

COUNCIL ON AGING

South Hadley Massachusetts



The sun never sets on our Activities...

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FEBRUARY 2011

Chairperson: M. Connie Laplante

Social Service Coordinator:
 Angie Wright

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 Website: www.southhadley.org/
 pages/SouthHadleyMA_COA

HAPPY VALENTINE'S DAY

MONDAY, FEBRUARY 14TH
 SUGGESTED DONATION \$2.25

Pot Roast dinner with special dessert provided by Beers & Story Funeral Home and a picture display of 2010.



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) and cancel if you cannot make the luncheon. Suggested donation \$2.25 for persons over 60. Guests under 60 must pay

\$3.00. FEDERAL GUIDELINES SPECIFY THAT FOOD SHOULD NOT BE TAKEN FROM THE LUNCH SITE. The only exceptions are bread, fruit, milk or non-perishable items.

AARP VOLUNTEER TAX ASSISTANCE begins Friday, February 4th through Friday, April 15th. Call 538-5042 to make your appointment for this service for low to moderate income seniors. Please have the following items with you for the tax aide volunteers to review. Bring some form of IDENTIFICATION for yourself and all dependents. Copies of 2010 Federal and State Income Tax returns; Checkbook if you want direct deposit. INCOME: 2010 W-2 wages and W-2G Gambling Winnings; Self Employment Income; SSA-1099 Social Security Income (with pink box near top of form) or RRB-1099 (for Railroad Pensions); 1099 Series Income-Pensions, Annuities, IRA's (1099-R); Interest (1099-INT); Dividends (1099-DIV); Unemployment (1099-G); 1099B-Sale of stock or mutual funds (you will need to supply the purchase date and the cost basis of the sold items; 1099 Consolidate from your brokerage company including 1099-INT, 1099-DIV and 1099-B (you will need to supply the purchase date and cost basis of items on 1099B; 1099-MISC-We only do Schedule C-EZ; Health Insurance Form (Medicare Card) because of Mass. requirement for health insurance coverage; Rent paid in 2010; CIRCUIT BREAKER CREDIT: (over 65 only) **NEW: Need actual Real Estate Bill from Town, stating acreage and assessed value or a printout from Town Hall for 2010;** Property Tax Abatements, Water and Sewer amounts paid. DEDUCTIONS: Real estate taxes, estimated tax payments for 2010; Form 1098-T for college tuition paid; Child care provider info (if applicable). SCHEDULE A DEDUCTIONS: bring 1099-G (State Tax Refund), if you receive it; State income tax paid; 1098 home mortgage form; medical/dental expenses, including insurance premiums; receipts for contributions to charity, and any other tax documents you may have. If filing jointly, both people should attend.

South Hadley Senior Travel Club

May 8-15-Bermuda Cruise. Roundtrip motor-coach transportation to/from NY Pier. 8 days/7 nights aboard the **Norwegian Gem** (only 3 years old). Docking in King's Wharf, Bermuda for 3 days. Cost depends upon cabin choice. Ranges from \$944 to \$1,334, port charges and government taxes included. A **meet and greet** of fellow passengers was held on Tuesday, January 25th at 1:30 p.m. **NEWLY SCHEDULED TRIPS: Wednesday, February 23, 2011-Newport Playhouse and Cabaret presents "Norman, is that you?"** A buffet lunch then to the theatre, followed by the cabaret. Cost \$82.00 Contact Susan Canedy, 536-2106. Leaves Big Y on Willimansett Street at 7:45 a.m. **Monday, March 21, 2011-Mohegan Sun:** Full casino package. \$20 due upon reservation, includes driver's tip. Departs Big Y at 8:00 a.m. sharp. Call Barbara Laramee 536-8567. **Wednesday, April 6, 2011-A Tribute to Liberace.** Lunch at Wright's Chicken Farm, followed by musical tribute at Stadium Theatre in Woonsocket, RI. Cost: \$73. Contact Judy Fortier, 534-3598. **Wed., May 25, 2011-Friesian's of Majesty/Basketville lunch at Putney Inn.** Brief stop at Basketville, lunch at Putney Inn followed by musical show with black stallions. You will meet these gentle animals up close. Cost \$82. Contact Susan Canedy, 536-2106. **Travel Club GIFT CERTIFICATES** now available at the Travel Club and may be applied to any of our trips. A \$5.00 **non-refundable** deposit required for all non-casino trips. **Payments due in full 6 weeks prior to trip. NO REFUND** prior to 6 weeks of trip unless an emergency. We are not responsible for any injuries on our trips. A Travel Club Representative is at the So. Hadley Senior Center every Wednesday and Thursday 10:00-11:30. Flyers available.

