

COUNCIL ON AGING

South Hadley Massachusetts

The sun never sets on our Activities...

Director: Joanne Trybus

E-Mail: jtrybus@southhadleyma.gov

45 Dayton Street

South Hadley, MA 01075-1924

Tel. 538-5042 Fax 532-8206

Asst. Director: Lisa Napiorkowski

Chairperson: M. Connie Laplante

Social Service Coordinator: Angie Wright
awright@southhadley.org

Web: www.southhadley.org/pages/

SouthHadleyMA_COA



JULY—AUGUST 2011



ANNUAL SUMMER PICNIC

THURSDAY, AUGUST 18TH

11:00 P.M. - 3 P.M.

SENIOR CENTER, 45 DAYTON ST.

CHOICE OF HOT DOG OR HAMBURGER

STATE YOUR CHOICE WHEN MAKING

RESERVATION

SUGGESTED DONATION: \$ 2.25

In addition there will be salads, corn and the usual fixings to make for a great picnic lunch. Please call 538-5042; reservations for the picnic will be taken beginning August 1st, at 8 a.m., limited to 136. Bingo and prizes courtesy of the Friends of South Hadley Elderly after the meal. The picnic lunch will be served to hot meals clients on Wednesday, August 17th.

WELCOME TO THOSE
OF YOU TURNING 60
THIS YEAR!

HAPPY
FOURTH
OF JULY!



NOTE: THIS IS A TWO-MONTH ISSUE-SAVE FOR AUGUST

So. Hadley Senior Travel (cont) A \$5.00 non-refundable deposit required on all trips. No refund prior to 6 weeks of trip. A travel Club Representative is at South Hadley Senior Center Wednesday and Thursday 10-11:30. Flyers available.

DAILY Luncheons prepared at Senior Center, served 11:45 a.m. - 12:15 p.m. in 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 participants 60 and over & a charge of \$3.00 for all others. This program is for people 60 and over, however those under 60 can come as a volunteer or a guest of a senior. 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

Wed., July 20, 2011 Boston Whale Watch and Joe Tecce's Restaurant- includes a 3 hour whale watch aboard a comfortable high speed catamaran with comfortable seats. Afternoon lunch at Joe Tecce's, a 50-year Boston favorite. Cost \$86.00. Contact Barbara Laramée, 536-8567. Wed., August 3, 2011, Saratoga Race Track. Includes general admission, reserved grandstand seating. Followed by dinner at Grandma's Restaurant. Cost \$70.00. Contact Barbara Laramée, 536-8567. Thurs., August 25. MacHayden Theatre featuring Roger and Hammerstein's "Carousel". Lunch at The White Stone Café. Cost \$76.00. Contact Susan Canedy 536-2106. Wed., September 21, Block Island, a 12-mile ferry boat ride off the Rhode Island coast. Lunch at the elegant National Hotel, followed by a narrated guided tour of the island with free time to explore the many unique shops. Cost: \$88.00. Contact: David Bellefeuille, 533-7724. Wed., October 19, Platzl Brauhaus Oktoberfest. Travel to Pomona NY (Hudson River Valley) for the best old world Oktoberfest in the region. Enjoy a live band, German dancers, entertainment and a German meal that promises no one will go away hungry. Cost \$78.00. Contact David Bellefeuille, 533-7724. Tues., November 15. Boston Museum of Science and Maggiano's Little Italy Restaurant. Reserved tickets to the new \$9million Hayden Planetarium where you'll leave our solar system on your virtual spacecraft in search of other planets in the Milky Way. In the afternoon, you'll have timed entry tickets for the museum's newest exhibit "A Day in Pompeii." Midday lunch will be at Boston's Maggiano's Restaurant. Cost \$85.00.

NOTES FROM THE DIRECTOR

Welcome to the individuals receiving this newsletter for the first time. Hopefully you will find this publication informative, interesting and helpful. Annually the COA asks for names of residents who will turn 60 during the year and adds their name to the mailing list. This year I am one of 223 individuals turning 60! Recently someone noticed I will be turning 60 and asked, "How do you feel about this milestone?" My response, "It does not bother me at all." She responded, "I will be 60 in August and I hate it!" I told her the importance of having a positive attitude and shared how inspirational the participants of this senior center are to me. A visitor to our Center will see people in their nineties, many active volunteers. It becomes clear that a **good attitude** and a commitment to paying attention to one's mind, body and spirit is the best path to healthy aging. I just read a poster that said, "A positive attitude is a mighty force."

Retirement provides an opportunity to spend more time with family and friends, find a hobby that had to be put aside when working or give back to the community. Staying busy is extremely important and having the time to be creative might result in a fun project. I am always looking for substitutes if you are interested in earning a few dollars on occasion. Please call me at 538-5042, Ext. 204.

This issue provides general information about the various services, activities and programs at the Senior Center. It is a two-month issue. July is the only month we all take a break from publishing/printing a newsletter. If by chance you receive more than one copy of this edition, or do not want it, please let us know.

The staff is open to suggestions regarding new activities. Some programs are scheduled for early evening for the convenience of working seniors. Activity level slows down in the summer months so come September you will see many more programs listed.

Enjoy your summer and feel free to visit the air-conditioned senior center anytime, truly a home away from home for many. I hope to see you soon!

Summer
Joanne

COUNCIL ON AGING BOARD MEMBERS:

Chairperson: M. Connie Laplante; Vice-Chairperson: Donna Robideau, Secretary: Melide Normand; Irene Bernstein, Doris Bibeau, Frances Collins, Elaine Foley, Elizabeth Innocent, Thomas McAuley, Jr., Susan Myers, Judith Strzempko

FUEL ASSISTANCE

If you are a current client of the fuel assistance program, re-certifications are mailed out in August and September. For assistance filling out the application, call Angela Wright. If you choose to file the application on your own, be sure to make copies of every document you enclose. Prepare for your application by keeping records of all income and pertinent expenses because you will need to make copies to enclose. New income guidelines are usually posted in September.

