

COUNCIL ON AGING

South Hadley Massachusetts

The sun never sets on our Activities...

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 jtrybus@southhadley.ma.gov
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 Tel. 538-5042 Fax 532-8206
Assistant Director: Lisa Napiorkowski



Chairperson: M. Connie Laplante
Social Services Coordinator:
 Angela Wright:
 awright@southhadley.gov
 Web: www.southhadley.ma.gov

SEPTEMBER 2012



55+ ANNIVERSARY PARTY
WEDNESDAY
SEPTEMBER 26TH
11:30 A.M.
SO. HADLEY SENIOR CENTER
45 DAYTON STREET

Every Weekday: Nutritious & Delicious Lunch -11:45 a.m. - 12:15 p.m. in the Senior Center Dining Room. Please reserve a day in advance. Reservations close at 9 a.m. each day. It is better to reserve your place and cancel, but please remember to cancel if you cannot make the luncheon. Suggested donation \$2.25 for persons 60 and over. **For guests or people under 60 the charge is \$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



Wednesday, October 3rd, Salem Witch Museum, lunch at Victoria Station Restaurant followed by an afternoon of free time to explore historic Salem. A list of the many sights and activities of Salem will be given to you. Cost \$74.00. Call Susan Canedy, 536-2106. **Wednesday, November 14, Foxwoods Casino.** Payment due upon booking. Call Judy Fortier 534-3598. **Tuesday, December 11, Radio City Christmas Spectacular.** Reserved orchestra tickets to see the **Rockettes** perform their **"Parade of Wooden Soldiers"**. This brand new show features 6 new scenes and Rockette numbers. Some free time, on your own before the show. Lunch is on your own. Includes dinner after the show at the **Cracker Barrel** in Milford CT. All ages welcome. Cost: \$142.00 Call Dave Bellefeuille, 533-7724 or 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.**



ARE YOU CELEBRATING YOUR 55TH ANNIVERSARY OR MORE? IF SO, YOU ARE INVITED TO A PARTY IN YOUR HONOR. THE MENU ENTRÉE IS ROAST PORK WITH GRAVY AND THE HONOREES WILL BE GUESTS OF THE FRIENDS OF SOUTH HADLEY ELDERLY, INC. PLEASE PLAN ON ARRIVING BY 11:20 A.M. FOR ALL OTHERS THE SUGGESTED DONATION IS \$2.25, UNDER 60 GUESTS \$3.00 CHARGE.

IF YOU HAVE BEEN MARRIED 55 YEARS (1957 OR BEFORE) AND WOULD LIKE TO BE AMONG OUR GUESTS, CALL 538-5042 BY SEPTEMBER 21ST. IF YOU WANT YOUR FAMILY AND FRIENDS TO SIT AT YOUR TABLE, PLEASE GIVE THEIR NAMES WHEN YOU MAKE YOUR RESERVATION. TO GIVE EVERYONE A CHANCE TO ATTEND, WE ASK THAT YOU LIMIT THE NUMBER OF GUESTS TO NO MORE THAN FOUR.

IF YOU WOULD LIKE TO SHARE YOUR WEDDING PICTURE, PLEASE BRING ONE IN.



SPECIAL TOWN ELECTION AND PRIMARY-SEPTEMBER 6TH AT THE SOUTH HADLEY HIGH SCHOOL FROM 7 A.M. UNTIL 8 P.M. The last day to request an Absentee Ballot for the election is Wednesday, Sept. 5th at 12 noon. School is in session for a half day, so if possible avoid voting between 7-7:30 a.m. and 10:45-11:15 a.m. If you have any questions, please contact Carlene Hamlin, Town Clerk at 538-5107, Ext. 115 or chamlin@southhadley.ma.gov between 8:30 a.m. and 4:30 p.m.

NOTES FROM THE DIRECTOR

Another summer has gone although most of us will not miss the heat! September brings back the flurry of activity at our senior center so be sure to check the calendar and see if there is a program you might enjoy. Speaking of activities, I am sure many of you do not know that Anne O'Connor resigned during the summer. She had a wonderful opportunity to work as an Activity Director closer to her home. We will miss her but wish her all the best in her new endeavor.

I want to welcome three individuals to the COA Board: Judith Fortier, Virginia Sligo and Theodore Tylunas. I look forward to working with you.