FOR YOUR CONVENIENCE, TOWN CENSUS FORMS MAY BE DROPPED OFF AT THE SENIOR CENTER.

NOTES FROM THE DIRECTOR

This winter we are being reminded of why we live in New England or maybe why some people escape to the south. All cancellations are posted on Channels 22, 40 and 3 so please watch the television to learn if there will be meals or activities at the Senior Center. Staff members report to work if Town Hall is open but participants are safer staying home and off the slippery roads. With all of this wintry weather some people begin to feel a little sad, so it is important to get out in the good weather. Come and visit the center for a delicious and nutritious lunch and enjoy the company. It is nicer to make a puzzle with a friend by your side or chat over a cup of coffee. On Wednesday, February 2nd students of the Berkshire Hills Music Academy will entertain at 11:15 a.m. They always perk up the audience with their fine music.

The last few weeks have been especially sad for us at the senior center as we bid farewell to Shirley Martin, Dr. Frank Nelen and Barbara Jean White. These three fine individuals served on the Council on Aging Board and were active volunteers for many years. We have lost wonderful advocates who worked tirelessly for the good of our Council. On behalf of everyone at the Senior Center, I express our deepest sympathy to their families. We appreciate your kindness in naming the South Hadley COA for memorial donations.

I want to take a moment to express my thanks to the individuals who have made donations to the newsletter account. If you have not yet done so, please consider making a \$5.00 donation to help with the mailing costs of this newsletter. Your generosity will help to insure the mailing of this publication to the 2,400 households of residents 60 and over. Individuals who live out of town pay \$6.00 to have the publication mailed to their home.

On January 17th, Angie Wright, Donna Robideau and I had the opportunity to meet with Andrew Beaudry the host of "To the Point." We spoke about the many services available at the senior center as well as the history and future needs. The program will be broadcast at various times; so if interested, watch the Channel 15 schedule to find when it will be shown. You may also go to the www.southhadleyma.gov web site to see the schedule or <http://vimeo.com/18994530> to view the show on your computer.

The Tax Assistance season will soon begin. Please remember the volunteer service is for individuals in the low to moderate income level. The tax aides are not taught how to file complicated tax returns. Call the COA office at 538-5042 to make your appointment or for more information.

I hope to see you at one of the activities in February. Although it is sometimes intimidating to take the first step into a new place, it may be the best step one can make. The atmosphere at the senior center is warm, friendly and inviting. Although you may see people mingling together in a close-knit group, you must remember, they had a "first day" too, but have moved forward by making many new friends. Come and be a part of the circle of friendship.



HAPPY VALENTINE'S DAY!

Joanne



Willimansett Centers East and West

"Helping you stay healthy and independent"

Short Term Rehabilitation and Long Term Care

413-536-2540

SPECIAL THANKS TO THE FOLLOWING:

**Mary "Bea" Fernandes for the subscription to Better Homes and Gardens Magazine.

**To the South Hadley Women's Club Bowling League for their \$125.00 donation for the "Lights On" program.

**To the DPW for taking good care of the senior center parking lot.

**To the Anna Mae Parker Memorial fund for providing chocolate frosted brownies for the home-delivered meals clients for the holidays.

** Thank you to the high school students for painting, making favors for the homebound, singing and making centerpieces for tables.