SPECIAL THANKS TO:

- Thank You*
- *Representative John Scibak and Robert Judge for the House of Representative Citations for the 90+ celebration.
 - *Carey's for the donations of beautiful flowers throughout the year, especially for the monthly birthdays.
 - *To Big Y for the assorted breads and pastries donated twice a week.
 - *To Claire Bielanski, Nancy Herrick and Shirley and Dan Jodoin for the donation of articles from last month's wish list.

WISH LIST: Bottles of Hand Sanitizer/Disinfectant wipes

SOUTH HADLEY COA STAFF:

- Director:** Joanne Trybus
- Assistant Director:** Lisa Napiorkowski
- Social Services Coordinator:** Angela Wright
- Activity/Volunteer Coordinator:** Anne O'Connor
- Food Service Coordinator:** Billy Poe
- Senior Clerks:** Ola Herbert & Kathy Gallivan
- Assistant Cook:** James Tomlinson
- Hot Meals Coordinator:** Liz Methot
- Office Senior Aide:** Muriel Hunter
- Custodian:** Bob Methot
- Minibus Driver:** Richard Carrigan
- Substitute Minibus Drivers:** Francis Wagner, Roger Duval, Al Guyott
- Hot Meals Drivers:** George Perreault, Nancy Blodgett, Francis Cyr
- Substitutes:** Alice Pont, Sal Canata, Richard Dufault, Richard Belanger, and Howard Kirkpatrick

AND MANY FAITHFUL VOLUNTEERS

Edith Allen made a donation to the senior center in honor of Judy Fortier and Sue Canedy for their excellent management of the Bermuda cruise.

HOME DELIVERED MEALS are available for those needing a little "TLC" and/or help after an illness or a surgery. Call 538-9020 and ask for intake and referral if you believe you might benefit from a nutritious, hot-lunch, delivered to your door.

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



Willimansett Centers East and West

"Helping you stay healthy and independent"

Short Term Rehabilitation and Long Term Care

413-536-2540

Angie's News & Notes

WELCOME!

Greetings to all! Please let me extend a warm welcome and congratulations to everyone in South Hadley who has turned 60 this year, and to those who will do so in the coming months.

As Social Service Coordinator, I want to let all seniors know about the many programs and services here at the Council that may be of interest and/or that may benefit you or your family. I can assist in determining qualifying income for many programs, as well as helping to fill out applications for Medicare, MassHealth (Medicaid), Fuel Assistance, SNAP (Food Stamps), the Brown Bag: Food for Elders Program and Prescription Advantage, the Massachusetts state pharmaceutical assistance program that works together with Medicare prescription drug coverage to lower prescription drug costs for individuals enrolled in Medicare.

We also have a SHINE Program here at the Council. SHINE, or Serving the Health Information Needs of Elders, is the Massachusetts State Health Insurance Program. The SHINE Program provides free and unbiased health information, counseling, and assistance to Medicare beneficiaries of all ages and their caregivers. The SHINE counselors help older people (and younger disabled Medicare beneficiaries) understand their Medicare benefits and other health insurance options. SHINE counselors are trained and certified by the Executive Office of Elder Affairs in many areas of health benefits, including Medicare A & B covered services, prescription drug options, Medigap insurance plans, Medicaid, and free or reduced cost healthcare programs.

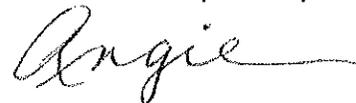
A referral for services through WestMass ElderCare (our area agency on aging) such as Meals on Wheels, home care, per-

sonal care and the Family Caregiver Support Program can be made. WestMass ElderCare also has a new program called *Options Counseling*. *Options Counseling* assists consumers in need of long-term care services to make informed choices about the services and settings that best meet their needs, allowing them to live as independently as possible. The *Options* counselor can guide the consumer through their questions about living in the community or a nursing home.

Information regarding Western Mass Legal Services as well as H.E.L.P (Hampshire Elder Law Program), a new public service administered by the Hampshire County Bar Association to meet the civil legal needs of low-income elders is also available.

And did you know that South Hadley's TRIAD/ Emergency Preparedness for Seniors Program, a partnership involving senior citizens, Law Enforcement, the Council on Aging, visiting nurses, etc., sponsors a wonderful program free to seniors over 60 and persons with disabilities? Are You Okay?® is a computerized telephone call reassurance program operated from the South Hadley Police Department. Each day at a pre-arranged time Are You Okay?® automatically makes these computerized calls bringing a sense of comfort into every subscriber's home. You may also wish to have information regarding emergency response equipment, a pendant worn around the neck or a wrist device to summon help when needed.

I also serve as your source for information and referral regarding area senior services. If I don't have the answer I will surely find someone who does. Appointments, whether in my inviting office here at the Council or in the comfort of your home, are always confidential. So please don't hesitate to take me up on my offer.



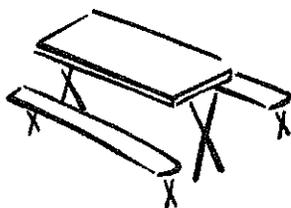
Angie Wright, Social Service Coordinator

