

COUNCIL ON AGING

South Hadley Massachusetts

The sun never sets on our Activities...

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THE GOLDEN CHRONICLE

APRIL 2011

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 Social Services Coordinator:
 Angie Wright -
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 WebSite: www.southhadley.ma.gov

VOLUNTEER APPRECIATION

FRIDAY, APRIL 15TH

Our annual Evening of Appreciation will be held on April 15th from 6:00- 8:00 p.m. Dining room doors will open at 5:30 p.m. Everyone who recorded their hours during 2010 will receive an invitation. Most invitations will be hand delivered by the first week of April. Please reply on or before April 8th by calling 538-5042, or stop by the office. Free transportation will be provided upon request. When you make your reservation, please let the receptionist know you need a ride. Please come and enjoy the fun as the staff pays tribute to the many wonderful and faithful volunteers who help to make our many programs possible.

Names of volunteers will be accepted first and if room permits guests will be welcome.

THE MEMBERS OF THE STAFF EXTEND SPECIAL THANKS TO THE 200+ VOLUNTEERS FOR YOUR ASSISTANCE DURING THE LAST YEAR. WITHOUT YOUR DEDICATION, MANY OF THE PROGRAMS AND ACTIVITIES COULD NOT EXIST. YOU ARE AN INTEGRAL PART OF OUR TEAM!

TOWN ELECTIONS WILL TAKE PLACE ON MONDAY, APRIL 4TH FROM 7 A.M. UNTIL 8 P.M. Every one will vote at South Hadley High School on Newton Street. For a free ride to vote call 538-5042 and make your reservation. The cost is subsidized by the Friends of South Hadley Elderly, Inc.



Every Weekday: Nutritious & Delicious Lunch 11:45 am - 12:15 pm, in the South Hadley Senior Center Dining Room. Please reserve a day in advance (538-5042). Remember to cancel if you cannot make the luncheon. Suggested donation \$2.25 for persons over 60 and \$3.00 for all others. 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

May 8-15-Bermuda Cruise. Cabins still available but act quickly, time is running out. Round-trip motor-coach transportation to/from NY Pier. 8 days/7 nights aboard the **Norwegian Gem** (3 years old). Docking in King's Wharf, Bermuda for 3 days. Cost depends upon cabin choice (from \$944 to \$1,334) port charges and government taxes included. Call Judy Fortier, 534-3598 for additional information. **NEWLY SCHEDULED SPRING/SUMMER TRIPS: Wednesday, May 25, 2011-Friesian's of Majesty/Basketville/lunch at Putney Inn.** Brief stop at Basketville, then lunch at Putney Inn followed by a choreographed musical show with black stallions, the **Friesian's of Majesty**. You will meet these gentle animals up close. Cost \$82. Contact Susan Canedy, 536-2106. **Wednesday, June 22, 2011-Lake George Luncheon Cruise.** Includes a buffet luncheon on beautiful Lake George aboard the paddleboat **M/V Iacduc Sacrement** with musical entertainment. Free time to browse in lovely Lake George Village, maybe we can round up a group for a mini-golf game at your own cost. Trip Cost \$66.00. Contact Judy Fortier 534-3598. **Wednesday, July 20, 2011: Boston Whale Watch and Joe Tecce's Restaurant.** Includes a 3-hour whale watch on a comfortable high speed catamaran. Afternoon lunch at **Joe Tecce's**, a 50-year Boston favorite. Cost: \$86.00. Contact Barbara Laramee, 536-8567. **Thursday, August 25. MacHayden Theatre** featuring **Roger and Hammerstein's "Carousel."** Lunch at **The White Stone Café**. Cost: \$76.00. Contact Susan Canedy 536-2106. A \$5.00 non-refundable deposit required on all non-casino trips. No deposit for "wait list." No refund prior to 6 weeks before a trip. A Travel Club representative is at the South Hadley Senior Center on Wednesday and Thursday between 10:00 and 11:30. Flyers available.



NOTES FROM THE DIRECTOR

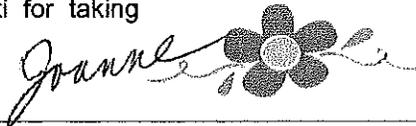
Spring is my favorite time of year. I love watching for the first robin, the first crocus and seeing it stay light longer. It is the season of re-birth and a great time to get out of the house and enjoy the season. Come and visit us at the senior center and enjoy a meal or visit the Mother's Garden and see the wonder of nature in the beautiful spring blossoms. There are many programs and activities as well as exercise classes. Keeping active and busy is the proven way to stay healthy. The luncheon is a good way of helping to stretch your grocery budget while enjoying the company of good friends.