THE DIABETIC SUPPORT GROUP MEETING WILL BE WEDNESDAY, FEBRUARY 9TH AT 1 P.M. AND THE TOPIC WILL BE "Be a Meter Reader, Not a Cheater". Join Diabetes Nurse Educator, Patty Moriarty for an update on meters and monitoring. (New meters will be available) THIS PROGRAM IS OPEN TO EVERYONE WHO IS CONCERNED ABOUT THEIR GLUCOSE LEVEL.

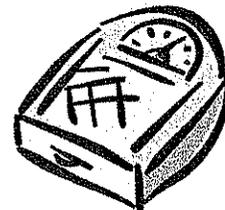
CALLING ALL FRIENDS

We need your help! We are four months into the new fiscal year, and we still have 106 members who have not paid their \$5 per person dues for 2010-2011. The money raised through the dues and other fundraisers goes toward the various COA activities and other items that benefit the seniors throughout the Town. Please send in your donation today.

 * A donation was made by: David & Cindy Morrell *
 * in honor of B. J. White *
 * to the Emergency Fund and Lights On accounts. *

HIPS NEEDS U! DO YOU NEED HIPS?

The letters HIPS represent Health Information Partners. The purpose of the group is to lose weight and to educate and share health issues of interest to elders.



HIPS members meet weekly at our COA with a weigh-in, a brief business meeting and a variety of programs including speakers, games, contests and peer support.

Presently there are a limited number of openings for new members. If you would like to know more about HIPS, call Barbara B. at 532-0522, Nancy L. 536-4122, Linda C. 493-1942 or Elinor W. 467-7479.

ANGIE'S NEWS & NOTES

Preventing Traumatic Brain Injury in Older Adults

Are you one of the millions of people in this country who provides care for an older adult—a spouse, parent, grandparent, other family member, or close friend? If so, you should learn about traumatic brain injury or TBI. A TBI is caused by a bump or blow to the head that affects how the brain normally works. TBI is a special health concern for older adults. Individuals 75 years of age and older have the highest rates of TBI-related hospitalizations and death. They also recover more slowly and die more often from these injuries that do younger people. Falls are the leading cause of TBI.

Signs & Symptoms of TBI

- Low-grade headache that won't go away
- Having more trouble than usual remembering things, making decisions and solving problems
- Slowness in thinking, speaking, acting, or reading
- Getting lost or easily confused
- Feeling tired all the time, lack of energy or motivation
- Change in sleep pattern—sleeping much longer than before, having trouble sleeping
- Loss of balance, feeling light headed or dizzy
- Increased sensitivity to sounds, lights, distractions
- Blurred vision or eyes that tire easily
- Loss of sense of taste or smell
- Ringing in the ears
- Change in sexual drive
- Mood changes like feeling sad,

anxious or listless, or becoming easily irritated or angry for little or no reason

If you think the older adult in your care has a TBI seek medical help. Tell the doctor about any prescription drugs, including over-the-counter medicines, blood thinners, or aspirin that the older adult takes. (Older adults taking blood thinners should be seen immediately by a health care provider if they have a bump or blow to the head, even if they do not have any symptoms listed above.)

Here are some things you can do to help prevent falls, the most common cause of TBI:

- Encourage exercise. Exercises that improve balance and coordination, like Tai Chi, are most helpful. You should check with the older adult's doctor about which exercises are safest and best for them.
- Make the home or surroundings safer. For example, remove small throw rugs or use double-sided tape to keep rugs from slipping.
- Ask the health care provider to review all medicines. As people age, the way some medicines work in the body can change. This could cause a person to feel drowsy or lightheaded, which could lead to a fall.
- Take the person in your care for a vision check. Poor vision can increase the chance of falling.