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. JULY 2011 MENU

- 1) TERIYAKI CHICKEN, Rice Pilaf, Peas & Onions, Multi-Grained Bread, Juice, Tapioca Pudding or Diet Tapioca Pudding.
- 4) **CENTER CLOSED—INDEPENDENCE DAY HOLIDAY**
- 5) COLD PLATE: Chicken Salad, Macaroni Salad, Roll, Lettuce/Tomato, Three Bean Salad, Orange Juice, Brownies or Diet Brownies.
- 6) FRENCH MEAT PIE W/GRAVY, Noodles, Spinach, Multi-Grain Bread, Pears or Diet Pears.
- 7) SWEET & SOUR CHICKEN, Sweet Potatoes, Broccoli Florets, Peaches or Diet Peaches.
- 8) FIESTA POLLOCK, Confetti Rice, Green Beans, Cranberry Juice, Oatmeal Bread, Pie or Diet Pie.
- 11) SHEPHERD'S PIE W/GRAVY, Green Beans, Biscuit, Mandarin Oranges.
- 12) **BIRTHDAY/ANNIVERSARY—ROAST PORK LOIN**, Oven-Roasted Potatoes, Mixed Vegetables, Roll, Cake or Diet Cake.
- 13) MACARONI & CHEESE, Stewed Tomatoes, Peas, Rye Bread, Applesauce or Diet Applesauce.
- 14) BEEF STEW W/POTATOES, Mixed Vegetables Blend, Roll, Tropical Fruit or Diet Tropical Fruit.
- 15) BROCCOLI QUICHE, Confetti Rice, California Blend, Multi-Grained Bread, Pudding or Diet Pudding.
- 18) STUFFED SHELLS W/SAUCE, Italian Bread, Carrots, Orange Juice, Apple Crisp or Diet Apple Crisp.
- 19) MILD BEEF CHILI, Rice, Wax Beans, Cornbread, Pineapple or Diet Pineapple.
- 20) CHICKEN BREAST PATTY W/GRAVY, Egg Noodles, Corn, Whole Grain Wheat Bread, Tropical Fruit or Diet Tropical Fruit.
- 21) ROASTED TURKEY W/GRAVY, Mashed Potatoes, Peas & Mushrooms, Peaches or Diet Peaches.
- 22) BROILED POLLOCK LOINS, Rice, Spinach, Butterscotch Pudding or Diet Butterscotch Pudding
- 25) BAKED HAM W/RAISIN SAUCE, Sweet Potatoes, Broccoli, Whole Grain Bread, Jell-O or Diet Jell-O.
- 26) BBQ Chicken, Mashed Potatoes, Corn Cobbets, Apricots or Diet Apricots.
- 27) COLD PLATE: Egg Salad, Pasta Salad, Pickled Beets, Fresh Fruit/Melon.
- 28) **CELEBRATE SWEDEN DAY—SWEDISH MEATBALLS W/ GRAVY**, Egg Noodles, Carrots & Cauliflower, Roll, Cake or Diet Cake.
- 29) BREADED POLLOCK FILETS, Rice Pilaf, Brussels Sprouts, Whole What Bread, Pineapple or Diet Pineapple.



WestMass ElderCare Picnic
Wednesday, July 13th at the
West Springfield/Agawam Elks
Lodge 2174, 429 Morgan Road,
West Springfield from 11 a.m.—
2:30 p.m. Tickets are required.

WESTMASS ELDERCARE, INC. AUGUST 2011 MENU

- 1) CHICKEN BREAST PATTIES W/GRAVY, Red Potatoes, Summer Blend Vegetables, Roll, Fruit Cocktail or Diet Fruit Cocktail.
- 2) SWEET & SOUR PORK, Rice Pilaf, Green Peas, Biscuit, Cranberry Juice, Cookies or Diet Cookies.
- 3) MEATLOAF W/GRAVY, Mashed Potatoes, Corn, Rye Bread, Fresh Fruit/Apple.
- 4) TARRAGON CHICKEN, Confetti Rice, Broccoli, Cranberry Sauce, Oatmeal Bread, Pudding or Diet Pudding.
- 5) MACARONI & CHEESE, Stewed Tomatoes, Tossed Salad w/ Dressing, Whole Wheat Bread, Peaches or Diet Peaches.
- 8) SHEPARD'S PIE, Carrots, Biscuit, Pineapple or Diet Pineapple.
- 9) **BIRTHDAY/ANNIVERSARY—CHICKEN PARMESAN W/PASTA**, Garlic Bread, Peas & Carrots, Orange Juice, Cake or Diet Cake, Tossed Salad: Congregate.
- 10) COLD PLATE: Tuna Salad, Potato Salad, Three Bean Salad, Whole Grain Roll, Pineapple.
- 11) ROAST CHICKEN W/GRAVY, Mashed Potato, Corn, Cranberry Sauce, Whole Grained Bread, Apricots or Diet Apricots.
- 12) TUNA & NOODLE CASSEROLE, Mixed Vegetables, Cranberry Juice, Roll, Bread Pudding or Diet Bread Pudding.
- 15) OVEN FRIED CHICKEN, Roasted Potatoes, Ratatouille, White Bread, Brownies Diet Brownies.
- 16) SPAGHETTI W/MEATBALLS, Garlic Bread, Carrots, Pineapple or Diet Pineapple.
- 17) HAM W/PINEAPPLE SAUCE,* Sweet Potato, Beets, Rye Bread, Mandarin Oranges or Diet Mandarin Oranges. **Higher—Sodium Meal.** (*Picnic Lunch for HMOW)
- 18) **CELEBRATE AMERICA/PICNIC DAY CONGREGATE***, Hamburgers/Hot Dogs, Corn on the Cob, Cold Slaw, Rolls, Baked Beans, Potato Chips, Watermelon, Ice Cream or Diet Ice Cream. (*Ham w/ Pineapple for HMOW)
- 19) POLLOCK FILLETS, Rice, Brussels Sprouts, Wheat Bread, Mixed Fruit or Diet Mixed Fruit.
- 22) STUFFED PEPPERS W/SAUCE, Mashed Potato, Wax Beans, Rye Bread, Peaches or Diet Peaches.
- 23) COLD PLATE: Egg Salad, Potato Salad, Carrot/Raisin Salad, Roll, Jell-O or Diet Jell-O.
- 24) AMERICAN CHOP SUEY, Cornbread, Broccoli, Cake or Diet Cake.
- 25) OVEN BAKED CHICKEN W/GRAVY, Rice Pilaf, Succotash, Whole Grain Bread, Tropical Fruit or Diet Tropical Fruit.
- 26) BREADED POLLOCK LOINS, Au Gratin Potatoes, Spinach, Multi-Grain Bread, Pears or Diet Pears.
- 29) LIVER & ONIONS, Mashed Potatoes, Green Beans & Tomatoes, Multi-Grain Bread, Peaches or Diet Peaches.
- 30) STUFFED SHELLS W/SAUCE, Garlic Bread, Broccoli, Juice, Chocolate Pudding or Diet Chocolate Pudding.
- 31) LOW SODIUM BEEF FRANKS, Baked Beans, Corn, Roll, 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.