I want to also welcome Brenda Griffin as the afternoon Office Senior Aide through the Citizens for Citizens Agency. She will work in the reception office from 12:30 until 4:30, Monday-Friday. Please feel free to stop by and welcome her to our senior center.

The picnic was a success due to the teamwork of staff and faithful volunteers. I extend my sincere thanks to everyone who helped in any way. The Friends of South Hadley Elderly, Inc. generously provided the Bingo prizes.

If you have been married 55 years or longer, please join us at the 55+ Anniversary luncheon. It is one of the highlights of the year.

As I write this column, the bidding process for the senior center roof project has begun. In addition Siemens will be working at the center to improve the energy efficiency of the building and the lighting. Therefore some inconveniences might occur before the projects are completed. Activities may need to be cancelled or moved to another room. Please be patient and understanding during the construction. In the end it will be worth it.

I hope to see you in September!



Please follow the one-way signs in the parking lot. They have been installed to keep the traffic flow safe.

Joanne

FREE RIDE TO VOTE will be offered by the Friends of South Hadley Elderly on Thursday, September 6th via the COA van. If you want a ride, please call the office at 538-5042 and make your reservation. At this time we are planning on doing the transportation after 12:30 p.m. to allow for the dismissal of school.



SAVE THE DATE! FRIENDS OF SOUTH HADLEY ELDERLY CRAFT FAIR WILL BE HELD ON SATURDAY, OCTOBER 27TH AT THE SENIOR CENTER.

PLEASE NOTE: NO MEETING OF THE VETERANS GROUP IN SEPTEMBER.

FUEL ASSISTANCE UPDATE: THE APPLICATION PROCESS FOR NEW CLIENTS HAS NOT STARTED. AS SOON AS THERE IS MORE INFORMATION, IT WILL BE SHARED VIA THE PRESS RELEASES OR NEWSLETTER. RE-CERTIFICATIONS SHOULD BE MAILED SOON.

****SPECIAL THANKS TO: HIP FOR THE \$100 DONATION TO THE NUTRITION GIFT ACCOUNT.**

****SENATOR STANLEY ROSENBERG AND REPRESENTATIVE JOHN SCIBAK FOR ADVOCATING FOR THE \$7.00 PER SENIOR ALLOCATION IN THE FORMULA GRANT!**

****CITIZENS FOR CITIZENS, INC. FOR FUNDING THE OFFICE SENIOR AIDE POSITION.**

****DAGMAR PROVOST FOR THE MANY CANS OF REGULAR AND DECAF COFFEE AND THE BOXES OF SWEETENER.**

WISH LIST: Paper Towels

Sincere thanks to the following for donating items from a previous wish list. Nancy Herrick—small paper clips; Carlene Allard—packages of paper towels, Warren McAvoy—paper clips.

TRIAD

The South Hadley TRIAD/S.A.L.T. Council will meet on Tuesday, September 25th at 9 a.m. at the South Hadley Police Station. New members are welcome.

EBT-Fraud alert: SNAP and cash assistance clients should NEVER respond to any requests for their EBT card numbers, PINs, SSNs or any other personal information about their benefits (except, of course, for direct-in-person—contact with DTA staff or when contacting the EBT customer service for replacement cards or benefit amounts. **Participants/beneficiaries should ONLY use the official number listed on the back of the EBT card or speak directly with a representative at one of the DTA state offices.** Some EBT cardholders are receiving text messages on their phones to call a toll free number or "their EBT card would be deactivated." When that number is called, the operator/computer voice asks for their EVT card number. **THEY SHOULD HANG UP IMMEDIATELY!** (The targeted audience appears to be EBT cardholders whose "limited use" cellphones have been underwritten with or they have otherwise purchased a prepaid phone from Wal-Mart or perhaps other sources.



SEPTEMBER IS SENIOR CENTER MONTH AND THE THEME IS "IT HAPPENS AT MY SENIOR CENTER. MY LIFE. MY TIME. MY WAY." Come visit the

South Hadley Senior Center and help us to develop programs and activities based on your area of interest. Feel free to share your thoughts and suggestions with any of the staff. It is your Center!

Angie's News & Notes

CONSUMER ALERT!

I just can't say it enough; please be on the lookout for consumer scams that are presently running rampant across the land.

