR THE HAPPY BIRTHDAY BANNER AND 3-FOOT TABLE TOP CHRISTMAS TREE**

**\*\*CARLEEN ALLARD FOR DONATING 15 ROLLS OF PAPER TOWELS FROM THE WISH LIST.**

SOMEONE TO REPRESENT THE SOUTH HADLEY COUNCIL ON AGING FOR THE PLAINS SCHOOL BUILDING COMMITTEE. MEETINGS ARE HELD EVERY OTHER WEEK ON THURSDAY EVENINGS. THIS IS A LONG-TERM COMMITMENT AND COULD LAST A FEW YEARS WITH MEETINGS BECOMING MORE FREQUENT. IF YOU ARE INTERESTED PLEASE CONTACT JOANNE TRYBUS, DIRECTOR AT 538-5042.

**WEDNESDAY, OCT. 17TH, 10 A.M. WINGATE NURSING HOME WILL SPONSOR A SEMINAR EXPLAINING ORTHOPEDIC REHAB. CALL 538-5042 TO REGISTER.**

**WISH LIST: 12" Ceramic flower pot**

**TITLE III GRANTS BEGIN ANOTHER FISCAL YEAR IN OCTOBER.** Special thanks to WestMass ElderCare for providing these grants through older American Act Funding.

**\*\*ALZHEIMER'S CAREGIVERS SUPPORT GROUP** begins Thursday, October 4th for 8 consecutive weeks. Please call Joanne (538-5042, Ext. 204) if you have not attended one of these meetings as you must first have an interview with the facilitator before participating.

**\*\*COMPANION/ESCORT TRANSPORTATION** (personal vehicle transportation with assistance) begins October 1st. Call Angie 538-5042, EXT. 206

**\*\*CHORES/SNOW REMOVAL** applications are being taken. If you need assistance with snow plowing call Angie Wright at 538-5042, EXT. 206.

**\*\*DIABETIC SUPPORT GROUP** begins Wednesday, October 10th at 1 p.m. Registered Dietitian and Certified Diabetes Educator, Roberta Ruland from the Diabetes Education Center at Mercy will facilitate an interactive support group session: "FAQ-Frequently Asked Questions about Diabetes." She will include the participants questions and clarify healthy diabetes management strategies. For more information please call 538-5042, Joanne Trybus at Ext. 204 or Angela Wright at Ext. 206.

**Zumba GOLD Class** Instructor (Kelly Bergeron) available to teach classes on Wednesday afternoons at 3 p.m. Cost: \$6/session for 8 weeks and a **minimum of 8 participants needed**. A physician's permission slip is mandatory before you may begin! Call 538-5042 to register.

## Angie's News & Notes

### Fuel Assistance Season

With winter soon upon us, it's time to consider applying for LIHEAP, the Low Income Home Energy Assistance Program, commonly referred to as Fuel Assistance. LIHEAP is a government program designed to help low-income families and individuals pay a portion of their heating bills from November 1 to April 30. If you are a Massachusetts resident living on a low or fixed income, I encourage you to apply.

#### WHO SHOULD APPLY

- Homeowners and renters who pay for their own heat
- Renters whose heat is included in their rent (Those who have a housing subsidy must not receive a utility allowance)

#### WHO IS ELIGIBLE

Eligibility is based on the number of people in your household and the combined gross (before taxes) income of all persons residing in the household. Please use the following chart to see if you may qualify:

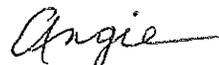
| No. of People | Income Limit |
|---------------|--------------|
| 1             | \$31,271     |
| 2             | \$40,893     |
| 3             | \$50,515     |
| 4             | \$60,137     |

#### WHERE AND HOW TO APPLY

If you are a first time applicant, you must apply in person. New applications can be taken starting November 1st. If you applied the previous year, you will receive your application by mail and will not need to apply in person.

The Community Action Agency, located in Greenfield MA, accepts applications in their Northampton and Greenfield offices. Appointments can be made by calling 1-800-370-0940. Or, you may call me at (413) 538-5042 if you would like to apply here at the Council on Aging. When you call, I will let you know what documents you will need to provide along with your application.

Please don't hesitate to contact me if you have any questions or would like to make an appointment.



