

COUNCIL ON AGING

South Hadley, Massachusetts

The sun never sets on our Activities...

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JUNE 2011

Chairperson: M. Connie Laplante

Social Service Coordinator:
 Angie Wright -
 E-Mail: awright@southhadley.org
 Web: www.southhadley.org/pages/SouthHadleyMA_COA

**HAPPY BIRTHDAY
 90+ BIRTHDAY LUNCHEON
 WEDNESDAY, JUNE 22nd**



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). Reservations close at 9 a.m. each day. Remember to cancel if you cannot make the luncheon. THE SUGGESTED DONATION IS \$2.25 FOR PEOPLE 60 AND OVER, BUT REMEMBER IT IS A DONATION. EVERYONE 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.

This year we will honor those who are turning 90 or over at a **SPECIAL LUNCHEON to be held on June 22nd at 12 Noon. If you were born in 1921 PLEASE LET THE RECEPTIONIST KNOW** when you make your reservation. Those who are 91 or over this year are also welcome to attend. Because of limited space in the dining room each celebrant will be allowed to invite 1 guest. Celebrants will have their luncheon paid for by the Friends of South Hadley Elderly, Inc. Guests must pay for their own luncheon (60 and over suggested donation \$2.25 and 59 and under charge of \$3.00) Call in early! Give your name and date of birth and the name of your guest. The oldest resident in attendance will receive a small cake. We hope to see all nonagenarians that day! Space is limited, please keep in mind we want to accommodate as many 90 and over celebrants as possible. The menu is baked stuffed haddock, rice pilaf, French cut green beans, pineapple juice, rye bread and birthday cake.

**CONGRATULATIONS TO
 JOAN ROSNER
 FOR RECEIVING THE LIONS CLUB
 CITIZENSHIP AWARD**

*HAPPY FATHER'S DAY TO ALL
 FATHERS, GRANDFATHERS AND
 GREAT GRAND-FATHERS.*

South Hadley Senior Travel Club

SUMMER TRIPS: Wednesday, June 22, 2011-Lake George Luncheon Cruise. Includes a delicious buffet luncheon on beautiful Lake George aboard the paddleboat **M/Viacduc Sacrement**. Includes musical entertainment. Free time to browse in lovely Lake George Village. Hopefully we can round up a group for a mini golf game at your own cost. Cost: \$66. Contact Judy Fortier 534-3598. **Wednesday, July 20, 2011 Boston Whale Watch and Joe Tecce's Restaurant.** Includes a 3-hour whale watch aboard a comfortable high speed catamaran. Afternoon lunch at **Joe Tecce's**, a 50 year Boston favorite. Cost: \$86. Contact Barbara Laramee, 536-8567. **Wednesday, August 3, 2011, Saratoga Race Track.** Includes general admission, reserved grandstand seating, television monitors of each race, convenient betting windows and concession stands. Followed by dinner at **Grandma's Restaurant**. Cost: \$70. Contact Barbara Laramee, 536-8567. **Thursday, August 25th, MacHayden Theatre** featuring Roger and Hammerstein's "Carousel". Luncheon at **The White Stone Café**. Cost: \$76. Contact Susan Canedy 536-2106. **Wednesday, September 21, Block Island**, just a 12-mile ferry boat ride off the Rhode Island coast. Luncheon at the elegant **National Hotel**, followed by a narrated guided tour of the island with some time on your own to explore the many unique shops. Cost: \$88. Contact David Bellefeuille, 533-7724. A \$5.00 **non-refundable** deposit required on all trips. No refund prior to 6 weeks of a trip. A Travel Club Representative is at the So. Hadley Senior Center on Wednesday and Thursday between 10-11:30.

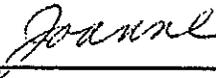
NOTES FROM THE DIRECTOR

As the fiscal year comes to a close I want to express my personal gratitude to everyone who has supported the South Hadley COA in anyway throughout the past year. Financial support is important but so is the volunteer assistance. With summer quickly approaching some of the nutrition volunteers take vacations. If you have a few hours to spare once a week or once a month, please consider volunteering to help set up the dining room or clean up after the meal. MANY hands make lighter work. I want to thank all of the staff and other Town employees who assist us whenever we ask. Thank you to the Executive Office of Elder Affairs, Senator Stan Rosenberg, Representative John Scibak, and West-Mass ElderCare for all of their support.