IN MEMORIAM

IN MEMORY OF:

FROM:

NUTRITION:

M. CAROL FLEURY	Yvonne Gaudette
BILL "BB" BIELANSKI	Yvonne Gaudette Fran Mytkowicz
LOLA KENNEDY	Fran Mytkowicz
CLAIRE N. PUPEK	Eileen & Fred Roach U.S. Fish & Wildlife Services & Ecological Services Program Rita M. Tetreault

ACTIVITIES GIFT/NECESSITIES:

DORIS BOUCHER	Marilyn Pasternak
ANGIE RINALDI	Marilyn Pasternak

SERVICES GIFT ACCOUNT:

DORIS BOUCHER	M. Connie Laplante
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TRANSPORTATION ACCOUNT:

AL FERNANDES	Bea Fernandes
MOM & DAD THERIAULT	Noella Loiselle
CLAIRE N. PUPEK	Kenneth Ellis Joanne Trybus

NEWSLETTER:

MITCHELL J. POPKOWSKI	Mary Popkowski
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MOTHER'S GARDEN:

LESLIE LINNEHAN	Theresa Linnehan
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The Benefits of Enjoying a Rainbow of Fruits and Vegetables

By Jamie Farrell
WestMass Elder Care UMass Intern

Everyone has been told to "eat your fruits and vegetables" and we all know that the more we eat, the more healthful we are. However, there is something great about fruits and vegetables that will give us another reason to enjoy a variety of them: Antioxidants!

Antioxidants are natural substances that are found in fruits and vegetables. They can do wonders for our health, they protect our bodies from damage that occurs from illness, the sun, and pollutants and they also can repair the damage that may have already happened! By preventing and reversing this damage, antioxidants help to reduce the risk of cancer and heart disease.

What is even more interesting about these substances is that many give fruits and vegetables a certain color. This is why it is important to eat a variety of colored foods—to receive the benefits from each different antioxidant! Also, fruits that are deeper, brighter, and richer in color tend to have higher amounts of antioxidants. Take a look at different antioxidants below and try to pick a variety of fruits from each category. It will be easy to see the variety while at a Farmers Market. Happy shopping!

- ♦ Vitamin A (orange/red): Carrots, sweet potato, red peppers.
- ♦ Anthocyanin (blue/purple): Eggplant, grapes, berries.
- ♦ Lycopene (red): Tomato, grapefruit, watermelon.
- ♦ Lutein (green/yellow): Broccoli, spinach, corn.

Be a Healthy Senior

HIP (Health Information Partners) is inviting all those interested in eating healthy to a program at the COA.

Carrie Taylor, Registered Dietitian representing Big Y stores, will offer information on sensible eating choices. Ms. Taylor will explain Big Y's Nu Val program and answer all your food questions.

Now is the time to start getting and staying healthy and aging well by buying wisely at the grocery store.

TIME & PLACE: Wednesday, August 24th at 9:00 a.m. in the Card Room. Please call (413) 538-5042 to sign up by August 22, as we need 12 attendees or the program will be cancelled. *Elinor White*

DONATIONS TO THE SOUTH HADLEY COUNCIL ON AGING ACCOUNTS:

Throughout the year we are asked how an individual can make a donation to help the Senior Center. Kindly check off one of the accounts listed below that you would like to have your donation go to. If your donation is in memory of someone and you would like us to send an acknowledgement, please indicate the individual's name and address below. *Thank You for Your Assistance!*

DONATION FROM: _____ **ADDRESS:** _____

Contribution in memory/honor of: _____

Please send Acknowledgement to: (kindly indicate name, address & relationship): _____

- | | | |
|---|---|---|
| <input type="checkbox"/> Activities Account | <input type="checkbox"/> Clinic Account | <input type="checkbox"/> Nutrition Gift Account |
| <input type="checkbox"/> Minibus Maintenance Acct. | <input type="checkbox"/> Building Fund | <input type="checkbox"/> Mothers' Garden |
| <input type="checkbox"/> Minibus (Future Purchase) | <input type="checkbox"/> Shopping Assistance | <input type="checkbox"/> Emergency Fund |
| <input type="checkbox"/> Subsidized Senior Transportation | <input type="checkbox"/> Senior Net | <input type="checkbox"/> Services Account |
| <input type="checkbox"/> Transportation Account | <input type="checkbox"/> Newsletter Account | <input type="checkbox"/> Christmas Baskets |
| <input type="checkbox"/> "Lights On" | <input type="checkbox"/> Wherever Needed Most | |

Please Make Check Payable To: South Hadley Council on Aging, 45 Dayton Street, South Hadley, MA 01075. Contributions are tax deductible.

Donations made "In Memory/Honor" of someone **WILL** be published in the Monthly COA Newsletter.

Please check if you **DO NOT** want your name published.

NEWSLETTER DONATIONS

Another fiscal year begins on July 1st for the newsletter gift account. South Hadley continues to be one of the few remaining communities where newsletters are mailed to individual homes, free of charge. It is only through the generous donations of the businesses that place ads, the support of the Executive Office of Elder Affairs, volunteer assistance and the many generous donations throughout the year that the free mailing is made possible. People who live out of town must pay \$10.00 per year to cover the mailing expenses. Patrick Labonte volunteers well over 10 hours every month to print the publication. This teamwork demonstrates that many hands working together make for efficient and economical service. Please know your donations are sincerely appreciated. Some people give many times throughout the year and for your generosity I extend much gratitude.

