

COUNCIL ON AGING

South Hadley, Massachusetts

The sun never sets on our Activities...

Director/Editor: Joanne Trybus
 E-Mail: jtrybus@southhadleyma.gov
 45 Dayton Street
 South Hadley, MA 01075-1924
 Tel. 538-5042 Fax: 532-8206

Assistant Director: Lisa Napiorkowski
lapiorkowski@southhadleyma.gov

Chairperson: M. Connie Laplante
 Social Service Coordinator:
 Angie Wright

E-Mail: awright@southhadleyma.gov
 WebSite: www.southhadley.org/pages/SouthHadleyMA_COA

NOVEMBER 2011



THANKSGIVING LUNCHEON



Our annual special Thanksgiving luncheon will be held on Wed., November 16th. The menu will be turkey and all the fixings. Suggested donation is \$2.25. **Reservations will be taken for this luncheon**

starting on Wednesday, November 2nd. Since this is a very popular event, please make your reservations early by calling 538-5042. Please do not leave your name on the answering machine and do not call before 8 a.m.

Monday-Friday a nutritious & delicious lunch is served between 11:45 a.m. and 12:15 p.m., in the So. Hadley Senior Center Dining Room. Please reserve a day in advance. Although reservations close at 9 a.m. each day, it is preferable to make your reservations as soon as possible and cancel if you cannot make the luncheon. Monday reservations should be made by Friday. Suggested donation is \$2.25 for 60 and over. **Guests under 60 pay a charge of \$3.00 per meal.** FEDERAL GUIDELINES SPECIFY THAT FOOD SHOULD NOT BE TAKEN FROM THE LUNCH SITE. The only exceptions are bread, fruit, milk or non-perishable items.

CHRISTMAS BASKETS CHANGE



The holiday season is approaching and because South Hadley now has a food pantry the Council on Aging Christmas Basket Program is going through a transition. Hopefully there will be a food distribution through the pantry and the South Hadley Council on Aging will provide grocery gift cards and electric light credits to residents 60 and over during the holiday season. With many people following, low-sugar, low-fat and/or low-salt diets, it is difficult to accommodate their special needs with a food basket.

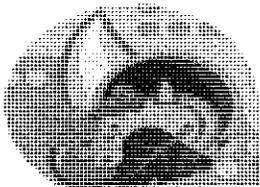
A gift card to a local grocery store is greatly appreciated because one may buy foods appropriate for their specific diet, or even a treat! After reading the thank you notes from recipients of a gift card or electric light credit, it is evident how grateful they are for the financial support. Monetary donations or grocery store gift cards will be greatly appreciated to help subsidize the program. Please send checks payable to COA Christmas Baskets to: 45 Dayton Street, SH. If you choose to purchase gift certificates to local grocery stores please bring them to the Senior Center by December 8th.

South Hadley Senior Travel

Wednesday, January 11, 2012, Foxwoods. Full casino package, \$21.00, due upon booking. The Diana exhibit featured in the GREAT CEDAR EXHIBITION HALL. Tickets are available at the door for additional charge of \$21.00 senior/\$25.00 non senior. Contains 150 of the personal objects of Princess Diana, her royal wedding gown, 28 designer dresses, family heirlooms and rare home movies. Call David Bellefeuille, 533-7724. **Wednesday, February 15: Mohegan Sun** with full casino package, \$21.00. Payment due upon booking. Call Howie Walsh, 593-6286. **Thursday, March 15: BOSTON FLOWER AND GARDEN SHOW**, an annual rite of spring, with over 25 garden displays. Enjoy gardening demos, lectures, chef demonstrations, and vendors. Lunch at Fire & Ice Marketplace, located in Boston's Back Bay. Select fresh meats, seafood, sauces, and veggies and watch them cook on their grill. Enjoy unlimited trips to the grill, unlimited soft drinks and desserts. Cost \$79.00. Call Sue Canedy, 536-2106. **May 11-19, 2012, MONTREAL, CANADA AND NEW ENGLAND CRUISE.** One night in Montreal with welcome dinner and a guided city tour, 7-night cruise aboard Holland America's Maasdam. Cruise down the St. Lawrence River, with stops in Quebec, Prince Edward Island, Sydney and Halifax Nova Scotia, Bar Harbor and returning to Boston. Motorcoach transportation to/from So. Hadley included. Call Susan Canedy, 536-2106 for information. All 2011 trips full but will accept names for Aqua Turf's wait list. A \$5.00 non-refundable deposit due on all non-casino trips. No refund prior to 6 weeks of trip. Travel Club Representatives at So. Hadley Sr. Center Wed. and Thurs. 10-11:30. Flyers available.