PLEASE NOTE THAT OUR 90+ BIRTHDAY CELEBRATION WILL TAKE PLACE AT THE LUNCHEON ON WEDNESDAY, JUNE 22ND. SPACE WILL BE LIMITED SO CELEBRANTS SHOULD BE SURE TO MAKE THEIR RESERVATIONS IMMEDIATELY!

Remember a visible house number may save your life! The South Hadley TRIAD has red, reflective house numbers that will be installed by their volunteers for a suggested donation of \$5.00. Call 538-5042 to register for one. Thanks to everyone who contributed to the TRIAD Safety program last month.

Enjoy the beautiful month of June!



EFFECTIVE IMMEDIATELY: THE COST OF HAVING A NEWSLETTER MAILED OUT OF TOWN WILL BE \$10.00. IT HAS BEEN AT LEAST TEN YEARS SINCE THE LAST INCREASE. THOSE WHO HAVE ALREADY PAID ARE SET UNTIL YOU RENEW YOUR SUBSCRIPTION. NEWSLETTERS ARE AVAILABLE AT THE SENIOR CENTER, TOWN HALL AND THE WEBSITE.

 * A Very Generous Donation has been received *
 * for the Anna Mae Parker Fund for Mother's *
 * Day from *
 * Tom & Anne Murray of Virginia *
 * In Honor *
 * of their Mothers *
 * and in Loving Memory *
 * of their Grandmothers *

COA WISH LIST: Dish Detergent Paper Towels



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 Short Term Rehabilitation and Long Term Care
 413-536-2540

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

SPECIAL THANKS TO: The Friday Night Scrapbook Club for their generous donation that will be applied to the Emergency Gift Account.

DONATIONS RECEIVED SINCE DECEMBER 27, 2010

Activity Gift/Necessities: Betsey Dieters, Janet Gardella, Bruce Gelinias; **Activity Gift/Transportation:** Carol & Cengiz Kayi; **Activity Gift/Subsidized Senior Transportation:** Gerry & Helen Bernard, Edward O'Boyle; **Minibus Maintenance:** Liz Methot, Jennie Cwieka, Helen Kendall; **Newsletter:** Marilyn Pasternak, Carl & Ruth Schmidt, Betty Prouty, Tekla McInerney, Julie & Jerry Quenneville, Laura Gauthier, Doris Tanguay, Mary Simonds, Carol Paquette, Enid Clark, Joanne & Wallace Kluz, Gail & Richard Lapierre, Ruth & Robert Lynch, Maureen Murray, David Stuntz, Cecile Stuntz, James & Jeanne Swindell, Catherine Devins, Ovide Flannery, Bea Thomas, Margaret D. Schulz, Anna Merrington, David & Anne Nasjleti, Richard & Janet Rudolph, Charles & Stasia Ragoza, Edward Werenski, Corinne LeMay, Janice Nally, Arlene Wyllie, Kris Sulek, Dorothy St. Pierre, Judy Carrier, Lillian Leviton, Gerard Blanchette, Phil & Ola Herbert, Norman & Norma Moreau, Jeanne Peloquin, Joan Hazen, Nancy Bombard, Erlene Plichta, Renee Orzechowski, Helen Kendall, Irene Champagne, Heather Ecklin, Frances Mytkowicz, Dana Muller & Gary Steigerwalt, Harry Wolfe, Linda & Robert Scott, Fran Risler, Sheila & David Fitzgerald, Mary Zamarripa, Kathryn Gallivan, Florence Gallivan, Shirley Scanlon, Doris Longpre, Helga Mueller-Loeffler, James & Bonnie Janik, Ruth Skuse, Edna Cox, Lucille Ryan, Phyllis Ichtou, Frances Collins, Mary Czepiel, Henry Burkhardt, Dorothy Gauthier, Agnes Briere, Noella Loiselle, Tillie Laverdiere, Don Boissonault, William & Judith Beyer, Kathy & Dick Kirby, Carmen Breton, Lynn & Robert Bertram, Wanda Dziadek, Grace Kelly, Leonil & Marguerite Quesnel, Peggy & Richard Lacoste, Bernard & Barbara Danek, Dick & Sandra Turban, Eileen Pasterczyk, Elinor Fesko, Mary Jane Follett, Doris & Norman Gagnon, Joan Richter, Joseph & Georgette Lecours, Lorraine & Roger Daviau, Lorraine Knowles, Jeanne Garon, Diane Scheinost, Edward Mello, Corinne LeMay, John & Dorothy Richter, Mary Mulvaney, Nancy & Chester Towne, Vicky Albano, Connie Laplante Real Estate, Shirley Burdzy; **Nutrition:** Roland & Carlene Allard, Mary & Frank Jesionowski, Mass. Municipal Association (for hosting Legislative Breakfast); Frances Mytkowicz, S. Hadley Senior Travel-Cart and Coffee Urn, S. Hadley Friends of the Elderly reimbursement for coffee used for the coffee maker in dining room; **Services Gift Account:** Susan Smith, Mr. & Mrs. Antonio Parentela, Virginia Johnston, Irene Tetlow; **Lights On:** Bob & Mary Engelson, Mona Roberts, Dorothy Hurley, Helen Kendall; **Christmas Baskets:** Jan Coughlin (2 Big Y gift cards); **Emergency:** David & Cile Stuntz, Ethel & James Sears, Arline & Michael Laporte, Ethel Gelineau and many other anonymous donors.