April 3rd marks a personal milestone for me, twenty-five years of employment at this senior center. I cannot believe how quickly the years have passed and the many changes that have occurred. However, I know my time here has been well spent!

Currently the staff is busy planning the Volunteer Appreciation, the event that provides us with the opportunity to give thanks to the many faithful volunteers who have assisted us through 2010. Please note, if you are a new volunteer or have no recorded hours in 2010, you will not be invited this year. This recognition is based on a calendar year. We hope to see you. Volunteers will be accommodated first. If room allows, guests will also be welcome but first must go on a waiting list. It is a fun evening so please try to come and let the staff wait on you!

I want to thank all of the staff and volunteers for helping to make the St. Patrick's Day luncheon event outstanding! Special thanks to Barbara Hatch for researching Ireland and sharing some trivia and to Kathy Gallivan for sharing her Irish memorabilia. Congratulations to Jeanne Garon whose name was drawn as Colleen and to her Court: Dolly Crossland, Lea Kelly, Venita Redding, and Florence Gallivan. Special thanks to Gert Kennedy at the piano, Rita Lawler director and the Choralites for a wonderful musical tribute to the Irish. Thank you to Blanca Brunelle and Nancy Herrick for decorating the dining room in green and to Renee Orzechowski for taking pictures.

HAPPY SPRING!!!!



DIABETIC SUPPORT GROUP

WEDNESDAY, APRIL 13TH AT 1 P.M.

"DIABETES MEDICATIONS"

Come and meet the Pharmacist from Mercy Hospital to learn about your pills and insulin. Everyone welcome.

AMERICAN DIABETES ASSOCIATION EXPO

"Learn how to live healthy, be active and change the future of diabetes." SATURDAY, APRIL 16, 2011

10 A.M.—3 P.M.—CONNECTICUT EXPO CENTER, HARTFORD, CT - No charge for this event.

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**** SPECIAL THANKS TO: PEOPLESBANK, DR. & MRS. WALTER WOLF, KAREN & CHIP DOHERTY, MRS. EUGENE HURTZ, ROYANNA LAW-ARTS UNLIMITED, BETTY JEANNE PROUTY, DR. & MRS. STEVEN SAMUELS, SKIBEL PLUMBING, INC., SOUTH HADLEY DENTAL ASSOC. INC., AND TECH FAB INC. FOR DONATING TICKETS FOR THE SOUTH HADLEY CHORALE PERFORMANCE. RECIPIENTS WERE MOST GRATEFUL AND ENJOYED THE PERFORMANCE!**

TRIAD TIP OF THE MONTH

Don't forget about getting a house number in place because it might SAVE your life in the event of an emergency. A \$5.00 donation will be appreciated. Call the COA at 538-5042 and add your name, address and phone number to the growing list of requests.

The Hampshire/Franklin TRIAD program, Northwestern D.A.'s office, Hampshire/Franklin County Sheriff's Dept. and local partners are sponsoring A National Prescription Drug Take Back Day, Saturday, April 30, 2011 from 10 a.m.-2 p.m. Granby High School is the local drop-off point for this event. **No sharps, thermometers, IV bags, chemo drugs or liquids.** The So. Hadley Police Station accepts unwanted medications every day (see below). Call Joanne 538-5042, Ext. 204 or Angie, Ext. 206 for more information.

FREE TO SOUTH HADLEY RESIDENTS (organized by S. Hadley Board of Health, Police Dept. and DPW) **RESIDENTIAL UNWANTED MEDICATIONS COLLECTION PROGRAM.** 24 hours a day, 7 days a week at the Police Department Station, 41 Bridge Street. Simply black out any personal information on the container but leave medication information intact. Deposit in the slot located in the phone booth in the entry hall. The medications collected will be transported to a licensed facility for proper disposal. NO hypodermic needles or lancets accepted, filled sharps containers accepted at DPW and exchanged for an empty container. Do not flush medications down the toilet or place in trash. If medications contain the following they are not to be placed in the drop box: Arsenic trioxide, Chloral hydrate (CIV), Chlorambucil, Cyclophosphamide, Daunomycin, Dichlorodifluoromethane, Diethylstilbestrol, Ephinephrine base, Hexachlorophene, Lindane, Melphalan, Mercury, Mitomycin C, Nicotine, Nitroglycerin, Paraldehyde, Phenol, Phentermine, Physostigmine, Physostigmine salicylate, Reserpine, Resorcinol, Saccharin, Selenium Sulfide, Streptozotocin, Trichloromonofluoromethane, Uracil mustard, Warfarin.