NOTES FROM THE DIRECTOR

This month, as I turn 60, I officially join the population I serve. Now I will be advocating for myself as well. With the many anticipated changes being forecast for the future, I will be sure to stay educated and will share information in the newsletters. Please do not hesitate to contact the senior center if you have any questions or concerns. If one of the staff members does not have the answer, we should be able to make a referral to someone who does. The various forms required for many programs can definitely be intimidating.



This month we honor our Veterans and hope that many of you will join us for lunch. It is a small way to thank them for their years of service to our Country.

Although the month can be gray and dull, there is a lot of activity at the South Hadley Senior Center. There are many activities and programs, some new to check out. If you would like a tour, please call Anne O'Connor at 538-5042, Ext. 205 and she will be delighted to make an appointment to view our facility. Staying active mentally, physically and socially helps in healthy aging!

Again I count my many blessings as I reflect on the meaning of Thanksgiving and am extremely thankful to the loyal and caring staff members and faithful volunteers who continue to make the South Hadley Senior Center a home away from home for so many participants.

Happy Thanksgiving to all!

SPECIAL THANKS TO SO. HADLEY KNIGHTS OF COLUMBUS #1721 FOR DELIVERING THANKSGIVING DAY MEALS TO THE HOMEBOUND.



VETERAN'S DAY LUNCHEON—WED., NOVEMBER 9TH

Program begins 11:30-lunch served at 12 noon

Because this is your day, and we have sincere gratitude for all you have done for our Country, all Veterans are invited to lunch as guests of the South Hadley Friends of the Elderly. **You must make a reservation for your lunch with Anne O'Connor at 538-5042, Ext. 205 by Friday, November 4th.** If you are bringing a guest please let Anne know because we need to plan for the number of diners. Following lunch we hope you will stay for professional entertainment by Kyle Ray, a very talented teenager! Thanks to Charlie Allard for helping to coordinate this event.

****SPECIAL THANKS TO:**
Thank You!
The South Hadley Senior Travel Club for their **VERY GENEROUS donation of \$1,500 to be used for interior building repairs once the roof renovation project has been completed.

**Carey's Flowers for the beautiful flowers that brighten the days of so many people on their birthday or anniversary and for the fall door hanger for the RSVP luncheon raffle.

**Big Y for the bread and delicious baked goods.

**Claire Bielanski for the laundry detergent.

REMEMBER TO TURN YOUR CLOCKS BACK ONE HOUR ON SUNDAY, NOVEMBER 6TH. ALSO, IT IS A GOOD TIME TO CHECK THE BATTERIES IN YOUR SMOKE DETECTORS.



DIABETES SUPPORT GROUP-Wed., Nov. 9th

Note: Time change, meeting begins at 2 p.m. and ends at 3:30 p.m. Join Patty Moriarty, RN, CDE Mercy Diabetes Education Center and Judson Graham of Neighborhood Diabetes for glucometer cleaning and A1c testing. Please bring your meter to this meeting.