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Angie's New & Notes

Forgetfulness: When to Ask for Help

Many people worry about becoming forgetful. They believe that forgetfulness is the first sign of Alzheimer's disease. Over the past few years, scientists have learned a lot about memory and why some kinds of memory problems are serious but others are not.

Age-Related Changes in Memory

Forgetfulness can be a normal part of aging. As people age, changes occur in all parts of the body, including the brain. As a result, some people may notice that it takes longer to learn new things, they don't remember information as well as they once did, or lose items like their glasses. These usually are signs of mild forgetfulness, not serious memory problems.

Some older adults also find that they don't do as well as younger people on complex memory or learning tests. However, scientists have found that given enough time, healthy older people can do as well as younger people do on these tests. In fact, as they age, healthy adults usually improve in areas of mental ability such as vocabulary.

People with some forgetfulness can use a variety of techniques that may help them stay healthy and maintain memory and mental skills. Here are some tips:

- Plan tasks, make "to do" lists, and use memory aids like notes and calendars.
- Develop interests or hobbies and stay involved in activities that can help both the mind and body.
- Engage in physical activity/exercise.
- Limit alcohol use. Although some studies suggest that moderate alcohol use has health benefits, heavy or binge drinking over time can cause memory

loss and permanent brain damage.

- Find activities, such as exercise or a hobby, to relieve feelings of stress, anxiety, or depression. If these feelings last for a long time, talk with your physician.

More Serious Memory Problems

For some older adults, memory problems are a sign of a serious problem, such as mild cognitive impairment or dementia. Dementia is the loss of thinking, memory, and reasoning skills to such an extent that it seriously affects a person's ability to carry out daily activities. Dementia is not a disease itself but a group of symptoms caused by certain diseases or conditions such as Alzheimer's. People with dementia lose their mental abilities at different rates. Symptoms may include:

- Being unable to remember things
- Asking the same question or repeating the same story over & over
- Becoming lost in familiar places
- Being unable to follow directions
- Getting disoriented about time, people, and places
- Neglecting personal safety, hygiene, and nutrition

National Institute of Health

If you are concerned that you or someone you know has a serious memory problem, please consider consulting your physician. He or she may be able to diagnose the problem or make a referral to a specialist. Healthcare professionals who specialize in Alzheimer's can recommend ways to manage the problem or suggest treatment or services that might help. One local resource is the MA Chapter of the Alzheimer's Assoc. at 413-787-1113.