Angie Wright, Social Service Coordinator

### Medicare Open Enrollment

The annual or Open Enrollment Period is rapidly approaching. Like last year, the dates to make changes for Medicare Advantage and Prescription Drug plans is **October 15 through December 7, 2012**. Changes made will be effective January 1, 2013. State certified SHINE (Medicare) counselors can help you understand your plan, as well as other options you may have.

If you are a member of a Medicare Advantage Plan or a Medicare Prescription Plan, you will be getting information in the mail about changes to your plan. Be sure to save this information and bring it, along with your prescription drug list and Medicare card, to your SHINE appointment.

Trained SHINE (Serving the Health Information Needs of Elders) counselors offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. Please call the Council on Aging at (413) 538-5042 and ask for a SHINE appointment. You can also call 1-800-243-4636, then press "3". Once you get the SHINE answering machine, leave your name and number. A SHINE counselor will call you back as soon as possible.

### PRESCRIPTION ADVANTAGE

Prescription Advantage is a state-run program which helps many seniors (age 65 or older) and under age 65 with a disability, pay for their prescription drugs. There is no charge for joining Prescription Advantage if you have an annual income at or less than \$33,510 for a single person and \$45,390 for a married couple. (No asset limit!)

#### How Prescription Advantage can help you:

- If you have Medicare, PA helps pay for prescriptions when you reach the Medicare Part D coverage gap (donut hole).
- If you are unhappy with your current Part D plan or Medicare Advantage Plan, PA allows you to switch your plan **now** instead of waiting for Open Enrollment.
- If you are NOT currently enrolled, but you need a Part D or Medicare Advantage Plan **now**, joining PA allows you to enroll right away.

Please call Angie at (413) 538-5042 for more information.

## 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. OCTOBER MENU

- 1) BAKED HAM W/PINEAPPLE SAUCE, Sweet Potatoes, Corn, Juice, Whole Grained Roll, Fresh Fruit.
- 2) CHICKEN PARMESAN, Pasta w/Red Sauce, Winter Blend Vegetables, Italian Bread, Peaches or Diet Peaches.
- 3) SALISBURY STEAK W/GRAVY, Mashed Potatoes, Stewed Tomatoes, Multi-Grain Bread, Pudding or Diet Pudding.
- 4) CHICKEN CACCIATORE, Rice, Zucchini Blend, Tropical Fruit or Diet Tropical Fruit.
- 5) POLLOCK FILETS, Scalloped Potatoes, California Blend, Rye Bread, Brownies or Diet Brownies.
- 8) CENTER CLOSED—COLUMBUS DAY HOLIDAY.
- 9) BIRTHDAY/ANNIVERSARY—FRENCH MEAT PIE WITH GRAVY, Egg Noodles, Spinach, Whole Grained Bread, Cake or Diet Cake.
- 10) COLD PLATE: TUNA SALAD, Macaroni Salad, Three Bean Salad, Rye Bread, Apple.
- 11) MEATLOAF WITH MUSHROOM GRAVY, Au Gratin Potatoes, Broccoli & Cauliflower, Rye Bread, Fruit Crisp or Diet Fruit Crisp.
- 12) POLLOCK LOINS, Rice Pilaf, Green Beans, Juice, Whole Wheat Bread, Apricots or Diet Apricots.
- 15) BAKED CHICKEN PATTY, Potato Puffs, Green Beans, Whole Grained Bread, Mandarin Oranges or Diet Mandarin Oranges.
- 16) SPAGHETTI WITH MEATBALLS, Garlic Bread, Mixed Vegetables, Juice, Cookies or Diet Cookies.
- 17) LIVER & ONIONS, Mashed Potatoes, Green Beans, Multi-Grain Bread, Pineapple or Diet Pineapple.
- 18) CHICKEN A LA KING, Mashed Potato, Cranberry Sauce, Corn, Rye Bread, Peaches or Diet Peaches.
- 19) CELEBRATE HUNGARY—BEEF GOULASH, Diced Potatoes & Onions, Steamed Cabbage, Roll, Apple Crisp w/Topping or Diet Apple Crisp.
- 22) OVEN FRIED CHICKEN, Roasted Potatoes, Ratatouille, Whole Grained Bread, Pears or Diet Pears.
- 23) ROAST PORK WITH GRAVY, Baked Potato, Green Beans, Applesauce, Whole Wheat Bread, Fruit Cocktail or Diet Fruit Cocktail.
- 24) SHEPHERD'S PIE WITH GRAVY, Corn, Juice, Biscuit, Brownie or Diet Brownie.
- 25) TORTELLINI ALFREDO, Carrots, Garlic Bread, Jell-O or Diet Jell-O.
- 26) POTATO BREADED POLLOCK, Rice, Peas, Roll, Pineapple or Diet Pineapple.
- 29) MILD BEEF CHILI, Rice, Broccoli, Cornbread, Apricots or Diet Apricots.
- 30) LASAGNA WITH TOMATO SAUCE, Italian Blend Vegetables, Garlic Bread, Pineapple or Diet Pineapple.
- 31) HALLOWEEN LUNCHEON—BEEF TIPS & SAUCE, Scalloped Potatoes, Peas & Onions, Juice, Whole Grained Bread, Halloween Cake or Diet Cake.

