

COUNCIL ON AGING

South Hadley Massachusetts

The sun never sets on our Activities...

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Assistant Director: Lisa Napiorkowski
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Chairperson: M. Connie Laplante

Social Service Coordinator:
Angie Wright
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MARCH 2011

ST. PATRICK'S DAY LUNCH & CONCERT

WEDNESDAY, MARCH 16TH

SUGGESTED DONATION \$2.25

Come and celebrate the holiday with us. The entrée is corned beef and cabbage. A Colleen and court will be chosen via raffle. Barbara Hatch will share some trivia on the Irish culture. Entertainment by the Choralites who will sing some wonderful holiday music, immediately following lunch. Reservations will be taken **beginning on Friday, March 4th at 8 a.m. Call 538-5042 or stop by the office. Please do not leave a message.**

CANDIDATES LUNCHEON

On Wednesday, March 30th at 11:15 a.m. come and meet the candidates running for the various Town positions. The candidates will be invited to come and speak, if they wish, as well as mingle with the luncheon participants. The menu that day is oven baked chicken with gravy, red potatoes, corn, whole wheat bread, and apricots. The Town Elections will be held on Monday, April 4th. If you need a ride to vote call 538-5042. The cost of transportation for voting is paid by the Friends of South Hadley Elderly, Inc.

Every Weekday: Nutritious & Delicious Lunch 11:45 am - 12:15 pm, in the South Hadley Senior Center Dining Room. Please reserve a day in advance (538-5042) and cancel if you cannot attend. 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.

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. Call Judy Fortier, 534-3598 for additional information. **NEWLY SCHEDULED TRIPS: Monday, March 21, 2011-Mohegan Sun:** Full casino package. \$20 due upon reservation, includes driver's tip. Departs Big Y on Willimansett Street at 8:00 a.m. sharp. Call Barbara Laramée 536-8567. **Wednesday, April 6, - 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. **Wednesday, June 22, 2011-Lake George Luncheon Cruise.** Dine aboard M/V LacduSaintSacrement as we cruise on the lake. After the cruise there will be time to browse the shops. If you don't want to shop, there will be alternate activities to choose from (additional cost on your own). **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.

NOTE: DAYLIGHT-SAVINGS TIME BEGINS EARLY THIS YEAR. REMEMBER TO MOVE YOUR CLOCKS ONE HOUR FORWARD ON SUNDAY, MARCH 13TH.

NOTES FROM THE DIRECTOR

Before long the clocks will jump ahead and the days will be longer. Personally I can't wait!

I wish to express sincere gratitude to the many individuals who have responded to my plea for newsletter donations. Your generosity will help with postage costs. Some people wrote notes complimenting the newsletter. The staff really appreciates the positive comments because we put our best efforts into writing articles for the publication.

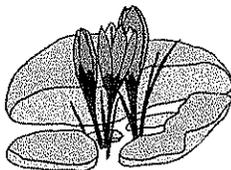
Reservations for the St. Patrick's luncheon begin on **Friday, March 4th at 8 a.m.** Please do not leave a message on voice mail. The fact that we cannot accommodate everyone is disappointing; however, the dining room only has room for 136 individuals. But don't hesitate to add your name to the waiting list because we also have cancellations.

As the ground begins to thaw please keep in mind the importance of having a visible house number. The TRIAD house number sign makes it much easier to find a house, especially in the dark. Seconds count in an emergency situation so please help make finding your home easier for emergency personnel. Please consider having a TRIAD volunteer install a number this spring. Call the COA at 538-5042 and put your name on the list. A very small donation of \$5 is requested to help defray the cost of the post and number sign. All time involved is donated. Thank you to the volunteers who provide residents with the house numbers.

The South Hadley TRIAD is a group of very dedicated volunteers who advocate for the safety of seniors. Together with the Hampshire County Sheriff's office, the Northwestern District Attorney's office, South Hadley Police Department and our Council on Aging we plan programs to share pertinent and timely safety information or provide a needed service. On Friday, March 11th at 11:30 a.m. newly appointed TRIAD Officer, Mike Pollender will be at the Senior Center to meet everyone and enjoy lunch with the seniors. It will be your opportunity to chat with him and express any concerns you might have regarding your safety. I want to express thanks to Officer Steve Fleming, recently appointed as the School Resource Officer for South Hadley Public Schools and Officer Paul Klekotka, who is retiring soon, for their years of hard work as TRIAD Officers and for their dedication and service to the seniors in Town and support of the COA staff.