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. JUNE 2011 MENU

- 1) MACARONI & CHEESE, Stewed Tomatoes, Green Beans, Whole Wheat Bread, Peaches or Diet Peaches.
- 2) CHICKEN PATTY W/GRAVY, Potato Puffs, Corn, Oatmeal Bread, Tropical Fruit or Diet Tropical Fruit.
- 3) TUNA CASSEROLE, Summer Blend, Roll, Cookies or Diet Cookies.
- 6) CHICKEN MARSALA, Mushrooms, Egg Noodles, Green Beans, Oatmeal Bread, Apricots or Diet Apricots.
- 7) BIRTHDAY/ANNIVERSARY—POT ROAST W/SAUCE, Oven Browned Potatoes, Yellow Squash, Roll, Cake or Diet Cake.
- 8) STUFFED CABBAGE, Mashed Potatoes, Carrots, Rye Bread, Pineapple or Diet Pineapple.
- 9) COLD PLATE: Chicken Salad, Potato Salad, Cucumber & Onion Salad, Roll, Brownies or Diet Brownies.
- 10) BREADED POLLOCK, Egg Noodles, California Blend Vegetables, Wheat Bread, Applesauce or Diet Applesauce.
- 13) COLD PLATE: Turkey Salad, Pasta Salad, Carrot/Raisin Salad, Whole-Grain Roll, Mandarin Oranges or Diet Mandarin Oranges.
- 14) BROCCOLI QUICHE, Scalloped Potatoes, Mixed Vegetables, Multi-Grain Bread, Cookies or Diet Cookies.
- 15) BAKED CHICKEN W/GRAVY, Baked Potato, Corn, Whole Wheat Bread, Pudding or Diet Pudding.
- 16) HAM W/PINEAPPLE SAUCE, Mashed Potatoes, Mixed Vegetables, Orange Juice, Wheat Bread, Pears or Diet Pears.
- 17) CELEBRATE CHINA DAY—SWEET & SOUR PORK, White Rice, Oriental Vegetables, Rye Bread, Fortune Cookies, Pineapple or Diet Pineapple.
- 20) OVEN FRIEND CHICKEN, Roasted Potatoes, Ratatouille, Multi-Grain Bread, Peaches or Diet Peaches.
- 21) SWEDISH MEATBALLS, Egg Noodles, Spinach, Roll, Mixed Fruit or Diet Mixed Fruit.
- 22) 90+ BIRTHDAY PARTY—BAKED STUFFED HADDOCK, Rice Pilaf, French Cut Green Beans, Rye Bread, Pineapple Juice, Cake or Diet Cake.
- 23) SALISBURY STEAK W/GRAVY, Mashed Potatoes, Carrots, Biscuits, Pineapple or Diet Pineapple.
- 24) CHEESE LASAGNA W/SAUCE, Broccoli, Garlic Bread, Rice Pudding or Diet Rice Pudding.
- 27) LIVER & ONIONS, Mashed Potatoes, Broccoli & Cauliflower, Whole Grain Bread, Pears or Diet Pears.
- 28) MILD BEEF CHILI, Rice, Carrots, Dinner Roll, Orange Juice, Jell-O w/Topping or Diet Jell-O w/Topping.
- 29) COLD PLATE: Tuna Salad, Macaroni Salad, Three Bean Salad, Oatmeal Bread, Pineapple or Diet Pineapple.
- 30) LOWER SODIUM BEEF FRANKS, Baked Beans, Spinach, Roll, Applesauce or Diet Applesauce.

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.

Updates on Vitamin D

By Jami
e Farrell

WestMass Elder Care UMass Intern

Vitamin D has been getting a lot of hype in the media lately, and it can be confusing understanding all of the new information. Many sources are advising that we increase our Vitamin D intake, but by how much? Is there enough research to support the higher level intake?

Starting with the basics, Vitamin D is a fat soluble vitamin that is found naturally in some fish (salmon, sardines and tuna) and eggs, but it is mainly fortified in foods such as dairy and cereal. The easiest way to get Vitamin D is from the sun; our skin makes our own Vitamin D. In New England, April to October is the best time to get this vitamin from the sun. Considering that older adults may spend more time inside, this population is at risk for deficiency. Older adults may also have decreased food intake and may not produce Vitamin D as efficiently, further increasing risk for deficiency.