Performance Rehabilitation

Please join us here at the Council on Aging on Wednesday, February 16th at 10:00 A.M. for an educational workshop on arthritis of the hands, entitled *Arthritis: Oh My Aching Hands*. Sabrina Casella, M.Ed., OTR/L of Performance Rehabilitation will be on hand to conduct the workshop and answer your questions. Sabrina is a graduate of Springfield College with a Bachelors of Science degree in Biology and Masters in Occupational Therapy. Sabrina is an Occupational Therapist who specializes in the rehabilitation of hand and upper extremity injuries.

Please call (413) 538-5042 to register

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. FEBRUARY 2011 MENU

- 1) BBQ CHICKEN, Baked Potato, Brussels Sprouts, Whole Grained Bread, Pudding or Diet Pudding.
- 2) BAKED MEATLOAF, Au Gratin Potato, Corn, Gravy, Roll, Tropical Fruit or Diet Tropical Fruit.
- 3) BIRTHDAY/ANNIVERSARY, ROAST TURKEY W/GRAVY, Mashed Potatoes, Roasted Vegetables, Cranberry Sauce, Cake or Diet Cake.
- 4) POLLOCK LOINS, Wild rice, Zucchini Blend, Multi Grained Roll, Apricots and Diet Apricots.
- 7) SHEPHERDS PIE W/GRAVY, Spinach, Biscuit, Peaches or Diet Peaches.
- 8) SWEET & SOUR CHICKEN, Mashed Potatoes, Carrots, Multi-Grained Bread, Pineapple or Diet Pineapple.
- 9) CELEBRATE MISSISSIPPI, BBQ PORK, Scalloped Potato, Collard Greens, Roll, Mississippi Mud Cake or Diet Cake.
- 10) STUFFED SHELLS, Tomato Sauce, Green Beans, Garlic Bread, Tropical Fruit or Diet Tropical Fruit.
- 11) BROCCOLI & CHEESE QUICHE, Potato Puffs, Succotash, Orange Juice, Roll, Bread Pudding or Diet Bread Pudding.
- 14) VALENTINES DAY LUNCHEON, POT ROAST W/GRAVY, Au Gratin Potatoes, Broccoli, Roll, Strawberry Cake or Diet Strawberry Cake.
- 15) LOW-SODIUM HOT DOGS, Baked Beans, Green Beans, Rolls, Orange Juice, Pudding or Diet Pudding.
- 16) LIVER & ONIONS, Egg Noodles, Spinach, Whole-Grained Bread, Apricots or Diet Apricots.
- 17) KIELBASA, Lazy Pierogi, Egg Noodles, Broccoli & Cauliflower, Rye Bread, Peaches or Diet Peaches.
- 18) BREADED POLLOCK FILLETS, Rice Pilaf, Peas & Onions, Juice, Fruit Cocktail or Diet Fruit Cocktail.
- 21) CENTER CLOSED—PRESIDENT'S DAY HOLIDAY
- 22) OVEN BAKED CHICKEN, Baked Potatoes, Peas & Mushrooms, Cranberry Sauce, Cookies or Diet Cookies.
- 23) MACARONI & CHEESE, Stewed Tomatoes, Green Beans, Whole-Grained Roll, Apples.
- 24) SPINACH QUICHE, Rice Pilaf, California Mixed Vegetables, Whole-Grained Bread, Fruit or Diet Fruit.
- 25) BREADED POLLOCK FILLETS, Rice Pilaf, Peas & Onions, Juice, Fruit Cocktail or Diet Fruit Cocktail.
- 28) ROASTED CHICKEN W/GRAVY, Rice Pilaf, Peas, Pineapple or Diet Pineapple.

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.

Fish — for the Heart

By Christine M. Brown
Nutritionist WMEC

February is American Heart Month. Heart Disease is the #1 killer in the United States. You have all heard "the rules" to live by for a healthier heart: Eat less fat; eat more fruits and vegetables; AND lower your cholesterol and blood pressure. There is an additional activity you can do — eat more fish! Eat more fish for your heart's sake — and you may be able to have lower heart rates, lower blood pressure and better flow to the heart. For protecting your heart, doctors generally recommend oily, dark-fleshed fish such as salmon, sardines, mackerel and tuna. These varieties are rich in omega-3 fatty acids. These fatty acids protect the heart's pumping rhythm. It also appears to lower the risk of non-fatal heart attacks, strokes and atrial fibrillation.