No sooner had the U.S. Supreme Court ruled on the Affordable Care Act than scam artists began working the phones. Claiming to be from the government, they're saying that under the Affordable Care Act, they need to verify some information. For example, they might have the routing number of the person's bank, and then use that information to get the person to reveal the entire account number. Other times, they have asked for credit card numbers, Social Security numbers, Medicare ID, or other personal information.

The Federal Trade Commission (FTC), the nation's consumer protection agency, cautions you not to give out personal or financial information in response to unsolicited phone calls, emails, or knocks on your door. Scam artists want your information to commit identity theft, charge your existing credit cards, debit your checking account, open new credit card, checking, or savings accounts, write fraudulent checks, or take out loans in your name.

If you get a call from someone who claims to be from the government and who asks for your personal information, hang up. It's a scam. The government and legitimate organizations with which you do business have the information they need and will not ask you for it. Then, file a complaint at ftc.gov or call toll-free, 1-877-FTC-HELP.

And, here from the FTC are 10 tips for putting a lid on scams:

1. Keep in mind that wiring money is like sending cash: the sender has no protections against loss.
2. Don't send money to someone you don't know (that includes an online

merchant you've never heard of).

3. Don't respond to messages that ask for your personal information, whether the message comes as an email, a phone call, a text message, or an ad.
4. Don't play a foreign lottery. If you send money, you won't get it back, regardless of the promises. And, it's illegal to play foreign lotteries.
5. Don't agree to deposit a check from someone you don't know and then wire money back, no matter how convincing the story.
6. Read your bills and monthly statements regularly—on paper and online.
7. In the wake of a natural disaster or another crisis, give to established charities rather than one that seems to have sprung up overnight.
8. Talk to your doctor before buying health products or signing up for medical treatments. Ask about research that supports a product's claims—and possible risks and side effects. Buy prescription drugs only from licensed U.S. pharmacies.
9. Remember there's no such thing as a sure thing. If someone contacts you promoting low-risk, high-return investment opportunities, stay away.
10. Know where an offer comes from and who you're dealing with. Try to find a seller's physical address (not just a P.O. Box) and phone number. Do an internet search for the company name and website and look for negative reviews. Check them out at the Better Business Bureau at bbb.org.

Be Careful,
Angie Wright, Social Service Coordinator

Veterans and Medicare Part B Premiums

If you are a veteran, or the widow of a veteran, and receive a notice from Social Security that the State is no longer paying for your Medicare Part B premium, you should contact the Town Veterans Office at (413) 538-5015, ext. 137, to see if you are eligible for assistance with medical payments and reimbursement for your Medicare Part B premium.