The majority of individuals who receive the newsletter find it educational and informative. I am always open to suggestions. However, if you have no interest in the newsletter, please notify us so we can take your name off of the mailing list.

Joanne

FRIENDS OF THE ELDERLY ICE CREAM SOCIAL

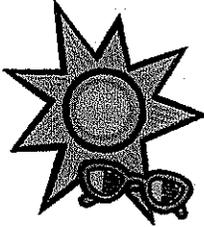


The Friends of South Hadley Elderly, Inc. will be hosting their annual ice cream social on Thursday, July 21st at the South Hadley Senior Center at 1 p.m. Entertainment by Dan Daniels. Call 538-5042 and make your reservation. Please let the receptionist know if you want strawberry, butterscotch or chocolate topping.

MUSIC SURVEY CLASS

The Music Survey/Understanding classes, led by Dr. Roger Farnsworth will resume on Monday, August 29th and go until the end of January. There will also be a second group of sessions beginning in February covering a new variety of selected music. Meetings begin at 10 a.m. and adjourn at 11:30 a.m. each Monday. Classes are open to everyone regardless of musical background. Topics will include: "What to listen for in Great Music", non-Western music, symphony, opera, concerto, program music in various historical periods. There will be some general music theory. Participants' favorite music will be discussed. Call the COA at 538-5042 to reserve a seat in the class.

"A perfect summer day is when the sun is shining, the breeze is blowing, the birds are singing, and the lawn mower is broken." Unknown

<p>ROOM KEY B=Billards Room 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> 	<h1 style="text-align: center;">JULY 2011</h1>		<p>1 TERYAKI CHICKEN 9:30 Grocery Shopping 10 Coffee & Conversation-DR 10:30 Osteoporosis Exercise-EX 1 Knitting-L 1 Cribbage-CR 1 Canasta/Poker-DR 1 Bridge-CE</p>
<p>4 INDEPENDENCE DAY HOLIDAY CENTER IS CLOSED</p> 	<p>5 CHICKEN SALAD PLATE 9-12 SHINE (by appointment) 1 Poker, Pinochle and Canasta makeup-DR 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</p>	<p>7 SWEET & SOUR CHICKEN 10 Alzheimer's Support -C2 10 Travel Club -C1 1 Scrabble-L 1 Quilting-CE</p>	<p>8 FIESTA 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>11 SHEPHERD'S PIE/GRAVY 9:30 FOOT NURSE (by appf) 1 Poker-DR 1 Pinochle-DR 1 Canasta-DR 4 COA Board Meeting-C2</p>	<p>12 BIRTHDAY/ANNIVERSARY ROAST PORK LOIN 9-12 SHINE (by appointment) 1 Bingo-CR 1 Movie-EX 1 Needlecraft-CE 6:15 Men's Night/Mah Jongg</p>	<p>13 MACARONI & CHEESE WMEC PICNIC 8 HIP-EX 9:30 Grocery Shopping 10 Travel Club-C1 10:30 Osteoporosis Exercise-EX 1 Pitch-CR 1 Mah Jongg-CE</p>	<p>14 BEEF STEW W/POTATOES 10 Travel Club-C1 12:30-2pm Blood Pressure Screening w/Nurse-C2 1 Quilting-CE 1 Scrabble-L</p>	<p>15 BROCCOLI QUICHE 9:30 Grocery Shopping 10 Coffee & Conversation-DR 10:30 Osteoporosis Exercise-EX 11:30 Rep. John Scibak-DR 1 Knitting-L/Bridge-CE 1 Cribbage-CR 1 Canasta-DR 1 Poker-DR</p>
<p>18 STUFFED SHELLS W/SAUCE 1 Poker-DR 1 Pinochle-DR 1 Canasta-DR 1 Monday Cribbage-CR</p>	<p>19 MILD BEEF CHILI 10-11 Brown Bag-CE 10 Low Vision Support-C2 1 Bingo-CR 1 Movie-EX 1 Needlecraft-CE 6:15 Men's Night/Mah Jongg</p>	<p>20 CHICKEN BREAST PATTY Senior Travel Club Trip 8 HIP-EX 9:30 Grocery Shopping 10 Travel Club-C1 10:30 Osteoporosis Exercise-EX 1 Mah Jongg-CE 1 Pitch-CR</p>	<p>21 ROAST TURKEY/GRAVY 10 Travel Club-C1 1 Friends Ice Cream Social-DR With Dan Daniels entertaining 1 Scrabble-L 1 Quilting-CE</p>	<p>22 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-DR 1 Poker-DR</p>
<p>25 HAM/RAISIN SAUCE 9:30 FOOT NURSE (by appt) 1 Poker-DR 1 Pinochle-DR 1 Canasta-DR</p>	<p>26 BBQ CHICKEN 9-12 SHINE (by appointment) 1 Bingo-CR 1 Movie-EX 1 Needlecraft-CE 6:15 Men's Night/Mah Jongg</p>	<p>27 COLD EGG SALAD PLATE 8 HIP-EX 9:30 Grocery Shopping 10 Travel Club-C1 10:30 Osteoporosis Exercise-EX 1 Mah Jongg-CE 1 Pitch-CR</p>	<p>28 CELEBRATE SWEDEN DAY SWEDISH MEATBALLS/GRAVY 10:30 Blood Pressure Screening w/Fire District #1-DR 10 Travel Club-C1 1 Scrabble-L 1 Quilting-CE</p>	<p>29 BREADED POLLOCK FILET 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>