Taking fish oil capsules may also reduce your risk of heart disease. However, eating the fish provides you with selenium, various antioxidants and protein.

The method of preparation of the fish is also a factor in protecting your heart. Fried fish, fish sticks and Filet-O-Fish will not protect your heart. Fried fish may actually increase your risk of cardiac problems. Broiling, baking or grilling the fish is the preferred method of preparation.

Eating fish can offer a net gain for your health. Two to three modest portions a week, with emphasis on fish high in omega-3 will do the job.

What you need for 1 gram of Omega-3s*
* (minimum daily intake recommended by the AHA).

Salmon	1.5-2.5 oz.
Sardines	2-3 oz.
Mackerel	2-8.5 oz.
Tuna-fresh	2.5-12
Tuna-canned	4 oz.

Information from Springfield Republican, Health and Science 4/15/05

Pecan Crusted Fish:

Fillets of fish — salmon, flounder, sole, tilapia
Pecans, roasted 10-15 minutes in a 350 degree oven — then chopped fine

Melted butter

Pat fish fillets dry with a paper towel. Brush with melted butter. Sprinkle each fillet with chopped pecans; press down gently. Place fillets on a lightly greased (use cooking spray) cookie sheet. Bake 10 to 15 minutes (depending on the thickness of the fillet), until fish flakes easily with a fork.

IN MEMORIAM

IN MEMORY OF:

FROM:

NUTRITION ACCOUNT:

ALICE & JOSEPH JEZ Peter Jez

RUTH MAZUROWSKI John & Ann Root

SHIRLEY MARTIN M. Connie LaPlante
Joanne Trybus
South Hadley Council on Aging Board
Melide Normand & Richard Corriveau
Bob & Liz Methot
Lisa Napiorkowski
Nancy Herrick
Kathy Gallivan
Sidney & Chi Chen
Carol E. Craig
Chris & Wayne Walton
Livia Zegrean
Lathrop Village/Newton Manor Tenants Assoc.
Mary Dufault
Loretta Parlengas
Ken Ellis
Alice Pont & Family
Betty Burnett
Dorothy & Floyd Downey
Josephine Grycel

DEBORAH KINMONTH Betty Burnett

ANN RICHARDS Dorothy & Floyd Downey

BUILDING FUND:

RUTH MAZUROWSKI Wayne W. Marcotte
Clementina & Christopher Andon
X-Ray Professional Association
Robert & Hope Leuba
June M. Beattie
Gail LaPrade
Concord Hospital Outpatient Directors
Bea Fernandes
John & Ann Root
Concord Hospital Radiology Dept.
Steve & Susan Grills
Theresa Picariello
Robert & Patricia Bussolari

FLORENCE "JEAN" ELLIS M. Connie Laplante
Joanne & Chet Trybus

MITCHEL POPKOWSKI Shirley Danasko

IN MEMORIAM

IN MEMORY OF:

FROM:

LIGHTS ON:

DEBORAH KINMONTH COA Scrabble Club
COA Knitting Group

SHIRLEY MARTIN Elinore White
Ola & Phil Herbert

SERVICES GIFT ACCOUNT:

BERNIE BLOOD Mary Paris & Bill Woolam

B.J. WHITE Betty & Bill Innocent

ACTIVITIES GIFT ACCOUNT:

CECILIA D. LUCIER Doris Pichette

MINI-VAN GENERAL EXPENSE:

DEBORAH KINMONTH Nancy Croke

MINI-BUS FUTURE PURCHASE:

SHIRLEY EISENSTOCK Ellen Labrecque

NEWSLETTER:

HARRY HALLIDAY Barbara Benoit

MITCHELL POPKOWSKI Bea Fernandes

SHIRLEY MARTIN Tillie Laverdiere

SHOPPING ASSISTANCE:

RUTH MAZUROWSKI John & Ann Root

MOTHER'S GARDEN:

HENDRIETTA LUKASIK Sophie Paquette

SUBSIDIZED SR. TRANSPORTATION:

EDWARD WARZENSKI Stella Warzenski

RUTH MAZUROWSKI John & Ann Root



**AARP TAX ASSISTANCE
AVAILABLE FRIDAYS FROM
9-12 NOON BY
APPOINTMENT ONLY**



7 SHEPHERD'S PIE/GRAVY
9 Yoga-EX
10 Music Appreciation-CE
11 Tai Chi-EX
1 Stained Glass-CE
1 Poker-DR
1 Pinochle/Canasta-DR
1 Red Hat Society-CR

**14 VALENTINE'S LUNCHEON
POT ROAST WITH GRAVY**
9 Yoga - EX
9:30 FOOT NURSE (by appt)
10 Music Appreciation-CE
11 Tai Chi-EX
1 Stained Glass-CE
1 Poker/Pinochle/Canasta-DR
4 COA Board Meeting-C2

**21 PRESIDENTS' DAY
HOLIDAY
CENTER IS CLOSED**



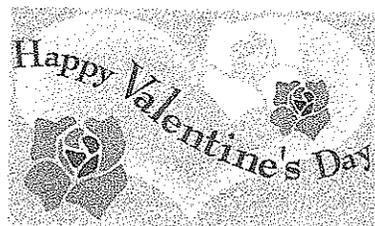
28 ROAST CHICKEN/GRAVY
9 Yoga-EX
9:30 FOOT NURSE (by appt)
10 Music Appreciation-CE
11 Tai Chi-EX
Stained Glass-CE
Poker-DR
Pinochle-DR
Canasta-DR
Monday Cribbage-CR

1 BBQ CHICKEN
10 Beginning Exercise-EX
1 Bingo-CR
1 Movie-EX
1 Needlecraft-CE
6:15 Men's Night/Mah Jongg

8 SWEET & SOUR CHICKEN
10 Beginning Exercise-EX
1 Bingo-CR
1 Movie-EX
1 Needlecraft-CE
6:15 Men's Night/Mah Jongg

**15 LOW SODIUM HOT DOGS
9-12 SHINE (by appointment)
10-11 Brown Bag-CE**
10 Beginning Exercise-EX
1 Bingo-CR
1 Movie-EX
1 Needlecraft-CE
6:15 Men's Night/Mah Jongg

22 OVEN BAKED CHICKEN
9 Newsletter Collating
10 Beginning Exercise-EX
1 Bingo-CR
1 Movie-EX
1 Needlecraft-CE
6:15 Men's Night/Mah Jongg



2 BAKED MEATLOAF
8 HIP-EX
9:30 Grocery Shopping
10 Travel Club-C1
10:30 Osteoporosis Exercise-EX
11:15 Berkshire Hills Music-DR
1 Mah Jongg-CE/ Pitch-CR
1 Senior Poetry-C2/Choralites-DR

**9 CELEBRATE MISSISSIPPI
BBQ PORK**
8 HIP-EX
9:30 Grocery Shopping
10 Travel Club-C1
10:30 Osteoporosis Exercise-EX
1 Diabetic Support Group-C2
1 Mah Jongg -CE/Pitch-CR
1 Choralites-DR

16 LIVER AND ONIONS
8 HIP-EX
9:30 Grocery Shopping
**10 Performance Rehab - "Help
for Arthritic Hands"-CR**
10 Travel Club-C1
10:30 Osteoporosis Exercise-EX
1 Senior Poetry-C2/Choralites-DR
1 Pitch-CR/Mah Jongg-CR

23 MACARONI & CHEESE
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

**FEBRUARY
2011**

**3 BIRTHDAY/ANNIVERSARY
ROASTED TURKEY & GRAVY**
10 Alzheimer's Support-C2
10 Beginning Exercise-EX
10 Travel Club-C1
1 Golden Agers-CR
1 Scrabble-L
1 Quilting-CE