## Herbs and Spices for Health

By Christine M. Brown  
WMEC Nutritionist

For centuries, spices and herbs have been used by many cultures to enhance the flavor of food. An herb is usually the leaf of the plant such as basil, parsley and oregano. A spice can be the seed, bark, or root of the plant such as cinnamon, pepper and ginger root.

Besides improving the flavor of foods, so many herbs and spices improve your health due to the fact they contain many antioxidants and phytochemicals. These flavors can also help reduce the amount of sodium used in cooking if you substitute them for the salt.

Beneficial antioxidants and phytochemicals are found in the following: basil, black pepper, cayenne, chilies, cinnamon, cumin, garlic, ginger, oregano, parsley, rosemary, sage, thyme, turmeric.

**Cinnamon:** In many cultures, it is a healing spice. One teaspoon of cinnamon may have as many antioxidants as one-half cup of blueberries. Research has shown that cinnamon contains substances that may lower blood sugar. It may also improve the LDL cholesterol level in the blood. One-half to one teaspoon of cinnamon sprinkled on morning cereal such as oatmeal, in the coffee pot as you brew your AM coffee or in baking are various ways to include this spice in your diet.

**Ginger:** May help relieve nausea and remedy aches. One fourth teaspoon of ground ginger adds more antioxidants than three-quarters cup of chopped watermelon. Add one-quarter teaspoon of ginger to a fruit cup or fresh fruit salad. A ginger tea brewed with fresh ginger, lemon grass or lemon juice and sweetened with honey is a good home remedy when you have a cold or feel a cold coming on.

**Turmeric:** Contains an active ingredient known as curcumin. Turmeric is an antioxidant, anti-inflammatory, anti-bacterial spice that is used in ethnic cooking.

Any spice or herb should be added to your diet in moderation. If you are on special medications be sure to speak to your physician before you add any spice or herb to your diet.

**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.**

**IN MEMORIAM**

**IN MEMORY OF:**

**FROM:**

**NUTRITION:**

MARY POPKOWSKI Elinor Fesko

PAUL NORMAND Melide Normand

STANLEY ORZECZOWSKI Carl & Lorraine Kiontke

ANITA HARNOIS Paul J. Grennon  
Ann & Rom Tallman  
Doris & Roland Laferriere

ELIZABETH "BETTY" TIFFANY June M. Beattie  
Kitty Grenier  
Rosemary L. Hendricks  
Patricia A. Schmitter