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. SEPTEMBER MENU

- 3) CENTER CLOSED — LABOR DAY HOLIDAY
- 4) STUFFED PEPPERS W/SAUCE, Mashed Potatoes, Carrots, Wheat Bread Tropical Fruit or Diet Tropical Fruit.
- 5) ROASTED CHICKEN W/GRAVY, Mashed Potatoes, Peas/ Mushrooms, Cranberry Sauce, Orange Juice, Peaches or Diet Peaches.
- 6) LAZY PIEROGI & KIELBASA, Carrots, Rye Bread, Pineapple or Diet Pineapple.
- 7) BROILED POLLOCK LOINS, Scalloped Potatoes, Spinach, Whole Grained Bread, Cookies or Diet Cookies.
- 10) WHOLE GRAINED CHEESE LASAGNA, Tomato Sauce, Broccoli, Garlic Bread, Mixed Fruit or Diet Mixed Fruit.
- 11) BIRTHDAY/ANNIVERSARY—FRENCH MEAT PIE W/GRAVY, Roasted Potatoes, Ratatouille, Multi-Grained Bread, Cake or Diet Cake.
- 12) BBQ CHICKEN, Mashed Potatoes, Spinach, Apricots or Diet Apricots.
- 13) COLD PLATE: TUNA FISH SALAD, Pasta Salad, Three Bean Salad, Whole-Grained Roll, Juice, Jell-O or Diet Jell-O.
- 14) POTATO CRUSTED POLLOCK, Rice Pilaf, Cream Corn, Cornbread, Tropical Fruit or Diet Tropical Fruit.
- 17) HAM W/PINEAPPLE SAUCE, Sweet Potatoes, Romano Blend Vegetables, Rye Bread, Mandarin Oranges or Diet Mandarin Oranges.
- 18) CHICKEN A LA KING, Brown Rice, Oriental Mixed Vegetables, Multi-grained Roll, Pudding or Diet Pudding.
- 19) VEAL PATTY W/GRAVY, Mashed Potatoes, Mixed Vegetables, Multi-Grain Bread, Orange Juice, Pears or Diet Pears.
- 20) GROUND BEEF STROGANOFF, Noodles, Peas, Whole Grain Bread, Pineapple or Diet Pineapple.
- 21) CELEBRATE AUSTRALIA — POLLOCK W/FENNEL SAUCE, Au Gratin Potatoes, Carrots, Cornbread, Juice, Blueberry Crisp or Diet Blueberry Crisp.
- 24) LIVER & ONIONS, Baked Potato, Green Beans, Wheat Bread, Peaches or Diet Peaches.
- 25) COLD PLATE: EGG SALAD, Potato Salad, Pickled Beets, Roll, Banana,
- 26) 55+ WEDDING ANNIVERSARIES — ROASTED PORK W/ GRAVY, Mashed Potatoes, Wax Beans & Tomatoes, Biscuit, Cake or Diet Cake.
- 27) SALISBURY STEAK W/GRAVY, Egg Noodles, Winter Blend, Whole Grain Bread, Cookies or Diet Cookies.
- 28) ALMOND POLLOCK, Mashed Potatoes, Zucchini Blend, Rye Bread, Tropical Fruit or Diet Tropical Fruit.

ALL MEALS ARE SERVED WITH BREAD AND A 1/2 PINT OF MILK. *FOR RESERVATIONS OR CANCELLATIONS, PLEASE CALL 538-5042 NO LATER THAN 9:00 A.M. PLEASE TRY TO CALL ON FRIDAY TO EAT ON MONDAY.

Food for Thought—Nutrition Notes

By Christine M. Brown
WMEC Nutritionist

As a nation, we are starting to eat healthy foods, using healthier methods of cooking and eliminating fats and sugars from our diet. However, there are still a few bad habits that we still tend to do.

We are eating too many refined grains.

On average, Americans eat up to 620 calories a day of wheat, corn, oats, rye and other grains and most of these grains are refined flour in the form of pasta, pizza crust, pretzels, pastries, crackers and cereals. Make the majority of the grains you eat whole grains not refined grains.

We do not get enough potassium in our diet.

How much potassium are we supposed to get? The Recommended Dietary Allowance (RDA) is 4,700 milligrams a day. The average American gets about half that amount. The best way to increase potassium is to eat more fruits & vegetables.

The older we get, the less calories we need to consume on a daily basis.

Our bodies change with age and require less calories to function. Muscle mass is replaced by fat and fat burns fewer calories than muscles.

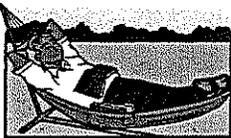
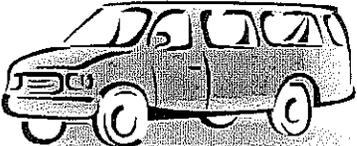
Magnesium may lower the risk of diabetes.

If you want to avoid type 2 diabetes, lose extra pounds, exercise daily and limit sweets, especially sugary drinks. It also may help to eat more magnesium rich foods such as leafy greens, beans, whole grains, nuts and wheat bran. A typical woman gets 250 mg. of magnesium a day and it should be by 320 mg. A typical man gets 335 mg. but should get 420 mg.

Source: Information taken from Nutrition Action newsletter June 2012.