1 CHICKEN BREAST PATTY 1 Poker-DR 1 Pinochle-DR 1 Canasta-DR	2 SWEET & SOUR PORK 1 Bingo-CR 1 Movie-EX 1 Needlecraft-CE 6:15 Men's Night/Mah Jongg	3 MEATLOAF/GRAVY Senior Travel Club Trip 8 HIP-EX 9:30 Grocery Shopping 10 Travel Club-C1 10:30 Osteoporosis Exercise-EX 1 Mah Jongg -CE 1 Pitch-CR	4 TARRAGON CHICKEN 10 Alzheimer's Support -C2 10 Travel Club-C1 1 Scrabble-L 1 Quilting-CE	5 MACARONI & CHEESE 9:30 Grocery Shopping 10 Coffee & Conversation-DR 10:30 Osteoporosis Exercise-EX 1 Knitting-L 1 Cribbage-CR 1 Canasta/Poker-DR 1 Bridge-CE
8 SHEPHERD'S PIE 9:30 FOOT NURSE (by appt) 1 Poker-DR 1 Pinochle-DR 1 Canasta-DR	9 BIRTHDAY/ANNIVERSARY CHICKEN PARMESAN/PASTA 9-12 SHINE (by appointment) 1 Bingo-CR 1 Movie-EX 1 Needlecraft-CE 6:15 Men's Night/Mah Jongg	10 COLD TUNA SALAD PLATE 8 HIP-EX 9:30 Grocery Shopping 10 Travel Club-C1 10:30 Osteoporosis Exercise-EX 1 Mah Jongg -CE 1 Pitch-CR	11 ROAST CHICKEN/GRAVY 10 Travel Club-C1 12:30-2pm Blood Pressure Screening w/Nurse-C2 1 Scrabble-L 1 Quilting-CE	12 TUNA CASSEROLE 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
15 OVEN FRIED CHICKEN 1 Poker-DR 1 Pinochle-DR 1 Canasta-DR 1 Monday Cribbage-CR	16 SPAGHETTI & MEATBALLS 10-11 Brown Bag-CE 10 Low Vision Support-C2 1 Bingo-CR 1 Movie-EX 1 Needlecraft-CE 6:15 Men's Night/Mah Jongg	17 HAM W/PINEAPPLE SAUCE HMOW PICNIC 8 HIP-EX 9:30 Grocery Shopping 10 Travel Club-C1 10:30 Osteoporosis Exercise-EX 1 Pitch-CR 1 Mah Jongg-CE	18 COA PICNIC DAY HAMBURGERS/HOTDOGS CELEBRATE AMERICA! 10 Travel Club-C1 1 Quilting-CE 1 Scrabble-L	19 POLLOCK FILLETS 9:30 Grocery Shopping 10 Coffee & Conversation-DR 10:30 Osteoporosis Exercise-EX 11:30 Rep. John Scibak-DR 1 Knitting-L/Bridge-CE 1 Cribbage-CR 1 Canasta-DR 1 Poker-DR
22 STUFFED PEPPERS/SAUCE 9:30 FOOT NURSE (by appt) 1 Poker-DR 1 Pinochle-DR 1 Canasta-DR	23 COLD EGG SALAD PLATE 9-12 SHINE (by appointment) 1 Bingo-CR 1 Movie-EX 1 Needlecraft-CE 6:15 Men's Night/Mah Jongg	24 AMERICAN CHOP SUEY 8 HIP-EX 9 Nutrition Education by Nutritionist from Big Y-CR 9:30 Grocery Shopping 10 Travel Club-C1 10:30 Osteoporosis Exercise-EX 1 Mah Jongg-CE 1 Pitch-CR	25 OVEN BAKED CHICKEN Senior Travel Club Trip 10 Travel Club-C1 10:30 Blood Pressure Screening w/Fire District #1-DR 1 Scrabble-L 1 Quilting-CE	26 BREADED 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
29 LIVER & ONIONS 10 Music Appreciation Resumes-CE 1 Poker-DR 1 Pinochle-DR 1 Canasta-DR	30 STUFFED SHELLS/SAUCE 9 Newsletter Collating-CE 1 Bingo-CR 1 Movie-EX 1 Needlecraft-CE 6:15 Men's Night/Mah Jongg	31 LOW-SODIUM BEEF FRANKS 8 HIP-EX 9:30 Grocery Shopping 10 Travel Club-C1 10:30 Osteoporosis Exercise-EX 1 Mah Jongg-CE 1 Pitch-CR	 2011 IN TOWN TRANSPORTATION AVAILABLE MONDAY-FRIDAY FROM 9-3, BY APPOINTMENT ONLY.	



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

HEAT STRESS AND THE ELDERLY

Elderly people (that is, people 65 years and older) are more prone to heat stress than younger people for several reasons:

- ◆ Elderly people do not adjust as well as young people to sudden changes in temperature.
- ◆ They are more likely to have a chronic medical condition that changes normal body responses to heat.
- ◆ They are more likely to take prescription medicines that impair the body's ability to regulate its temperature or that inhibit perspiration.

HEAT STROKE:

Heat Stroke is the most serious heat-related illness. It occurs when the body becomes unable to control its temperature: the body's temperature rises rapidly, the body loses its ability to sweat, and it is unable to cool down. Body temperatures rise to 106°F or higher within 10 to 15 minutes. Heat stroke can cause death or permanent disability if emergency treatment is not provided.

Signs & Symptoms of Heat Stroke

Warning signs vary but may include the following: An extremely high body temperature (above 103°F); Red, hot and dry skin (no sweating); Rapid strong pulse; Throbbing headache; Dizziness, Nausea.

HEAT EXHAUSTION:

Heat exhaustion is a milder form of heat-related illness that can develop after several days of exposure to high temperatures and inadequate or unbalanced replacement of fluids.

Signs & Symptoms of Heat Exhaustion:

Warning signs vary but may include the following: Heavy sweating, Paleness, Muscle Cramps, Tiredness, Weakness, Dizziness, Headache, Nausea or Vomiting, Fainting, Skin: may be cool & moist, Pulse rate: fast & weak, Breathing: fast and shallow.