GOOD NEWS: Medicare Part D "donut hole" is closing but not until 2020. The federal Patient Protection & Affordable Care Act (known as Health Care Reform) provides for gradual closure of the Medicare Part D "donut hole" but not until 2020. This year, when Medicare beneficiaries (who do **not** get Extra Help) reach the donut hole, their Part D plan will pay 50% of covered brand name drugs and 7% of covered generic drugs. The beneficiary's cost will be the remaining 50% (brand name) or 93% (generic). If you take a brand name drug that costs \$300, you will still have to pay \$150. Prescription Advantage can help. Prescription Advantage, the Massachusetts prescription drug assistance program, can help reduce your out-of-pocket costs even further when you reach the donut hole. Call Prescription Advantage at **1-800-243-4636** or Angie Wright at 538-5042, Ext. 206 for more information.

Angie's News and Notes

Thank all goodness that spring is finally is finally here! I'm looking forward to spending weekends in my beautiful Hosta garden. Through the years, I have accumulated over 100 different varieties, and at this point I have no room left in my garden space! I'm so very thankful that Hostas are easy to grow, as I really do not have what is known as a "green thumb." Happy spring to all.

This month I would like to focus on SSI, a very important program.

Angie Wright
Social Service Coordinator

Supplemental Security Income (SSI) In Massachusetts

SSI, or Supplemental Security Income, is a federal program that provides monthly cash payments to people in need. SSI is for people who are 65 or older, as well as for the blind or people with disabilities of any age, including children. SSI is financed from general revenues, not Social Security taxes. The State of Massachusetts adds money to the federal payment.

If you get Social Security benefits, but have limited income and resources (things you own) SSI may be able to help. To qualify you must have little or no income and few resources. This means that the value of the things you own must be less than \$2000 if you are single or less than \$3000 if you are married. The value of your

home does not count. And the value of certain other resources, such as a burial plot, may not count either.

What is considered income?

Earned income is wages, net earnings from self-employment, certain royalties and honoraria, and sheltered workshop payments. Unearned income is all income that is not earned, such as Social Security benefits, pensions, State disability payments, unemployment benefits, interest income, and cash benefits from friends and relatives.

Generally, the more income you have, the less your SSI benefit will be. If your countable income is over the allowable limit, you cannot receive SSI benefits. However, some of your income may not count as income for the SSI program.

One Example: SSI Federal & State benefit with unearned income:

Total monthly income = \$300 (Social Security benefit)

1) \$300 (Social Security benefit)
-20 (the first \$20 of unearned income is not counted)
=\$280 (countable income)

2) \$802.82 = combined Federal & State benefit rate for an aged individual living alone :

\$802.82
-280 (countable income)
=\$522.82 (SSI benefit)

To apply for SSI benefits or to receive more information please call the local Social Security office located on 200 High St., Holyoke, MA 01040 at 1-877-480-4989.