*** Picnic Thank You ***

First of all I extend my sincere thanks to Hampshire County Sheriff Robert Garvey for the loan of the grill to cook on. We could not have the delicious burgers and hot dogs without the chefs and I want to thank retired Police Officer Paul Klekotka, TRIAD Officer Mike Pollender, Police Officer Steve Fleming and Fire District #2 TRIAD representative Mike O'Neill. Your assistance definitely makes the event possible. I also want to thank the staff for working together as a team but also the faithful and dedicated volunteers. Without the volunteer assistance, special events would not be possible! The volunteers included Muriel Hunter, Peg Ryan, Claire Cantin, Vickie Dorscheid, Noella Loiselle Gail Belizna, Adele Moskal, Doris Pichette, Barbara Hatch, Nick Bernard, Carol Griffin, Melide Normand, Donna Robideau, Blanca Brunelle, Sheila Adams, Renee Orzechowski and Dee Martin. *Joanna*

<p>3 LABOR DAY HOLIDAY CENTER IS CLOSED</p> 	<p>4 STUFFED PEPPERS W/SAUCE 10 Beginning Exercise Resumes-EX 1 Bingo-CR 1 Movie-EX 1 Needlecraft-CE</p>	<p>5 ROASTED CHICKEN W/GRAVY 8 HIP-EX 10 Travel Club-C1 10:30 Osteoporosis Exercise-EX 1 Pitch-CR 1 Mah Jongg Teach & Learn-CE 1 Senior Poetry-C2</p>	<p>6 LAZY PIEROGI & KIELBASA 10 Alzheimer's Support -C2 10 Beginning Exercise-EX 10 Travel Club-C1 12:30-2:00 Ride to Vote 1 Quilting-CE 1 Scrabble-L 1 Golden Agers-Resumes-CR</p>	<p>7 BROILED POLLOCK LOINS 9:30 Grocery Shopping 10 Coffee & Conversation-DR 10:30 Osteoporosis Exercise-EX 1 Knitting-L 1 Bridge-CE 1 Cribbage-CR 1 Canasta & Poker-DR</p>
<p>10 WHOLE GRAIN LASAGNA 9:30 FOOT NURSE (by appt.) 10 Tai Chi-EX 10 Music Appreciation-CE 1 Paker/Pinochle/Canasta-DR 1 Mah Jongg-CE 1 Red Hat Society-CR 4 COA Board Meeting-C2</p>	<p>11 BIRTHDAY/ANNIVERSARY FRENCH MEAT PIE W/GRAVY 9-12 SHINE (by appt.) 10 Beginning Exercise-EX 1 Bingo-CR 1 Movie-EX 1 Needlecraft-CE</p>	<p>12 BBQ CHICKEN Senior Travel Club Trip 8 HIP-EX 10 Travel Club-C1 10:30 Osteoporosis Exercise-EX 1 Choralites Begin-DR 1 Pitch-CR 1 Mah Jongg Teach & Learn-CE</p>	<p>13 COLD TUNA SALAD PLATE 10 Beginning Exercise-EX 10 Travel Club-C1 12:30-2pm Blood Pressure Screening w/Nurse-C2 1 Scrabble-L 1 Quilting-CE 1 Golden Agers-CR</p>	<p>14 POTATO CRUSTED POLLOCK 9:30 Grocery Shopping 10 Coffee & Conversation-DR 10:30 Osteoporosis Exercise-EX 1 Knitting-L 1 Bridge-CE 1 Cribbage-CR 1 Canasta & Poker-DR</p>
<p>17 HAM WITH PINEAPPLE SAUCE 9-2 Trip to Big E 10 Tai Chi-EX 10 Music Appreciation-CE 1 Poker-DR 1 Pinochle-DR 1 Canasta-DR 1 Mah Jongg-CR</p>	<p>18 CHICKEN A LA KING 10 Beginning Exercise-EX 10-11 Brown Bag-CE 10 Lo-Vision Support-C2 1 Bingo-CR 1 Movie-EX 1 Needlecraft-CE 2 Get Going-C2</p>	<p>19 VEAL PATTY W/GRAVY Senior Travel Club Trip 8 HIP-EX 10 Travel Club-C1 10:30 Osteoporosis Exercise-EX 1 Choralites-DR 1 Pitch-CR 1 Mah Jongg Teach & Learn-CE 1 Senior Poetry-C2</p>	<p>20 GROUND BEEF STROGANOFF 10 Beginning Exercise-EX 10 Travel Club-C1 1 Quilting-CE 1 Scrabble-L 1 Golden Agers-CR</p>	<p>21 CELEBRATE AUSTRALIA POLLOCK W/FENNEL SAUCE 9:30 Grocery Shopping 10 Coffee & Conversation-DR 10:30 Osteoporosis Exercise-EX 11:30 Rep. John Scibak-DR 1 Bridge-CE 1 Cribbage-CR 1 Canasta & Poker-DR 1 Knitting-L</p>
<p>24 LIVER & ONIONS 9:30 Foot Nurse (by appt.) 10 Tai Chi-EX 10 Music Appreciation-CE 1 Poker-DR 1 Pinochle-DR 1 Canasta-DR 1 Mah Jongg-CR</p>	<p>25 COLD EGG SALAD PLATE 9 Newsletter Collating-CE 9-12 SHINE (by appt.) 10 Beginning Exercise-EX 1 Binga-CR 1 Movie-EX 1 Needlecraft-CE</p>	<p>26 55+ ANNIVERSARY PARTY ROASTED PORK W/GRAVY 8 HIP-EX 10 Travel Club-C1 10:30 Osteo Exercise-EX 1:30 Choralites-DR 1 Mah Jongg-CE 1 Pitch-CR</p>	<p>27 SALISBURY STEAK W/GRAVY 10 Beginning Exercise 10 Travel Club-C1 10:30 Blood Pressure Screening w/Fire District #1-DR 1 Quilting-CE 1 Scrabble-L 1 Golden Agers-CR</p>	<p>28 ALMOND POLLOCK 9:30 Grocery Shopping 10 Coffee & Conversation-DR 10:30 Osteoporosis Exercise-EX 1 Knitting-L 1 Bridge-CE 1 Cribbage-CR 1 Canasta-DR 1 Poker-DR</p>
<p>DRUG TAKE BACK DAY Saturday, September 29th 10-2:00 p.m. Police Station</p>		<p>SEPTEMBER 2012 NATIONAL SENIOR CENTER MONTH</p>	<p>IN TOWN TRANSPORTATION IS AVAILABLE MONDAY-FRIDAY 9-3 BY APPOINTMENT ONLY</p> 	<p>ROOM KEY B=Billiards Room CR=Card Room CE=Ceramics C2=Formerly Old Office C1=Conf. Room Off Library EX=Exercise Room DR=Dining Room L=Library</p>