HARRY CROSSLAND Dolly Crossland  
Mr. & Mrs. Eugene Kras  
Stanley Wojcik

CARL POPIELARZ Anna Bittern  
Adele Janik  
Deborah & Brian Rugani

**CHRISTMAS BASKET:**

PATRICIA SIKORSKI Lathrop Village/Newton  
Manor Tenants Association

**MOTHER'S GARDEN:**

CLAIRE NICHOLS Carol & Michael Dubuc

**NEWSLETTER:**

LAURA BELSKY Robert & Lynne Bertram

BARBARA LEONARD Donald Leonard

JUDY FLEMING Jack Fleming

LUANE REYNOLDS Noella Reynolds

**LIGHTS ON:**

FERNAND MAILHOT Susan Canedy

**IN MEMORIAM**

**IN MEMORY OF:**

**FROM:**

**BUILDING FUND:**

HARRY CROSSLAND Robert & Lynne Bertram

**TRANSPORTATION:**

FERNAND MAILHOT Stanley Wojcik

**MINI-BUS MAINTENANCE:**

EUGENE TURCOTTE Corinne LeMay

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**RSVP**

**OFFERS EXERCISE DVD**

The Retired Senior Volunteer Program (RSVP) is offering an Osteoporosis Exercise Class DVD featuring exercise program consultant Giffy Ennis-Yentch, and a few other exercise leaders. The DVD produced by Easthampton Community Access Television includes an hour-long class with a warm up and cool down. Cost is \$12 and includes shipping & handling. Please contact Joan Richter, our Osteoporosis Exercise instructor, after class or call (413) 538-5042 for more info to order your DVD.

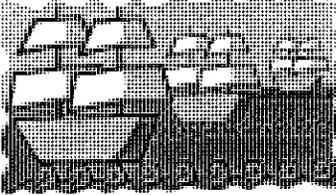
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**NOVEMBER PRESIDENTIAL ELECTION**

***REGISTER TO VOTE!***  
*Your Vote Counts!*

**LAST DAY TO REGISTER IS  
WEDNESDAY, OCTOBER 17th AT 8:00 P.M.**  
(Last Day to request an Absentee Ballot is  
Tuesday, Oct. 16, 2012 at 12:00 Noon)

**WESTERN MASS DIAL-A-LAWYER  
CALL-IN PROGRAM: (413) 782-1659**  
Volunteer lawyers from the Massachusetts Bar Association will field phone calls **ONLY** from 3:30 to 7:30 p.m. on **TUESDAY, OCTOBER 16**. The legal advice is provided at **NO CHARGE** as a public service from the MBA.