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. APRIL 2011 MENU

- 1) POLLOCK LOINS, Scalloped Potatoes, Beets, Pineapple or Diet Pineapple.
- 4) CHICKEN NUGGETS, Rice, Broccoli & Cauliflower, Rye Bread, Bananas.
- 5) BIRTHDAY/ANNIVERSARY, Veal Parmesan w/Pasta, Garlic Bread, Italian Bean Blend, Orange Juice, Birthday/Anniversary Cake or Diet Cake. Congregate: Toss Salad
- 6) FRENCH MEAT PIE W/GRAVY, Noodles, Carrots, Whole-Grain Bread, Tropical Fruit or Diet Tropical Fruit.
- 7) TERIYAKI CHICKEN, Au Gratin Potatoes, Beets, Whole Grained Bread, Mandarin Oranges or Diet Mandarin Oranges.
- 8) STUFFED SHELLS, Mixed Vegetables, Garlic Bread, Orange Juice, Pears or Diet Pears.
- 11) MEATLOAF W/GRAVY, Mashed Potatoes, Peas & Onions, Applesauce or Diet Applesauce.
- 12) BAKED HAM W/PINEAPPLE, Brown Rice, Spinach, Oatmeal Bread, Jell-O or Diet Jell-O.
- 13) CHEESE LASAGNA W/SAUCE, Garlic Bread, Brussels Sprouts, Juice, Peaches or Diet Peaches.
- 14) ROASTED TURKEY W/GRAVY, Mashed Potatoes, Corn, Whole Wheat Bread, Cranberry Sauce, Apricots or Diet Apricots.
- 15) FLORENTINE POLLOCK, Brown Rice, Roll, California Blend Vegetables, Cookies or Diet Cookies.
- 18) CLOSED—PATRIOT'S DAY HOLIDAY
- 19) HOT TURKEY SANDWICH, Mashed Potatoes w/Gravy, Broccoli, Cranberry Sauce, Tropical Fruit or Diet Tropical Fruit.
- 20) CELEBRATE ITALY, Chicken Cacciatore, Pasta, Spinach, Garlic Bread, Italian Bread Pudding, or Diet Italian Bread Pudding.
- 21) STUFFED PEPPERS W/SAUCE, Mashed Potatoes, Carrots, Biscuit, Brownies or Diet Brownies.
- 22) BREADED POLLOCK FILETS, Rice, Creamed Corn, Multi-Grained Roll, Pineapple or Diet Pineapple.
- 25) AMERICAN CHOP SUEY, Green Beans, Cornbread, Orange Juice, Peaches or Diet Peaches.
- 26) GRILLED HAM & CHEESE SANDWICHES, Potato Puffs, Corn Cobbets, Juice, Mandarin Oranges or Diet Mandarin Oranges.
- 27) LIVER & ONIONS, Mashed Potatoes, Peas & Mushrooms, Whole Grained Bread, Apricots or Diet Apricots.
- 28) SWEET & SOUR PORK, White rice, Oriental Vegetables, Oatmeal Bread, Vanilla Pudding or Diet Vanilla Pudding.
- 29) TUNA & NOODLE CASSEROLE, Stewed Tomatoes, Roll, Brownies or Diet Brownies.

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.

New Dietary Guidelines 2010

By Chris Brown
Nutritionist WMEC

The New Dietary Guidelines for Americans were made public at the end of January and were issued by the USDA and HHS. The guidelines provide advice for the making of food choices that promote good health, a healthy weight and help prevent disease for healthy Americans age 2 and over. The guidelines includes 23 key recommendations for all Americans. They focus on four major themes:

- ♦ Reduce the incidence & prevalence of overweight and obesity of the U.S. population by reducing overall calorie intake.
- ♦ Shift food patterns to include more vegetables, dried beans, fruits, whole grains, nuts & seeds. Also to increase intake of seafood and low-fat dairy.
- ♦ Reduce the intake of foods that contain added sugars, fats and sodium.
- ♦ Get more physical in one's lifestyle.

Here is what you can do:

Enjoy your food, but eat less. Avoid oversized portions. Make one half your plate vegetables and fruit.

Use low-fat or fat-free milk.

Compare sodium in foods like soup, bread and frozen meals and choose the foods with lower numbers.

Drink Water instead of sugary drinks.