WHAT YOU CAN DO TO PROTECT YOURSELF:

- ◆ Drink cool, nonalcoholic beverages. (If your doctor generally limits the amount of fluid you drink or has you on water pills, ask him how much you should drink when the weather is hot. Also, avoid extremely cold liquids because they can cause cramps.)
- ◆ Rest
- ◆ Take a cool shower, bath, or sponge bath.
- ◆ If possible, seek an air-conditioned environment. (If you don't have air conditioning, consider visiting an air-conditioned shopping mall, public library or senior center to cool off.)
- ◆ Wear lightweight clothing.
- ◆ If possible, remain indoors in the heat of the day.
- ◆ Do not engage in strenuous activities.

Source: Centers for Disease Control and Prevention (CDC).

"THE GREEN BAG PROGRAM"

**FOR TRASH PICKUP
BEGINNING JULY 1, 2011**

Beginning July 1, 2011, ALL TRASH must be placed in special Town of South Hadley "green bags".

- ◆ The Green Bags are for *household trash only*.
- ◆ Trash and Recycling will be collected every other week according to the Town's schedule (no major route changes are expected).
- ◆ Green Bags should be securely tied and must not exceed 40 lbs. for each large bag or 20 lbs. for each small bag.
- ◆ Green Bags may be placed alone or in barrels at the curb.
- ◆ Set out properly bagged trash and recycling bins by 7:00 a.m. on your collection day.
- ◆ There is *no limit* to the amount of recyclables which may be set out for collection; free recycling containers may be obtained at the DPW at Industrial Drive.
- ◆ No construction/demolition or bulky materials at the curbside.
- ◆ Bulky items, which include items such as electronics/CRTs (TV's, computer monitors, etc.), furniture, mattresses, fluorescents, carpets, etc. may be brought to the Town's Recycling Center. Fees may apply.
- ◆ No hazardous materials.

IMPORTANT REMINDERS

- ◆ The following holidays are the only holidays which may delay trash collection by one day: New Years Day, Memorial Day, July 4th, Labor Day, Thanksgiving and Christmas.
- ◆ Trash that does not conform to program requirements will be stickered and left at the curb.
- ◆ The Town recycles the following curbside: glass containers, metal cans, 1-7 plastics in one container— paper, cardboard and newspaper in another container (dual stream).
- ◆ *All household trash* brought to the Recycling Center must also be in Green Bags. Bulky waste and construction debris brought to the Recycling Center may be in other trash bags, and will be assessed at \$.03/lb.

COST OF GREEN BAGS:

- ◆ \$1 each for the 33 gallon bags (sold in packs of 5 = \$5.00)
- ◆ \$.50 for the 15 gallon bags (sold in packs of 5 = \$2.50)

STORE/LOCATION TO PURCHASE BAGS:

- ◆ Big Y—501 Newton Street & 44 Willimansett Street
- ◆ Cumberland Farms—507 Newton Street
- ◆ Gagne's Market — 468 Amherst Road
- ◆ O'Connell's Convenience Stores —483 Granhy Road & 467 Newton Street
- ◆ Stop'n'Go—4 Bardwell Street
- ◆ Tailgate—7 College Street
- ◆ White Wing Mobil—568 Newton Street

NO TAX CHARGED ON PURCHASE OF BAGS!

Call: 538-5033 (Veronique Blanchard Smith—"V")
or Email: vblanchardsmith@southhadley.ma.gov or
Visit: www.southhadley.org



COA PROGRAMS & SERVICES

FORMS, ETC. AVAILABLE AT THE

SENIOR CENTER

There are many forms which we have at the Senior Center to assist you. Unless a price is stated, it is free. Many other places would charge you, so take advantage of what we have to offer.

- Homestead Protection forms are available for those 62+ and disabled persons of any age (\$500,000/person) and an individual under 62 for \$500,000 on the home. There is a \$35.00 filing fee payable to the Registry of Deeds. These protect you from losing your home due to a lawsuit. You must be the owner of the home to file a homestead.
- Health Care Proxy is available for you to choose your health care agent and treatment. There are many choices in life support; it is important that your family know your wishes.
- Cable Discount forms are available for those 63+, providing a 2% reduction on basic service. You will need to bring your driver's license or birth certificate and a utility bill or tax bill as copies of these must be included with the application.
- FILE OF LIFE is a magnetic holder which holds emergency & medical information (keep updated). Put one on your refrigerator and the label on your main door so emergency technicians know you have one. Available in wallet form also. Replacement inserts are also available.

Many programs and services are available at the Senior Center. If you are looking for information on Volunteer opportunities or a tour of the building, please call Anne O'Connor at 538-5042, Ext. 205. If you require assistance with forms, Prescription Advantage (a Massachusetts support program for Medicare Part D), applications for Brown Bag or Fuel Assistance, personalized transportation service, chores, information on the various support groups, shopping assistance (when you are unable to shop and have no one to help), food stamps, home care assistance or general information about nursing homes or rehab facilities, please call Angie Wright at 538-5042, Ext. 206. For minibus transportation questions, call Lisa Napiorkowski at 538-5042, Ext. 203. A full list of staff is shown on Page 2. In our library we have lots of books, some large print. There is a puzzle table with two puzzles going at most times or to borrow and do at home. There are coupon boxes where we keep the many coupons that our volunteers clip, sort and file. There are magazines and local newspapers.

We collect eye glasses for the Lions Club and Campbell Soup labels (and other company products) for Plains & Mosier Schools and tabs from cans for the Shriners.

There is a billiards room open from 8-4:30, a Peek and Poke rack with free clothing (we are always looking for current and clean clothing) and the rule is if it fits, it's yours. In addition, there is a free table in the lower hall that people really enjoy. If you have items that are still usable (no broken, dirty or impractical items please) bring them to the free table or come and look at what we have available.