Joanne



DIABETES SUPPORT GROUP-WED., MARCH 9TH

1 — 2:30 P.M. IN THE CONFERENCE ROOM

**" DIABETES FACTS AND MYTHS —
WHAT 'S REAL "**

Presented by Mary Anne Sopolak, MS, RD, CDE

SPECIAL THANKS TO:

****ADAM QUENNEVILLE ROOFING** for the quick response to the plea for help clearing off the exercise room roof.

****SOUTH HADLEY SENIOR TRAVEL CLUB** for purchasing a new large coffee urn and serving cart for the nutrition program.

****BEA FERNANDES** for the subscription for the Ladies Home Journal.

****Fire District # 1 Chief Authier** for allowing his paramedics and EMT's to visit the senior center once a month to do a blood pressure clinic.

****Count Me In volunteers** from the High School who made cheerful favors for the Meals on Wheels clients.

****To the High School students and teachers** who volunteered for the great sing-a-long.



***SPECIAL THANKS TO WENDY STORY AND MARC GAUDREAU OF BEERS & STORY SOUTH HADLEY FUNERAL HOME FOR THE DELICIOUS CAKE, MADE BY AMY WITHERS, DONATED FOR THE CONGREGATE VALENTINE'S LUNCH. WE**

ALSO APPRECIATED THE WALK DOWN MEMORY LANE WITH THE SLIDE SHOW OF 2010 EVENTS AND NICE BACKGROUND MUSIC. IT BROUGHT BACK SOME GREAT MEMORIES.

For now, please do not bring in any medical equipment that you are no longer using. Fortunately there have been less requests and there is no storage space!

****SPECIAL THANKS TO THE FRIENDS OF SOUTH HADLEY ELDERLY, WILLIMANSETT NURSING CENTERS AND STUDENTS OF MICHAEL E. SMITH MIDDLE SCHOOL** for sending Valentine Treats for the homebound.



Volunteer Opportunity: WestMass ElderCare's Citizen Advisory Council

WestMass ElderCare is looking for a representative from South Hadley to serve on its Citizen's Advisory Council. The Advisory Council is a group of volunteers from all seven communities served by WestMass ElderCare who provide advice on matters related to planning and implementing services to benefit local elders and their family caregivers. Representatives may include older people, members of the general public, those who work or volunteer in elder service organizations and elected officials. No special qualifications are needed but experience and familiarity with elders is preferred. To find out more or to obtain a membership application contact: Gary Donnelly, WestMass ElderCare Planner at 413-538-9020 X363 or gdonnelly@wmeldercare.org

Angie's News and Notes

Bereavement Support Group

On Friday April 1, 2011 and every Friday thereafter through May 20, 2011, I will be facilitating our yearly Bereavement Support Group here at the South Hadley Council on Aging. Seniors who have lost a loved one during 2010 are encouraged to join the group.

The Support Group will provide grieving individuals with information that helps them integrate loss into their lives — information and education that also helps them to understand and affirm what they are experiencing. What's more, there will be help to understand and avoid some of the unnecessary pain sometimes caused by well-intentioned but misinformed friends and family members. As noted grief counselor, Alan D. Wolfelt, PhD writes, "These people sometimes perpetuate grief misconceptions, offer misguided advice and impose unrealistic and inappropriate expectations on the mourner."

By joining a support group one can learn new coping skills from others who are surviving a similar loss, and receive support from others who really do have an appreciation for the bereaved' thoughts, feelings and experiences. Please be assured that each meeting will be a safe place to express your feelings without fear of being judged.

Seeking support and education are positive steps in the healing process. Please don't hesitate to contact me at (413) 538-5042 if you have any questions.

Angie Wright, MSW
Social Services Coordinator



What are Citizens Energy Heat Assistance Programs?

- The Citizens Energy Oil Heat Program offers free heating oil to people in need. Each eligible household is allowed a one-time delivery per heating season of 100 gallons of home heating oil for free.
- The Citizens Energy/Distrigas Heat Assistance Program gives a \$150 utility bill credit to eligible households who heat with natural gas. You are eligible for the Oil Heat Program or Distrigas Gas Heat Program if you have a financial hardship and need help paying your heating bills.