|   |  |  |   |   |
|---|--|--|---|---|
| <p><b>1 BAKED HAM W/PINEAPPLE SAUCE</b><br/>10 Tai Chi-EX<br/><b>10 Music Appreciation Begins-CE</b><br/>1 Poker/Pinochle/Canasta-DR<br/>1 Mah Jongg-CE<br/><b>1 Red Hat Society-CR</b></p>                                   | <p><b>2 CHICKEN PARMESAN</b><br/>10 Beginning Exercise-EX<br/>1 Bingo-CR<br/>1 Movie-EX<br/>1 Needlecraft-CE</p>   | <p><b>3 SALISBURY STEAK W/GRAVY Senior Travel Club Trip</b><br/>8 HIP-EX<br/>10 Travel Club-C1<br/>10:30 Osteoporosis Exercise-EX<br/>1 Choralites-DR<br/>1 Pitch-CR / Mah Jongg-CE<br/>1 Senior Poetry-C2</p>                             | <p><b>4 CHICKEN CACCIATORE</b><br/><b>10 Alzheimer's Support -C2</b><br/>10 Beginning Exercise-EX<br/>10 Travel Club-C1<br/>1 Quilting-CE<br/>1 Scrabble-L<br/>1 Golden Agers-CR</p>  | <p><b>5 POLLOCK FILLETS</b><br/>9:30 Grocery Shopping<br/>10 Coffee &amp; Conversation-DR<br/>10:30 Osteoporosis Exercise-EX<br/>1 Knitting-L<br/>1 Bridge-CE<br/>1 Cribbage-CR<br/>1 Canasta &amp; Poker-DR</p>  |
| <p><b>8 COLUMBUS DAY HOLIDAY CENTER IS CLOSED</b></p>   | <p><b>9 BIRTHDAY/ANNIVERSARY FRENCH MEAT PIE W/GRAVY</b><br/>10 Beginning Exercise-EX<br/>1 Bingo-CR<br/>1 Movie-EX<br/>1 Needlecraft-CE<br/>1 Poker/Pinochle/Canasta Make-up-DR</p>   | <p><b>10 COLD PLATE: TUNA SALAD</b><br/>8 HIP-EX<br/>10 Travel Club-C1<br/>10:30 Osteoporosis Exercise-EX<br/>1 Choralites-DR<br/>1 Pitch-CR<br/>1 Mah Jongg -CE<br/><b>1 Diabetes Support Group-EX</b></p>                                | <p><b>11 MEATLOAF W/GRAVY</b><br/><b>10 Alzheimer's Support -C2</b><br/>10 Beginning Exercise-EX<br/><b>10 Vet Group-CE / Travel -C1</b><br/><b>12:30-2pm Blood Pressure Screening w/Nurse-C2</b><br/>1 Scrabble-L / 1 Quilting-CE<br/>1 Golden Agers-CR<br/><b>1 Friends Quarterly Meeting-DR</b></p>  | <p><b>12 POLLOCK LOINS</b><br/>9:30 Grocery Shopping<br/>10 Coffee &amp; Conversation-DR<br/>10:30 Osteoporosis Exercise-EX<br/>1 Knitting-L<br/>1 Bridge-CE<br/>1 Cribbage-CR<br/>1 Canasta &amp; Poker-DR<br/>1 Poker-DR</p>  |
| <p><b>15 BAKED CHICKEN PATTY</b><br/><b>9:30 Foot Nurse (by appt.)</b><br/>10 Tai Chi-EX<br/>10 Music Appreciation-CE<br/>1 Pinochle-DR<br/>1 Canasta &amp; Poker-DR<br/>1 Mah Jongg-CR<br/><b>4 COA Board Meeting-C2</b></p> | <p><b>16 SPAGHETTI W/MEATBALLS</b><br/><b>9-12 SHINE (by appt.)</b><br/>10 Beginning Exercise-EX<br/><b>10-11 Brown Bag-CE</b><br/><b>10 Lo-Vision Support-C2</b><br/>1 Bingo-CR<br/>1 Movie-EX<br/>1 Needlecraft-CE<br/><b>2 Get Going-C2</b></p> | <p><b>17 LIVER &amp; ONIONS Senior Travel Club Trip</b><br/>8 HIP-EX<br/>10 Wingate-Orthopedic Rehab<br/>10 Travel Club-C1<br/>10:30 Osteoporosis Exercise-EX<br/>1 Choralites-DR<br/>1 Pitch-CR / Mah Jongg-CE<br/>1 Senior Poetry-C2</p> | <p><b>18 CHICKEN A LA KING</b><br/><b>10 Alzheimer's Support -C2</b><br/>10 Beginning Exercise-EX<br/>10 Travel Club-C1<br/>1 Quilting-CE<br/>1 Scrabble-L<br/>1 Golden Agers-CR</p>  | <p><b>19 CELEBRATE HUNGARY BEEF GOULASH</b><br/>9:30 Grocery Shopping<br/>10 Coffee &amp; Conversation-DR<br/>10:30 Osteoporosis Exercise-EX<br/><b>11:30 Rep. John Scibak-DR</b><br/>1 Bridge-CE<br/>1 Cribbage-CR<br/>1 Canasta &amp; Poker-DR<br/>1 Knitting-L</p> |
| <p><b>22 OVEN FRIED CHICKEN</b><br/>10 Tai Chi-EX<br/>10 Music Appreciation-CE<br/>1 Poker -DR<br/>1 Pinochle-DR<br/>1 Canasta-DR<br/>1 Mah Jongg-CR</p>  | <p><b>23 ROAST PORK W/GRAVY</b><br/><b>9 Newsletter Collating-CE</b><br/><b>9-12 SHINE (by appt.)</b><br/>10 Beginning Exercise-EX<br/>1 Bingo-CR<br/>1 Movie-EX<br/>1 Needlecraft-CE</p>  | <p><b>24 SHEPHERD'S PIE W/GRAVY</b><br/>8 HIP-EX<br/>10 Travel Club-C1<br/>10:30 Osteoporosis Exercise -EX<br/>1 Choralites-DR<br/>1 Mah Jongg-CE<br/>1 Pitch-CR</p>   | <p><b>25 TORTELLINI ALFREDO</b><br/><b>10 Alzheimer's Support -C2</b><br/>10 Beginning Exercise<br/>10 Travel Club-C1<br/><b>10:30 Blood Pressure Screening w/Fire District #1-DR</b><br/>1 Quilting-CE<br/>1 Scrabble-L<br/>1 Golden Agers-CR</p>  | <p><b>26 POTATO BREADED POLLOCK</b><br/>9:30 Grocery Shopping<br/>10 Coffee &amp; Conversation-DR<br/>10:30 Osteoporosis Exercise-EX<br/>1 Knitting-L<br/>1 Bridge-CE<br/>1 Cribbage-CR<br/><b>No Afternoon Activities in the Dining Room—Craff Fair Set-up</b></p>   |
| <p><b>29 MILD BEEF CHILI</b><br/><b>9:30 Foot Nurse (by appt.)</b><br/>10 Tai Chi-EX<br/>10 Music Appreciation-CE<br/>1 Poker -DR<br/>1 Pinachle-DR<br/>1 Canasta-DR<br/>1 Mah Jongg-CR</p>                                   | <p><b>30 LASAGNA WITH TOMATO SAUCE</b><br/><b>9-12 SHINE (by appt.)</b><br/>10 Beginning Exercise-EX<br/>1 Bingo-CR<br/>1 Movie-EX<br/>1 Needlecraft-CE</p>  | <p><b>31 HALLOWEEN LUNCHEON BEEF TIPS &amp; SAUCE</b><br/>8 HIP-EX<br/>10 Travel Club-C1<br/>10:30 Osteoporosis Exercise-EX<br/><b>1:30 Choralites-DR</b><br/>1 Pitch-CR<br/>1 Mah Jongg -CE</p>   | <div style="text-align: center;">  <p><b>OCTOBER</b><br/><b>2012</b></p> </div> <p><b>ROOM KEY</b><br/>B=Billiards Room<br/>CR=Card Room<br/>CE=Ceramics<br/>C2=Formerly Old Office<br/>C1=Conf. Room Off Library<br/>EX=Exercise Room<br/>DR=Dining Room<br/>L=Library</p> <p style="text-align: right;">Page 6</p> |   |