TRIAD



What is TRIAD? TRIAD is a community policing initiative made of senior citizens, law enforcement and service providers to increase safety through education and crime prevention. Our S.A.L.T. (seniors and lawmen together) meets the last Tuesday of every month, September through May at 9 a.m. at the S. Hadley Police Station conference room. New members are welcome. Locally, individuals representing the Hampshire County Sheriff's Office, Northwestern District Attorney's Office, S. H. Police Department, S.H. Fire Dept., COA and elders represent S.A.L.T.

One project is the "ARE YOU OK?" a computerized calling program housed at the Police Department and an automatic call to check on individuals enrolled in the program.

Other projects include house numbers, cell phone distribution for 911 calls, educational presentations, and Files of Life.

VOLUNTEER OPPORTUNITIES-if you are interested, we have many ways you can spend some quality time helping the Council on Aging. We have friendly visitors, nutrition volunteers, kitchen volunteers, newsletter volunteers, craft instructors, data entry people, decorators, office volunteers and many other various slots you can fill if you would like to share some of your time. Call Anne at 538-5042, Ext. 205.

EDUCATION PROGRAMS- we try to have at least one program monthly. The subject varies but we are always looking for new ideas.

HEALTH EQUIPMENT-for loan for 3 months, no charge.

ANNE'S INFO

THIS TWO-MONTH ISSUE OF THE NEWSLETTER WILL BE ARRIVING AT THE DOOR OF MANY NEW RESIDENTS WHO ARE TURNING 60 THIS YEAR. WE WELCOME YOU AND HOPE YOU WILL COME AND GET TO KNOW YOUR SENIOR CENTER. I WOULD LOVE TO GIVE YOU A TOUR AND ANSWER ANY QUESTIONS YOU MAY HAVE, SO PLEASE CALL ME FOR AN APPOINTMENT AT 538-5042. I LOOK FORWARD TO MEETING YOU!

THE SUMMER MONTHS ARE TIME TO RELAX AND MANY PEOPLE HAVE VACATIONS PLANNED. SOME OF OUR ACTIVITIES GO ON HIATUS AND RESUME IN SEPTEMBER. THE CALENDARS WILL SHOW EXACTLY WHAT GROUPS ARE STILL MEETING. EVEN SO, THERE IS STILL MUCH TO DO HERE, AND IT'S A NICE COOL PLACE TO HAVE A HOME-COOKED MEAL WITH FRIENDS AND JOIN IN A GAME, MOVIE, EXERCISE, CONVERSATION OR RELAX IN THE LIBRARY WITH A BOOK, MAGAZINE OR PUZZLE.

IN ADDITION, ON JULY 21ST AT 1:00 PM THE FRIENDS OF THE SOUTH HADLEY ELDERLY ARE PROVIDING AN **ICE CREAM SOCIAL** WITH LIVE ENTERTAINMENT BY DAN DANIELS. THIS IS A FUN AND DELICIOUS AFTERNOON, SO CALL FOR YOUR RESERVATION AND JOIN THE FUN!

ON AUGUST 18 WE ARE HAVING OUR ANNUAL **COA PICNIC** HERE AT THE SENIOR CENTER. THERE WILL BE HAMBURGERS AND HOTDOGS ON THE GRILL, LOTS OF PICNIC FOOD AND AN AFTERNOON BINGO GAME FOR ALL. THIS IS A GREAT DAY AND VERY POPULAR, SO DON'T PROCRASTINATE IN MAKING YOUR RESERVATION!

WE ALSO HAVE A MONTHLY **BIRTHDAY ANNIVERSARY LUNCHEON**. EVERYONE MAY ATTEND, BUT IF IT IS YOUR BIRTHDAY OR ANNIVERSARY MONTH, YOU ARE OUR GUEST FOR LUNCH AND YOUR DAY IS CELEBRATED. IN JULY THIS WILL BE TUESDAY THE 12TH AND IN AUGUST IT WILL BE TUESDAY THE 9TH.

ANOTHER MONTHLY EVENT WE HAVE IS OUR **"CELEBRATE A COUNTRY"** LUNCHEON. WE CHOOSE A DIFFERENT COUNTRY EACH MONTH AND HAVE A MENU FROM THAT COUNTRY, INTERESTING INFORMATION GIVEN BY A VOLUNTEER AND EVERYONE IS INVITED TO BRING IN ITEMS TO SHOW THAT ARE FROM THAT COUNTRY. ON JULY 28TH WE WILL CELEBRATE SWEDEN AND ON AUGUST 18TH AT OUR PICNIC WE WILL CELEBRATE AMERICA.

IF YOU ARE INTERESTED IN VOLUNTEER OPPORTUNITIES, PLEASE CALL ME. WE HAVE MANY NEEDS AND THE VOLUNTEERS MAKE ALL THE WONDERFUL ACTIVITIES AND SERVICES WE PROVIDE POSSIBLE. WE AVERAGE 1,650 VOLUNTEER HOURS PER MONTH. LASTLY, I'D LIKE TO WELCOME **CAROL REZNIK**, A NEW NUTRITION VOLUNTEER.

STAY COOL!

Anne

South Hadley Council on Aging

SeniorNet
Computer Learning Center



Address: 43 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.

SeniorNet also has a website. It is a good place to check what classes and workshops are planned as well as the time of the classes. The website also has information about SeniorNet, the national organization under which SeniorNet functions, a calendar, and other information about the program. You can reach the website at SENIORNETSH.ORG. If you wish you can leave us a message by clicking on the Contact Us tab.

Classes that we plan to offer in July:

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.

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.

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

PICASA: A digital photo organizer and editor. It offers quick edits, ways to sort pictures, and place them in albums or folders. It is also possible to share photos with family and friends.

GRAPHICS: A computer program showing how to design your own cards, format newsletters, modify a flyer and many other graphic features.

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 6 to 8 lessons, each lasting 2 hours.

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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 E-mail: Rep.Johnscibak@hou.state.ma.us