IN MEMORIAM

IN MEMORY OF:

FROM:

ACTIVITIES/NECESSITIES:

ELAINE CARDINAL Cribbage Sunshine Club

GEORGE BELLEROSE Alice Bellerose

SERVICES GIFT ACCOUNT:

HELEN ROGERLESKI The (COA) Knitting Group
Dolly Crossland
Adele Moskal
Michael Koske & Family

NUTRITION:

HELEN ROGERLESKI Irene Gondek
Sheila Adams
Fran Mytkowicz
So. Hadley Senior Travel

WILLIAM LUCHINI Rose Luchini

CLAUDETTE FINCK Lucille Mainville

ALBERT CARRIER Janet Brunelle

EUGENE TURCOTTE HIP

SIMONE BARTHELETTE Noella Loiselle

FRANK J. DZIJA Fred & Mary Rider

CHRISTMAS BASKET:

ISABELLA BACIS LABRANCHE Lathrop Village &
Newton Manor Tenants Assoc.

FERNAND MAILHOT Lathrop Village & Newton
Manor Tenants Association

ROBBIE LUSIGNAN Lathrop Village & Newton
Manor Tenants Association

MOTHER'S GARDEN:

HELEN ROGERLESKI Virginia & Bill Sligo

LUANNE REYNOLDS Noella Loiselle

HELEN ROGERLESKI Ed & Gerri Bennett

IN MEMORIAM

IN MEMORY OF:

FROM:

ANNA MAE PARKER MEMORIAL FUND:

GENEVIEVE MCGRATH Dick & Janet Stawasz

NEWSLETTER:

HELEN ROGERLESKI Doris Pichette

RICHARD CORRIVEAU Melide Normand

FRANCIS PONT Alice Pont

FRANK J. DZIJA Ed & Geri Bennett

LIGHTS ON:

JAMES YOUNG S.H. Senior-Travel Club

BUILDING FUND:

EDGAR "NED" NOEL So. Hadley Organizational
Unisex Therapeutic Swim (SHOUTS)
Cindy & David Morrell
Patricia Kraske
Gerald Greaney

JAMES YOUNG Susan Canedy

HELEN ROGERLESKI Judy Fortier
Tillie Laverdiere
Sara & Gil Bach
Marilyn G. Ishler
Susan Canedy