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<p>ROOM KEY CR=Card Room CE=Ceramics C2=Formerly Old Office C1=Conf. Room Off Library EX=Exercise Room DR=Dining Room L=Library</p>	<p>IN TOWN TRANSPORTATION AVAILABLE MONDAY-FRIDAY FROM 9-3, BY APPOINTMENT ONLY.</p> 	<p>APRIL</p>  <p>2011</p>		<p>1 POLLOCK LOINS 9-12 AARP Tax Assist-C2 9:30 Grocery Shopping 10 Bereavement Support-CE 10 Coffee & Conversation-DR 10:30 Osteoporosis Exercise-EX 1 Knitting-L/Cribbage-CR 1 Canasta/Poker-DR/Bridge-CE</p>
<p>4 CHICKEN NUGGETS 10 Music Appreciation-CE 11 Tai Chi-EX 1 Stained Glass-CE 1 Poker-DR 1 Pinochle-DR 1 Canasta-DR 1 Red Hat Society-CR</p>	<p>5 BIRTHDAY/ANNIVERSARY VEAL PARMESAN/PASTA 10 Beginning Exercise-EX 1 Bingo-CR 1 Movie-EX 1 Needlecraft-CE 6:15 Men's Night/Mah Jongg</p>	<p>6 FRENCH MEAT PIE/GRAVY 8 HIP-EX 9:30 Grocery Shopping 10 Travel Club-C1 10:30 Osteoporosis Exercise-EX 1 Mah Jongg -CE 1 Pitch-CR 1 Choralites-DR 1 Senior Poetry-C2</p>	<p>7 TERIYAKI CHICKEN 10 Alzheimer's Support Group-C2 10 Beginning Exercise-EX 10 Travel Club -C1 1 Golden Agers -CR 1 Scrabble-L 1 Quilting-CE</p>	<p>8 STUFFED SHELLS 9-12 AARP Tax Assist-C2 9:30 Grocery Shopping 10 Bereavement Support-CE 10 Coffee & Conversation-DR 10:30 Osteoporosis Exercise-EX 1 Knitting-L/Bridge-CE 1 Cribbage-CR 1 Canasta/Poker-DR</p>
<p>11 MEATLOAF/GRAVY 9 Yoga (New Session)- EX 9:30 FOOT NURSE (by appt) 10 Music Appreciation-CE 11 Tai Chi-EX 1 Stained Glass-CE 1 Poker/Pinochle-DR 1 Canasta-DR 4 COA Board Meeting-C2</p>	<p>12 BAKED HAM/PINEAPPLE 9-12 SHINE (by appointment) 10 Beginning Exercise-EX 1 Bingo-CR 1 Movie-EX 1 Needlecraft-CE 6:15 Men's Night/Mah Jongg</p>	<p>13 CHEESE LASAGNA/SAUCE 8 HIP-EX 9:30 Grocery Shopping 10 Travel Club-C1 10:30 Osteoporosis Exercise-EX 1 Diabetic Support Group-C2 1 Choralites-DR 1 Pitch-CR 1 Mah Jongg-CR</p>	<p>14 ROAST TURKEY/GRAVY 10 Beginning Exercise.-EX 10 Travel Club-C1 12:30-2pm Blood Pressure Screening w/Nurse-C2 1 Friends Meeting-DR 1 Golden Agers-CR 1 Quilting-CE/Scrabble-L</p>	<p>15 FLORENTINE POLLOCK 9-12 AARP Tax Assist-C2 9:30 Grocery Shopping 10 Bereavement-Support-CE 10 Coffee & Conversation-DR 10:30 Osteoporosis Exercise-EX 11:30 Rep. John Scibak-DR 1 Knitting-L/Bridge-CE 1 No Activities in Dining Room 5:30 Volunteer Appreciation-DR</p>
<p>18 PATRIOT'S DAY HOLIDAY CENTER IS CLOSED</p> 	<p>19 HOT TURKEY SANDWICH 10-11 Brown Bag-CE 10 Low Vision Support-C2 10 Beginning Exercise-EX 1 Bingo-CR 1 Movie-EX 1 Needlecraft-CE 6:15 Men's Night/Mah Jongg</p>	<p>20 CELEBRATE ITALY CHICKEN CACCIATORE 8 HIP-EX 9:30 Grocery Shopping 10 Travel Club-C1 10:30 Osteoporosis Exercise-EX 1 Choralites-DR 1 Mah Jongg-CE/Pitch-CR 1 Senior Poetry-C2</p>	<p>21 STUFFED PEPPERS/SAUCE 10 Veteran's Group-CE 10 Beginning Exercise.-EX 11 Travel Club-C1 1 Get Going-C2 1 Golden Agers-CR 1 Scrabble-L 1 Quilting-CE</p>	<p>22 BREADED POLLOCK 9:30 Grocery Shopping 10 Bereavement Support-CE 10 Coffee & Conversation-DR 10:30 Osteoporosis Exercise-EX 1 Knitting-L 1 Bridge-CE 1 Cribbage-CR 1 Canasta-DR 1 Poker-DR</p>
<p>25 AMERICAN CHOP SUEY 9 Yoga-EX 9:30 FOOT NURSE (by appt) 10 Music Appreciation-CE 11 Tai Chi-EX 1 Stained Glass-CE 1 Poker-DR 1 Pinochle-DR 1 Canasta-DR 1 Monday Cribbage-CR</p>	<p>26 GRILLED HAM & CHEESE 9 Newsletter Collating-CE 9-12 SHINE (by appointment) 10 Beginning Exercise-EX 1 Bingo-CR 1 Movie-EX 1 Needlecraft-CE 6:15 Men's Night/Mah Jongg</p>	<p>27 LIVER & ONIONS 8 HIP-EX 9:30 Grocery Shopping 10 Travel Club-C1 10:30 Osteoporosis Exercise-EX 1 Choralites-DR 1 Mah Jongg-CE 1 Pitch-CR</p>	<p>28 SWEET & SOUR PORK 10 Beginning Exercise.-EX 10 Travel Club-C1 10:30 Blood Pressure Screening w/Fire District #1-DR 1 Golden Agers-CR 1 Scrabble-L 1 Quilting-CE</p>	<p>29 TUNA NOODLE CASSEROLE 9:30 Grocery Shopping 10 Bereavement Support-CE 10 Coffee & Conversation-DR 10:30 Osteoporosis Exercise-EX 1 Knitting-L 1 Cribbage-CR 1 Canasta-DR 1 Poker-DR 1 Bridge-CE</p>