You must meet these requirements to be eligible:

- * You are facing a financial hardship
- * You are not eligible for Fuel Assistance (LIHEAP), or you have used up your LIHEAP benefits
- * You heat with oil, kerosene, or natural gas
- * You are a resident of Massachusetts
- * You have not received financial help from Citizens Energy during this heating season

For the Oil Heat Program call **1-877-JOE-4-OIL** (1-877-563-4645).

For the Distrigas Program call 1-866-GAS-9918 (1-866-427-9918) and leave a message with your name, address, and phone number. An application will be mailed to you within 24 hours.

Care Transitions —Please call 538-5042 to Register On Wednesday, March 16 at 9:15 A.M., Jean Zalesky of the Holyoke Visiting Nurse Association and Hospice Life Care, will speak and take your questions on the subject of *Care Transitions*. *Care Transitions* is the process used by healthcare providers to ensure the coordination and continuity of health-care. During the course of an acute or chronic illness one will often receive care in multiple settings, such as a hospital, rehab facility, doctor's office and home. Jean will talk about how communication can be improved among those who provide your care and how you can play a role in the process.

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. MARCH 2011 MENU

- 1) VEAL PATTY W/GRAVY, Mashed Potatoes, Mixed Vegetables, Whole Wheat Bread, Peaches or Diet Peaches.
- 2) BAKED HAM W/PINEAPPLE, Brown Rice, Succotash, Whole-Grain Bread, Mandarin Oranges or Diet Mandarin Oranges.
- 3) SWEET & SOUR CHICKEN, Egg Noodles, Squash blend, Orange Juice, Rice Pudding or Diet Rice Pudding.
- 4) BAKED STUFFED SHELLS W/SAUCE, Broccoli/Cauliflower, Garlic Bread, Applesauce or Diet Applesauce.
- 7) STUFFED PEPPERS W/SAUCE, Confetti Rice, Beets, Cornbread, Tropical Fruit or Diet Tropical Fruit.
- 8) BIRTHDAY/ANNIVERSARY—FRENCH MEAT PIE W/GRAVY, Scalloped Potatoes, California Blend Vegetables, Cake or Diet Cake.
- 9) MACARONI & CHEESE, Stewed Tomatoes, Romano Beans, Whole Grained Bread, Peaches or Diet Peaches.
- 10) ROAST PORK W/GRAVY, Mashed Potatoes, Wax Beans, Whole Grain Roll, Cookies or Diet Cookies.
- 11) POLLOCK & CHEESE FILETS, Rice Pilaf, Spinach Roll, Pears or Diet Pears.
- 14) BAKED HAM AND NOODLE CASSEROLE, Green Beans, Oatmeal Bread, Pineapple or Diet Pineapple.
- 15) GROUND BEEF STROGANOFF, Noodles, Broccoli, Multi-Grain Bread, Peaches or Diet Peaches.
- 16) ST. PATRICK'S DAY LUNCHEON, Corn Beef/Cabbage, Boiled Potatoes, Carrots, Soda Bread, Cake w/Mint Frosting or Diet Cake w/Mint Frosting.
- 17) CHICKEN PATTIES W/GRAVY, Mashed Potatoes, Brussels Sprouts, Rye Bread, Mixed Fruit or Diet Mixed Fruit.
- 18) FIESTA POLLOCK, Rice, Peas & Carrots, Roll, Orange Juice, Tapioca Pudding or Diet Tapioca Pudding.
- 21) CHILI CON CARNE, Rice, Mexican Corn, Cornbread, Orange Juice, Fruit Turnovers or Diet Fruit Turnovers.
- 22) BBQ CHICKEN, Au Gratin Potatoes, Green Beans, Oatmeal Bread, Mandarin Oranges or Diet Mandarin Oranges.
- 23) STUFFED CABBAGE W/SAUCE, Mashed Potatoes, Mixed Vegetables, Rye Bread, Mixed Fruit or Diet Mixed Fruit.
- 24) ROASTED TURKEY W/GRAVY, Roasted Potatoes, Carrots, Multi-Grain Bread, Jell-O or Diet Jell-O.
- 25) BROCCOLI & CHEESE QUICHE, Potato Puffs, Peas/Onions, Multi-Grain Bread, Oranges or Diet Oranges.
- 28) LIVER & ONIONS, Mashed Potatoes, Zucchini Blend, roll, Brownies or Diet Brownies.
- 29) SPAGHETTI W/MEATBALLS, Tomato Sauce, Garlic Bread, Spinach, Peaches or Diet Peaches.
- 30) OVEN-BAKED CHICKEN W/GRAVY, Red Potatoes, Corn, Whole Wheat Bread, Apricots or Diet Apricots.
- 31) CHEESE LASAGNA W/SAUCE, Broccoli, Italian Bread, Cookies or Diet Cookies.