The Institute of Medicine recommends 600 IU for those 19-70 years old and 800 IU if you are over 71. However, new research studies have suggested we increase these numbers. Studies have shown that high intakes may help in the prevention of some cancers, diabetes, hypertension and other chronic diseases. Supplementing with 1,000 IU-2,000 IU has been suggested. Further studies will determine the need to increase the recommended levels.

It is very important to get enough Vitamin D. This vitamin is essential for calcium absorption and bone growth to aid in the prevention of osteoporosis by improving bone structure and density. Increasing bone strength may also decrease the number and severity of falls. It also plays a role in immune function and cell growth which keeps us feeling healthy and energized.

Overall, it is advisable to stick with current recommendations unless your doctor advises otherwise. If in doubt-spend some time outside and catch some rays!

IN MEMORIAM

IN MEMORY OF:

FROM:

SENIOR NET:

DR. FRANCIS NELEN Elaine Marieb &
Harvey Howell

M. CAROL FLEURY SeniorNet Sunshine Group

BUILDING FUND:

JANE NOEL Diane Scheinost
Rita T. Gladu
Joyce & Steven Roberts

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SHELDON INNOCENT Joanne Trybus &
Members of the So. Hadley COA Board

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LINDA COSTELLO Virginia Wright

GLORIA LAMIRANDE Virginia Wright

M. CAROL FLEURY Wendell & Cecile Clark

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TERRY HALKYARD Barbara R. Sullivan

"LIGHTS ON" PROGRAM:

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Bill & Betty Innocent
John & Ellen Shepardson
COA Knitters, Canasta Group, Brown Baggers &
Friends of the SHCOA
Thomas & Caroline Orszak
HIP (Health Information Partners)
M. Connie LaPlante
Susan M. Vinton
Eric Vinton
Thomas Vinton
Elinor Burnett

CHRISTMAS BASKET:

CHRISTINE MCCULLOUGH Donald McCullough

IN MEMORIAM

IN MEMORY OF:

FROM:

ACTIVITIES GIFT/NECESSITIES:

HARRISON FECTEAU Richard Hunter

EDWIN WARNER Richard Hunter

LINDA COSTELLO Melide Normand
Doris Bibeau

BILL "BB" BIELANSKI Lorraine Gaudet

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ERLINE DENNETTE Lathrop Village &
Newton Manor Tenants Association

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NEWSLETTER:

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Manor Tenants Association

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SUBSIDIZED SR. TRANSPORTATION:

GLORIA LAMIRANDE Stanley Wojcik

TRANSPORTATION ACCOUNT:

STANLEY KAWALEC Adele Moskal

JUNE



2011

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



1 MACARONI & CHEESE

- 8 HIP-EX
- 9:30 Grocery Shopping
- 10 Travel Club-C1
- 10:30 Osteoporosis Exercise-EX
- 1 Mah Jongg -CE
- 1 Pitch-CR

2 CHICKEN PATTY/GRAVY

- 10 Alzheimer's Support-C2
- 10 Travel Club-C1
- 1 Golden Agers -CR
- 1 Scrabble-L
- 1 Quilting-CE

3 TUNA NOODLE CASSEROLE

- 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

6 CHICKEN MARSALA

- 10 Music Appreciation-CE
- 11 Tai Chi-EX
- 1 Red Hat Society-CR
- 1 Stained Glass-CE
- 1 Poker-DR
- 1 Pinochle-DR
- 1 Canasta-DR

7 BIRTHDAY/ANNIVERSARY POT ROAST/SAUCE

9-12 SHINE (by appointment)

- 1 Bingo-CR
- 1 Movie-EX
- 1 Needlecraft-CE
- 6:15 Men's Night/Mah Jongg

8 STUFFED CABBAGE

- 8 HIP-EX
- 9:30 Grocery Shopping
- 10 Travel Club-C1
- 10:30 Osteoporosis Exercise-EX
- 1 Mah Jongg -CE
- 1 Pitch-CR