ANNE'S NEWS

WELCOME APRIL!!!!!! After the long, snowy winter and mountainous snow banks it is wonderful to greet the Spring. April is a very special month at the Council on Aging because it is the month we honor our volunteers for their commitment and service. I am in the process of distributing invitations to everyone who gave volunteer hours in 2010. The date to let us know if you will be attending is April 8. If you have not received an invitation by then, and know you gave volunteer hours in 2010, please let me know, I don't want to overlook anyone. I anticipate a lovely evening with a delicious buffet meal prepared by our staff, a gift for each volunteer and entertainment by singer, Dave Colucci. Our volunteers deserve much honor!

Our April Birthday and Anniversary Luncheon will be held on Tuesday, the 5th. If you would like to attend please call the office at 538-5042, in advance, and let them know you are a celebrant this month. We love celebrating your day!

On Wednesday, April 20th we will Celebrate Italy. Billy is preparing Chicken Cacciatore and Barbara will prepare trivia to enlighten you. Now that we are celebrating countries we would like to encourage you to join in by wearing a costume, bringing in music or something else to show the group that day from the country we are celebrating.

I would like to thank Sallie Pitt for the generous gift of tickets to the South Hadley Chorale concert, I'm sure it was enjoyed by the recipients of the tickets. Also, Chet Janik, the president of the Golden Agers gave us 2 pretty platters for serving pastries on. Thank you for your thoughtfulness!

Last month our volunteers donated 1,132 hours at the Senior Center. Thank you so much for all you do! We are currently looking for new volunteers to work in our Nutrition Program. We serve lunch and send out meals on wheels 5 days a week and that requires many capable volunteers. If you have one morning a week, month or more available and think you would like to help us out, please call me at 538-5042. We can work out a schedule that works with your availability.

My highlighted activity this month is Stained Glass. They meet on Mondays at 1:00p.m. to create beautiful stained glass ornaments and decorations. They would love new members and also experienced "stained glassers" who could teach them to do new projects. Feel free to come in to observe or participate any Monday and call me if you have any questions.

Hope to see you soon,

Anne

South Hadley Council on Aging
SeniorNet
Computer Learning Center 

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

SeniorNet is planning its next classes. Give us a call at 533-6889 to tell us about your interests. Among the courses that may be offered are:

FUNDAMENTALS: A basic course for students who have had little or no prior experience with computers. You will get hands on practice using a mouse, navigating computer menus, and will begin to learn computer technology.

This is a two week course that meets twice a week for two hours. Other possible classes:

INTERNET: Offers an explanation of how the internet works and explains email, using "search engines", such as Google, and introduces you to the SeniorNet national website where there are a variety of chat rooms and short explanations of various programs.

INTRODUCTION TO COMPUTERS: An overview of what can be done with a personal computer. Topics covered briefly include Word Processing, Spreadsheets, Databases and the Internet.

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. Most classes run for 8 lessons, each lasting 2 hours.

SeniorNet has a website. It is available to those interested in the classes and workshops. There is information about SeniorNet, a calendar, and other information about the program. You can reach the website at SENIORNESH.ORG. If you wish you can leave us a message by clicking on the Contact Us tab.

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. We'll call you right back.

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