10 STUFFED SHELLS
10 Beginning Exercise-EX
10 Travel Club -C1
10 Veteran's Meeting-CE
**12:30-2 Blood Pressure
Screening with Nurse-C2**
1 Golden Agers Trip to
Flea Market
1 Scrabble-L /Quilting-CE

17 KIELBASA
10 Beginning Exercise.-EX
10 Travel Club-C1
1 Get Going Meeting-C2
1 Golden Agers-CR
1 Scrabble-L
1 Quilting-CE

24 SPINACH QUICHE
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

**IN TOWN TRANSPORTATION
AVAILABLE MONDAY-FRIDAY
FROM 9-3, BY APPOINTMENT
ONLY.**



4 POLLOCK LOINS
9-12 AARP Tax Assist-C2
9:30 Grocery Shopping
10 Coffee & Conversation-DR
10:30 Osteoporosis Exercise-EX
1 Knitting-L/Bridge-CE
1 Cribbage-CR
1 Canasta/Poker-DR

11 BROCCOLI QUICHE
9-12 AARP Tax Assist-C2
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

18 BREADED POLLOCK
9-12 AARP Tax Assist-C2
9:30 Grocery Shopping
10 Coffee & Conversation-DR
10:30 Osteoporosis Exercise-EX
11:30 Rep. John Scibak-DR
1 Knitting-L
1 Bridge-CE
1 Canasta/Poker-DR
1 Cribbage-CR

25 CHEESE LASAGNA/SAUCE
9-12 AARP Tax Assist-C2
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

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

South Hadley Council on Aging

SeniorNet
Computer Learning Center



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

SeniorNet has developed a website. There is information about SeniorNet, the classes we offer, 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. You can also reach us by calling 533-6889 and leave a message. We'll call you right back.

We are planning to offer the following classes during February:

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

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.

There also will be two workshops:

PHOTOSHOP ELEMENTS: A class that shows how to enhance digital photos using various tools.

PICASA: A digital photo organizer and editor. The program helps with quick edits, shows how to sort pictures, and put photos in albums or folders.

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.

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.

Call us at 533-6889. We'll call you right back.

ANNE'S NEWS

I am writing this article on a Thursday afternoon after what they called "the biggest blizzard since 1978". In spite of 5 foot snow banks, there were 32 people here for lunch, 11 men attended the Veteran's Group and volunteers arrived at the usual time with a few filling in for those who couldn't make it, and we even had a free raffle of baked goods donated by Big Y. You are truly hardy New Englanders and you love your Senior Center!

I have completed a Volunteer Handbook for the South Hadley Council on Aging. It explains the policies and procedures for volunteers here at the Senior Center, and some history and staff information. They are available to all current volunteers, so if you would like one, please see me. I'd like to welcome two new volunteers. Geraldine Durand and Eleanor Durand have joined as members of the Choralites. Thank you for your dedication to this wonderfully talented group of singers.

On Thursday, February 3rd we invite you to join us for our February Birthday and Anniversary Luncheon. If you were born or married in February we would like you to be our guests for lunch and let us celebrate your special day with you.

On Wednesday, February 9 we will celebrate our last state, Mississippi. You can learn a few new facts about the state and enjoy a lunch that you might have in Mississippi. In March we will begin celebrating different countries, beginning with (you guessed it!) Ireland. So keep your eye on the calendar and join us.

On Thursday, February 10 at 1:00pm, the Golden Agers are going to a Flea Market, and they are inviting you to join them. They will be carpooling. If you are interested, please call our office to sign up and let us know if you will be driving.

Lastly, on Monday, February 14 we will have our Valentine's Luncheon. One of the highlights of this event is a slide show of all of the past years' events at the Senior Center, created by Marc Gaudreau of Beers and Story Funeral Home. This is such a nice opportunity to reminisce and enjoy the company of friends. Hope to see you there!

Anne

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

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