9 CHICKEN SALAD PLATE

- 10 Travel Club -C1
- 11 Veteran's Meeting
- 12:30-2pm Blood Pressure
Screening w/Nurse-C2
- 1 Golden Agers -CR
- 1 Scrabble-L
- 1 Quilting-CE

10 BREADED POLOCK

- 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

13 TURKEY SALAD PLATE

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

14 BROCCOLI QUICHE

9-12 SHINE (by appointment)

- 1 Bingo-CR
- 1 Movie-EX
- 1 Needlecraft-CE
- 6:15 Men's Night/Mah Jongg

15 BAKED CHICKEN/GRAVY

- 8 HIP-EX
- 9:30 Grocery Shopping
- 10 Travel Club-C1
- 10:30 Osteoporosis Exercise-EX
- 1 Pitch-CR
- 1 Mah Jongg-CE

16 HAM/PINEAPPLE SAUCE

- 10 Travel Club-C1
- 1 Golden Agers-CR
- 1 Quilting-CE
- 1 Scrabble-L

17 CELEBRATE CHINA DAY SWEET & SOUR PORK

- 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

20 OVEN FRIED CHICKEN

- 10 Music Appreciation-CE
- 1 Stained Glass-CE
- 1 Poker-DR
- 1 Pinochle-DR
- 1 Canasta-DR
- 1 Monday Cribbage-CR

21 SWEDISH 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

22 90+ BIRTHDAY PARTY BAKED STUFFED HADDOCK 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

23 SALISBURY STEAKS/GRAVY

- 10 Travel Club-C1
- 1 Golden Agers-CR
- 1 Scrabble-L
- 1 Quilting-CE



24 CHEESE LASAGNA

- 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

27 LIVER & ONIONS

9:30 FOOT NURSE (by appt)

- 10 Music Appreciation-CE
- 1 Stained Glass-CE
- 1 Poker-DR
- 1 Pinochle-DR
- 1 Canasta-DR

28 MILD BEEF CHILI

9 Newsletter Collating-CE

9-12 SHINE (by appointment)

- 1 Bingo-CR
- 1 Movie-EX
- 1 Needlecraft-CE
- 2 Get Going-C2
- 6:15 Men's Night/Mah Jongg

29 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

30 LOW-SODIUM BEEF FRANKS

10:30 Blood Pressure Screening w/Fire District #1-DR

- 10 Travel Club-C1
- 1 Golden Agers-CR
- 1 Scrabble-L
- 1 Quilting-CE

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

ANNE'S NEWS

I am amazed by the beauty of nature at this time of year. So many colors and sounds that have been dormant through the winter are now evidence of the new life of spring and summer. Some of our activities take time off in the summer so keep a close eye on the calendar. There is still a lot to do here. Think about coming for a delicious meal that you didn't have to cook in the hot weather. If you are new to the Senior Center please call me and I can schedule a **tour** for you and introduce you to people in the dining room.

The Senior Center is a wonderful place to come and feel accepted and at home. There are so many different types of people that attend here: from 60 to 100+, active and physically challenged, wealthy and in need, "professional" card and game players and those just learning, men and women and people of all ethnicities, faith and political persuasions, it is important for each of us to remember that everyone is worthy of respect and honor as we endeavor to create an atmosphere of acceptance at all times. The Golden Rule of "do unto others as you would have them do unto you" is a good guide for our actions and attitudes.

The **Pitch** group that meets every Wednesday at 1:00 has asked me to let you know they welcome new players. If you feel shy coming on your own, please call me and I'll bring you and introduce you, they are a fun group of people.

On Wednesday, June 22nd we will have our **90+ Birthday Party** luncheon. If you are celebrating 90 or more years this year we would love to have you join us for a delicious meal as our guest. Please call our office and reserve your place, this is your special day!

I would like to welcome a new volunteer, Madelyn Ginley. She will be volunteering in the Dining Room. Thank you for responding to my request for Nutrition Volunteers!

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 we are scheduling. There is also information about SeniorNet, 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 offer:

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

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.

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.

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

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