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.

Healthy Foods You Can Enjoy

By Chris Brown
Nutritionist WMEC

There are many times when we have been told NOT to eat certain foods because they are "bad" for us. For example, too many high fat foods are detrimental to your heart health. Another example, is not to drink too much caffeine because it can have a negative effect on your health.

However, there are a great many food items available that are healthy and good for you. Consider adding these "healthy foods" to your diet to increase the beneficial nutrients that you consume. We are not suggesting "super foods" to cure all that ails you, but healthy additions to your way of eating.

Consider the following:

Sardines—provide protein, calcium and Vitamin D. Use sardines packed in water rather than oil. Sardines are also a good source of omega-3s.

Greek Yogurt—a good source of bone building calcium and protein. As compared to regular yogurt, which has 8 grams of protein in 6 oz., Greek Yogurt has an amazing 18 grams of protein for every 6 oz.

Avocados—are a heart-healthy choice. Half of a large avocado has 7 grams of fiber and 15 grams of fat (of which 2 grams are saturated). Higher amounts of fiber and unsaturated fat improve your blood cholesterol levels.

Lentils—are an economical and tasty source of protein. Each 1/2 cup provides 8 grams of fiber and 9 grams of protein, plus folate, potassium, phosphorus, thiamine and Vitamin B-6. It is also one of the few plant based sources of iron.

Chickpeas—canned chickpeas are ready to eat. A 1/2 cup of chickpeas contains 143 calories, 6 grams of protein and 5.3 grams of fiber. An easy crunchy snack would be to roast the chickpeas in the oven with a little olive oil.

Information taken from Tufts University Health & Nutrition Newsletter 1/11.

IN MEMORIAM

IN MEMORY OF:

FROM:

SENIOR NET:

RITA LAPOINTE-CURRIER So. Hadley Women's
Club Bowling League

DR. FRANCIS NELEN Phil & Ola Herbert
Chet & Joanne Trybus and Family
So. Hadley Council on Aging Board
Dolly & Harry Crossland
June M. Beattie
George & Janet Smith
Louis & Claire Rigali
Dr. Block & Staff at So. Hadley Dental Associates
Marilyn Erickson
Amy S. Dane
Jack & Mary Phillips
John & Janet Egelhofer
Ronald & Donald Bullough
Sue & John Hagberg
Rosalie Kelley
Mr. & Mrs. Paul Resler
Peggy & Dick Towne, Jr.
Robert & Jean Hazen
Dr. & Mrs. Walter Wolf
John T. Davitt
Wayne & Mary Boulais
Lester & Roberta Halpern
Jack & Pat Neill
John & Nancy O'Donnell
Daniel & Denise Vanderpoel
Mr. & Mrs. Bronislaw Sajdak
Constance Rondeau
Claire Case & Speck Fitz
Ruby Carver
Marie Gallo
Daniel Murphy and Anna Whitton
Noble Hospital Medical Staff
Linda Butler
Edward & Priscilla Ryan and
Paul Boudreau & Elizabeth D. Scheibel
Elizabeth Burn
Joann & Charles Taugher
Joseph A. Croteau
Tom & June Hazen
Ralph & Louis Whitelock
Amelia (Sis) Pessolano Ryan
Frances & Robert Abrams
Steven Suprenant
Roland & Sharlene Racine
Edward Clark
Theodore & Laura Belsky
Elaine Ironfield

IN MEMORIAM

IN MEMORY OF:

FROM:

SENIOR NET:

DR. FRANCIS NELEN 39er's Club
Betty Prouty
Victoria & Paul Wildman
Kenneth Guilbault
Brian & Cherie Sutton
Center for Redevelopment Corp./
The Village Commons
Harold (Hal) & June Harris
Judy, David, Mary, Matthew, Julie Strzempko
The Paul Duval Family (Paul D., Andree M.,
Denise M., and Julie A., Paul)
Janice & Frank DeToma
Paul & Sharon Raverta
Patrick & Carleen LaBonte
Irene Bernstein
Lucille Mainville
Dawn Hanifin
M. Connie LaPlante
Kenneth Ellis
Senior Net Group
June & Russ Smith
Bob & Ginney Russell
Candy Johnson
Roger & Alma Ehle
Marion W. Hamilton
Jacqueline Rittlinger
Joseph & Josephine Venti
Brub & Linda Collina
Mary Alice & John Osgood
Richard & Helen Gibbs
Board of Health & Staff:
(Fred Marion, Peg Feilen, Dr. Michael Rosner,
Dr. Herman Picard, Sharon Hart, Robert Dufault)
Newton & Elizabeth Bowdan
Marilyn & Wayne Gass
Paul A. Tardif
Cary & Susan Jubinville

TRANSPORTATION:

SHIRLEY MARTIN Grace Kelly
DR. JOHN SHEEHAN Grace Kelly

ANNA MAE PARKER FUND :

JUNE MCVEIGH Maureen Murray

MARCH 2011

DAYLIGHT SAVINGS TIME
BEGINS MARCH 13TH

<p>1 VEAL PATTY/GRAVY 9-12 SHINE (by appointment) 10 Beginning Exercise-EX 1 Bingo-CR 1 Movie-EX 1 Needlecraft-CE 6:15 Men's Night/Mah Jongg</p>	<p>2 BAKED HAM WITH PINEAPPLE 8 HIP-EX 9:30 Grocery Shopping 10 Travel Club-C1 10:30 Osteoporosis Exercise-EX 1 Mah Jongg Teach & Learn-CE 1 Pitch-CR/Senior Poetry- C2</p>	<p>3 SWEET & SOUR CHICKEN 10 Alzheimer's Support-C2 10 Beginning Exercise-EX 10 Travel Club-C1 1 Golden Agers-CR 1 Scrabble-L 1 Quilting-CE</p>	<p>4 BAKED STUFFED SHELLS 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</p>	
<p>7 STUFFED PEPPERS/SAUCE 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</p>	<p>8 BIRTHDAY/ANNIVERSARY FRENCH MEAT PIE 10 Beginning Exercise-EX 1 Bingo-CR 1 Movie-EX 1 Needlecraft-CE 6:15 Men's Night/Mah Jongg</p>	<p>9 MACARONI & CHEESE 8 HIP-EX 9:30 Grocery Shopping 10 Travel Club-C1 10:30 Osteoporosis Exercise-EX 1 Diabetic Support Group-C2 1 Mah Jongg Teach & Learn -CE 1 Pitch-CR/Choralites-DR</p>	<p>10 ROAST PORK/GRAVY 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-CR 1 Quilting-CE/Scrabble-L</p>	
<p>14 HAM NOODLE CASSEROLE 9 Yoga - EX 9:30 FOOT NURSE (by appt) 10 Music Appreciation-CE NO Tai Chi 1 Stained Glass-CE 1 Poker /Pinochle/Canasta-DR 4 COA Board Meeting-C2</p>	<p>15 BEEF STROGANOFF 9-12 SHINE (by appointment) 10-11 Brown Bag-CE 10 Lo-Vision Support-C2 10 Beginning Exercise-EX 1 Bingo-CR/No Movie 1 Needlecraft-CE 6:15 Men's Night/Mah Jongg</p>	<p>16 ST. PATRICK'S DAY LUNCHEON CORNEBEEF AND CABBAGE 8 HIP-EX/9:30 Grocery Shopping 9:15 Care Transitions-CR 10 Travel Club-C1/NO Osteo 1 Choralites Concert-DR 1 Senior Poetry-C2/Pitch-CR 1 Mah Jongg Teach & Learn-CR</p>	<p>17 CHICKEN PATTY/GRAVY 10 Beginning Exercise.-EX 10 Travel Club-C1 1 Get Going Meeting-C2 1 Golden Agers-CR 1 Scrabble-L 1 Quilting-CE</p> 	
<p>21 CHILI CON CARNE 10 Music Appreciation-CE 11 Tai Chi-EX 1 Stained Glass-CE 1 Poker-DR 1 Pinochle-DR/Canasta-DR 1 Monday Cribbage-CR</p>	<p>22 BBQ CHICKEN 9 Newsletter Collating 10 Beginning Exercise-EX 1 South Hadley Reads Event Movie-"Magic of Ordinary Days" & Popcorn-EX 1 Needlecraft-CE/Bingo-CR 6:15 Men's Night/Mah Jongg</p>	<p>23 STUFFED CABBAGE/SAUCE 8 HIP-EX 9:30 Grocery Shopping 10 Travel Club-C1 10:30 Osteoporosis Exercise-EX 11:15 Chris Brown, WMEC-DR 1 Choralites-DR 1 Pitch-CR/Mah Jongg-CR</p>	<p>24 ROAST TURKEY/GRAVY 10 Beginning Exercise.-EX 10 Travel Club-C1 1 Golden Agers-CR 1 Scrabble-L 1 Quilting-CE</p>	
<p>28 LIVER & ONIONS 9 Yoga-EX 9:30 FOOT NURSE (by appt) 10 Music Appreciation-CE 11 Tai Chi-EX 1 Stained Glass-CE 1 Poker-DR 1 Pinochle-DR 1 Canasta-DR</p>	<p>29 MEATBALLS & SPAGHETTI 10 Beginning Exercise-EX 1 Bingo-CR 1 Movie-EX 1 Needlecraft-CE 6:15 Men's Night/Mah Jongg</p>	<p>30 BAKED CHICKEN/GRAVY 8 HIP-EX 9:30 Grocery Shopping 10 Travel Club-C1 10:30 Osteoporosis Exercise-EX 11:30 Candidates Luncheon with Presentations-DR 1 Choralites-DR 1 Mah Jongg-CE/Pitch-CR 1 Pitch-CR</p>	<p>31 CHEESE LASAGNA 10 Beginning Exercise-EX 10 Travel Club-C1 10:30 Blood Pressure Screen w/Fire District #1-DR 1 Golden Agers-CR 1 Scrabble-L 1 Quilting-CE</p>	
				<p>25 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</p>
				<p>ROOM KEY B=Billiards Room CR=Card Room CE=Ceramics C2=Formerly Old Office C1=Conf. Room Off Library EX=Exercise Room DR=Dining Room L=Library</p>