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.

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.

**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.

**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.

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.

## SOUTH HADLEY HEALTH DEPARTMENT ALERT

**West Nile Virus:** A mosquito-carried virus that can cause illness ranging from a mild fever to encephalitis or meningitis. Most commonly spread through the bite of an infected mosquito it can also be spread through a blood transfusion or organ transplant. People do not become infected by having direct contact with other infected people, birds or animals.

Almost 80% of infected people have no symptoms. Some infected people will experience fever, headache, body aches, nausea, vomiting and sometimes swollen lymph glands. A rash is possible. Less than 1% of people infected will develop a severe illness. People over 50 are at higher risk of developing severe illness.

**Eastern Equine Encephalitis:** Is sometimes called (EEE) and is a rare but serious disease caused by a virus. It is spread through the bite of an infected mosquito usually in an area near freshwater or hardwood swamps. It is usually caused from the bite of a mosquito who acquired it from the bite of an infected bird. EEE particularly infects birds and there is little evidence of illness. Although other animals can become infected they do not spread the disease.

EEE is very rare. Symptoms include high fever, stiff neck, headache, and lack of energy. Symptoms appear three to ten days after a bite from an infected mosquito. Encephalitis, inflammation and swelling of the brain is the most dangerous and frequent serious complication. The disease gets worse quickly and some patients go into a coma within a week.

There is no treatment and the few people who survive do not recover completely.

To protect yourself from EEE avoid being outside between dusk and dawn when mosquitoes are most active. Wear long pants and long-sleeved shirts and socks. Use a repellent with DEET (not on infants under two months and in concentrations of 30% or less on older children. Permethrin, picardin, IR3534 or oil of lemon eucalyptus can be used as repellents but following precautionary measures and do not use on children under 3. Keep mosquitoes out of your house by repairing screens and keeping them tightly attached to your home. Remove standing water around your home by limiting use of containers that might hold water, cleaning roof gutters, turning over wading pools, changing the water in birdbaths every few days, keeping swimming pools clean and covers free from standing water and landscape in a manner that prevents standing water. For more information you can go to the website: [www.mass.gov/dph/wnv](http://www.mass.gov/dph/wnv) or call the MDPH at (617)983-6800 for a hard copy.

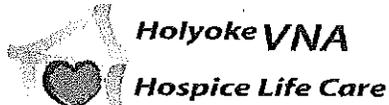


Mosquitoes can multiply in any puddle or standing water that lasts for more than four days! The threat will last until there is a hard, killing frost.