PAULINE & RAYMOND TONELLI
Wendell & Cecile Clark

SUBSIDIZED SR. TRANSPORTATION:

HELEN ROSINSKI Bea Fernandes

MINI-BUS MAINTENANCE:

HELEN ROGERLESKI Claire Bielanski

JACK RYAN Lucille Ryan

SENIOR NET:

DR. JOHN KISIEL, JR. Patricia Kraske

COUNCIL ON AGING BOARD MEMBERS

Chairperson—M. Connie Laplante
Vice Chairperson—Donna Robideau
Secretary—Elaine Foley
Irene Bernstein Doris Bibeau
Frances Collins Judith Fortier
Elizabeth Innocent Thomas McAuley
Virginia Sligo Theodore Tylunas

1st ANNUAL PENNY 'S PRIDE MEMORY RIDE

Please join us for this ride in memory of
Janet "Penny" Koske

Proceeds will benefit South Hadley Council on Aging
Alzheimer's Caregiver's Support Group and the
South Hadley Council on Aging Services Gift Account

Saturday, September 8, 2012

Rain or Shine

Registration starts at 10:30 a.m. at Ebenezer's
60 Bridge Street, South Hadley

Ride departs at 12:00 p.m.

Pig Roast/BBQ

Live Entertainment by the Vallan Brothers

50/50 Raffle and More

Non-Riders are invited to attend also: arrive at
Ebenezer's at 4:00 p.m.

Parking available at Ryder's Funeral Home for cars

Advance Tickets on sale:

\$20 for Rider/\$10.00 for passenger

\$10.00 a person for Non-riders

For more information and tickets call: Sissy at
(413)575-2590; Jeri Lynn at (413) 533-0999 or
Debbie at (413) 563-3543

SPECIAL THANKS TO THE GRANBY DUNKIN
DONUTS FOR THE 10% DISCOUNT ON THE
DONUTS PURCHASED FOR THE ANNUAL PICNIC.

"ARE YOU OK?"

A FREE computerized reassurance program, operated from the South Hadley Police Department. With this program, you will be called seven days a week, to see if you are up and about. The program is designed to bypass an answering machine so it is not a problem to have one and keep it on. For residents who live alone this is a wonderful program. It can save one from helplessly lying on the floor waiting for someone to check on them. Also this program can provide peace of mind for an out-of-town family. If you would like more information call the COA 538-5042 or Officer Mike Pollender at 538-8231.

The next meeting of the South Hadley TRIAD will be held on Tuesday, September 25th at 9 a.m. at the South Hadley Police Station. If you are interested in volunteering for a group who focuses on safety awareness and community education, please stop by. New volunteers are welcome.

Transportation is available to & from the South Hadley Senior Center and destinations in town. It is provided in part by the Executive Office of Elder Affairs.

H.E.L.P.

Is a Hampshire Elder Law Program that receives grant money from the Massachusetts Bar foundation to assist low-income elders, sixty years of age or older who reside in Hampshire County. Services include bankruptcy, consumer protection, divorce, guardianship, health care proxies, powers of attorney, probate of estates, and wills. The program also offers collaboration with agencies to assist Hampshire county elders obtain legal advice and services. Please contact Angie Wright for more information at (413) 538-5042, Ext. 206.

SEPTEMBER IS NATIONAL SENIOR CENTER MONTH. THE THEME FOR THIS YEAR IS "IT HAPPENS AT MY SENIOR CENTER. MY LIFE. MY TIME. MY WAY." Come and check out what your senior center has for programs and activities. There are many opportunities to not only enjoy the services but also to help provide services by volunteering. If you want a tour, please call in advance so one of the staff members can take you on a guided tour and answer any questions you may have. Also, if there is an activity or program you would like us to provide, please let us know. We do our best to offer new programs when possible and evaluate their success. One of the new programs being considered is Zumba Gold. If you are interested in taking part in this exercise program, with a physician's permission, please call the office at 538-5042 and indicate what time is best for you. Your input will help us decide on a time and day in finding an instructor.

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

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VNA & Hospice of Cooley Dickinson



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www.VNAandHospice.Org

If you or someone you love has fallen or has a fear of falling, call us for our specialized falls prevention program.

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