IN MEMORIAM

IN MEMORY OF:

FROM:

NUTRITION:

SHIRLEY MARTIN

Kenneth Guilbault
Irene Bernstein
Ann M. Guenette

DONNA POTVIN

Janie Brochu

LESLIE LINNEHAN

Janie Brochu

JACK RYAN

Lucille Ryan

MARCEL PICHETTE

Doris Pichette

JEAN ELLIS

Kenneth Ellis
Ann Guenette

SHIRLEY EISENSTOCK

Doris Bick

BARBARA (BJ) WHITE

Kenneth Ellis
Roland & Joyce Roberts
Wayne & Ruth Cowan
Fran Mytkowicz
Chester (Chet) & Nancy Towne

CAROL PELTIER

Lathrop Village & Newton
Manor Tenants Assoc.

STANLEY KAWALEC

Irene Gondek

"LIGHTS ON":

JULA CORBIN

Linda Scott

BILL LAMBERT

Jean Lambert

DR. FRANCIS NELEN

Linda Scott

NEWSLETTER:

DOTTIE RENNER

Harold Renner

BARBARA LEONARD

Donald Leonard

IN MEMORIAM

IN MEMORY OF:

FROM:

EMERGENCY FUND:

EDWARD MITCHELL

Avis Mitchell

BUILDING FUND:

FLORENCE "JEAN" ELLIS

Irene Bernstein
Joanne & Chet Trybus

RUTH MAZUROWSKI

Donald & Denise Marcotte

MOTHER'S GARDEN:

THERESE BLANCHETTE

Gerard Blanchette

SENIOR NET:

DR. FRANCIS NELEN

Beverly P. Howells
Donal & Mary O'Shea
Employees of Noble Hospital
Emergency Department

CHORALITES:

LARRY CHESKY

Bea Fernandes

A DONATION HAS BEEN RECEIVED FROM
RENEE ORZECOWSKI

In Loving Memory of

Her Beloved Husband
STANLEY J. ORZECOWSKI
On the 50th Year of
Their Wedding Anniversary



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.