**South Hadley Council On Aging**  
 45 Dayton Street  
 South Hadley, MA 01075  
 (413) 538-5042  
 (413) 532-8206 FAX

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|  <p><b>FIT</b><br/> <br/> <b>FALLS INTERVENTION TERM</b></p> <p>If you or someone you love has fallen or has a fear of falling, call us for our specialized falls prevention program.</p> <p><b>GET FIT 584-1060</b><br/>     168 Industrial Drive<br/>     Northampton, MA 01060-2379<br/> <a href="http://www.VNAandHospice.Org">www.VNAandHospice.Org</a></p> | <p><b>Ryder Funeral Home</b><br/>     Pre-Need Funeral Planning<br/>     33 LAMB STREET • SOUTH HADLEY<br/>     533-1735<br/>     MYRON W. RYDER FOUNDER    WILLIAM W. RYDER DIRECTOR<br/> <a href="http://www.ryderfuneralhome.com">www.ryderfuneralhome.com</a></p>  | <p><i>Proud to Support</i><br/> <b>Council on Aging</b><br/> <br/>     10 Offices throughout the Pioneer Valley<br/>     Connecting All Offices<br/>     413-527-4111<br/> <a href="http://bankesb.com">bankesb.com</a></p> <p><small>Member FDIC    Member DIF</small></p>                                |
|  <p><b>Holyoke VNA Hospice Life Care</b><br/>     Nursing Rehabilitation Hospice<br/>     413-534-5691<br/> <a href="http://www.Holyokevna.org">www.Holyokevna.org</a></p>   |  <p><b>HUTT EYE ASSOCIATES</b><br/>     ALFRED HUTT, MD, FACS<br/>     10 Hospital Dr. Holyoke, MA 01040<br/>     536 - 0006</p>  |  <p><b>BEERS &amp; STORY SOUTH HADLEY FUNERAL HOME</b><br/>     •Preplanning<br/>     •Burial •Cremation<br/>     646 Newton St. South Hadley 533-4400<br/> <a href="http://www.beersandstory.com">www.beersandstory.com</a><br/>     Marc G. Gaudreau<br/>     Wendy L. Story<br/> <i>Directors</i></p> |
| <p><b>STATE REP. JOHN W. SCIBAK</b><br/>     P. O. BOX 136, SO. HADLEY, MA<br/>     Tel: (413) 539-6566 Fax: (413) 539-5855<br/>     E-mail: <a href="mailto:Rep.johnscibak@hou.state.ma.us">Rep.johnscibak@hou.state.ma.us</a></p>  |  <p><b>CHICOPEE VNA</b><br/>     Visiting Nurse Association, Inc.<br/>     Caring for you since 1942<br/>     2024 Westover Road • Chicopee, MA 01022<br/> <i>Great to Be Home Care</i></p>   | <p><b>WHITE WING MOBIL</b><br/>     568 Newton St., South Hadley<br/>     Variety &amp; Package Store<br/>     Mass. Lottery Agent<br/>     534-3770<br/>     Open 5-10<br/>     7 Days</p>   |
|  <p>246 North Main St.<br/>     South Hadley, MA 01075<br/>     (413) 532-5325<br/> <a href="http://www.LoomisCommunities.org">www.LoomisCommunities.org</a></p>  |  <p><b>ACE Drain &amp; Sewer Cleaning</b><br/>     South Hadley<br/>     538-9930<br/>     Owner: Ronald T. Padykula<br/>     Radio Dispatched • Sinks • Tubs • Toilets • Sewer Lines<br/>     Video Inspection of Pipes • Fully Insured • Reasonable Rates</p> | <p>Ad Space Available<br/>     Call 538-5042</p>  |
| <p><b>Hair Services for Men &amp; Women</b><br/> <i>in your home</i><br/>     Call Barbara at<br/>     538-9516 or 885-0371<br/>     Serving the Elderly &amp; Disabled 24 Years</p>   |  | <p><b>SOUTH HADLEY DENTAL ASSOC., INC.</b><br/>     MARJORIE S. BLOCK, D.M.D.<br/>     15 DAYTON ST., SOUTH HADLEY, MA 01075<br/>     TEL (413) 536-4455    FAX (413) 532-1757</p>  |