SAVE THE DATE

OPERATION PRESCRIPTION DRUG

TAKE BACK

SATURDAY, APRIL 30, 2011

10:00 A.M. TO 2:00 P.M.

LOCATIONS AND FURTHER INFORMATION TO
BE ANNOUNCED

IN COOPERATION WITH THE:
DRUG ENFORCEMENT AGENCY
HAMPSHIRE/FRANKLIN TRIAD
LOCAL LAW ENFORCEMENT



**SUBSTITUTE HOME DELIVERED MEALS
DRIVERS NEEDED**

Although I have a list of substitute home-delivered meals drivers, during the winter many travel down south for a few months. The regular drivers are very faithful employees and do not request many days off. However, as life goes, there are times of illness or family responsibilities that require the drivers to ask for time away. Therefore I am looking for individuals who might have 2 hours a day to spare between 10:15 a.m. and 12:30 p.m., who on occasion, might be able to use their vehicle to deliver meals to the homebound. Training is provided and you are only a phone call away from assistance. Interested individuals need to complete an application and, because we work with elders, must pass the CORI (Criminal Record Investigation) check. Call me at 538-5042, Ext. 204 if you are interested in learning more about the job. The pay rate is \$7.50 per hour and \$.47 per mile driven. Again, this is very sporadic employment, not for someone seeking a steady paycheck. Joanne



Willimansett Centers East and West
"Helping you stay healthy and independent"
 Short Term Rehabilitation and Long Term Care
 413-536-2540

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



ANNE'S NEWS

SeniorNet is looking for "students" for the next classes:

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

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

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

EXPLORING WINDOWS: A course introducing the basic components of the Windows operating system including managing disks, folders and files.

Each class provides coaches who will help each student, an instruction book that is yours to keep and a practice disc. Coaches assist students with "hands-on" help. There is a regular Friday afternoon lab which is open to all those who take our classes. Most classes run for 8 lessons, each lasting 2 hours.

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

The goal of SeniorNet is to provide hands-on instruction in learning both computer basics and more advanced uses at an affordable cost and in a relaxed atmosphere. Our classes are designed for older adults. Anyone 55 years and older is eligible. Call us at 533-6889. We'll call you right back.

March has arrived and I am hoping the groundhog was right! This month we have some special events and a few changes at the Senior Center and regardless of the weather, this is the place to be.

For the first 3 Wednesdays in March the Mah Jongg group is offering Teach and Learn sessions for anyone wanting to learn this fun game or just interested in a "refresher course". Come to any or all of these sessions and they will help you learn the game.

On Wednesday, March 16th we will celebrate St. Patrick's Day. We will begin with a delicious corned beef and cabbage meal and follow with a concert of Irish music by our own volunteer choir, The Choralites.

In February we celebrated our 50th state so now we are going to begin celebrating countries, beginning with Ireland. Barbara will give you a little Irish trivia before lunch on the 16th, and we will continue with a different country each month.

For this year's town read the South Hadley Reads committee has chosen the book Hotel on the Corner of Bitter and Sweet by Jamie Ford. A variety of events have been planned around the theme in this historical novel. There are brochures in the Senior Center library with the schedule of events. If you would like to borrow a copy of the book to read, please see me. Our activity will be a movie titled "Magic of Ordinary Days" to be shown on Tuesday, March 22nd at 1:00 pm. Please join us for this heartwarming love story and a bowl of popcorn!

As Spring arrives you may be looking for a new activity or wanting to meet some new friends. I would love to give you a tour of the Senior Center and introduce you to other people with similar interests.

Lastly, I would like to welcome a new volunteer, Phyllis Hopewell, who has joined the Choralites. We're looking forward to hearing you on St. Patrick's Day! At the Council on Aging, we have over 200 people who volunteer their time and talents. We have volunteer opportunities ranging from 2 hours per month to 10 hours a week. There really is something for nearly everyone and every volunteer is vital to the services we offer here. If you would like to know more about volunteering please call me.

I hope to see you soon!

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