FUEL ASSISTANCE BEGINS

Individuals who have received fuel assistance should have received re-certification applications by now. For individuals who want to apply for fuel assistance for the first time, calls for appointments will be taken beginning on Tuesday, November 1st after 9:30 a.m. Please call Angie Wright, Social Service Coordinator directly at 538-5042, Ext. 206. If she does not answer, you may leave a message on her voice mail. She will call you back to set up a time to meet and also tell you what paperwork and records are required for the application process. Income guidelines for this year are 1 individual in the household, maximum income \$31,218; 2 in household, \$40,824; 3 in household, \$50,429; 4 in household, \$60,035; family of 5, \$69,641; 6-\$79,246; 7-\$81,047; 8-\$82,848. Renters and homeowners who pay their own heat should apply. Required documents include Social Security Number, picture I.D., birth dates for all household members, mortgage statement for homeowners plus real estate tax bill, homeowner's insurance bill. Renters need a copy of lease. Heating bills, all income statements including dividends, interest, unemployment, pensions, cash prizes and support payments.

Angie's News & Notes

Oral Health and Seniors

This month I would like to discuss a very important subject, oral health and seniors.

Oral diseases and conditions are common among older Americans who grew up without the benefit of community water fluoridation and other fluoride products.

About 25% of adults 60 years and older no longer have any natural teeth. Periodontal (gum) disease or tooth decay (cavities) are the most frequent causes of tooth loss. Older Americans also experience dental decay on the crowns of teeth and on tooth roots. In fact, older adults may have new tooth decay at higher rates than children. And, severity of periodontal disease increases with age. About 23% of 65-to-75-year-olds have severe disease, which is measured by 6mm loss of attachment of the tooth to the adjacent gum tissue.

As one ages, the nerves and blood vessels inside a tooth shrink. Older persons do not experience tooth pain as significantly as someone who is younger. Significant tooth decay and destruction can occur with no oral symptom or manifestation. It is not uncommon for an older person to be unaware of a broken tooth.

Most older Americans take both prescription and over-the-counter drugs. Over 400 commonly used medications can be the cause of a dry mouth. Reduction of the flow of saliva increases the risk for oral disease, since saliva contains antimicrobial components as well as minerals that help rebuild tooth enamel attacked by decay-causing bacteria.

Often, people who wear complete or partial dentures think they do not need to have a dentist check their dentures because they still fit as well as the day they received them. Unfortunately, there can be a number of oral problems, such as ill-fitting dentures and oral cancer causing bony destruction, mouth ulcers, and even death with minimal or no oral symptom or manifestation. Oral and pharyngeal cancers, which are diagnosed in 31,000 Americans each year, result in about 7,400 deaths every year.

HOW TO MAINTAIN ORAL HEALTH

- Drink fluoridated water and use fluoride toothpaste—fluoride provides protection against dental decay at all ages
- Maintain careful tooth brushing and flossing
- See your dentist every six months as this will provide prevention and early detection of pre-cancerous or cancerous lesions.
- Avoid tobacco, as smokers have seven times the risk of developing periodontal disease compared to non-smokers
- Limit alcohol—drinking a high amount of alcoholic beverages is a risk factor for oral and throat cancers
- Make sure that you or your loved one gets dental care prior to receiving chemotherapy or radiation to the head and neck as these therapies can damage or destroy oral tissues and can result in severe irritation of the oral tissues and mouth ulcers, loss of salivary function, rampant tooth decay, and destruction of bone
- If medications produce a dry mouth, ask your doctor if there are other drugs that can be substituted. If dry mouth can't be avoided, drink plenty of water, chew sugarless gum, and avoid tobacco and alcohol.
- Seek professional care if you experience sudden changes in taste and smell

Centers for Disease Control & Prevention
Department of Health and Human Services

May you and yours have healthy smiles and a very Happy Thanksgiving,

OPEN ENROLLMENT PRESENTATION

Please join Eileen Burke and Angie Wright, SHINE Counselors, on Tuesday, November 8th at 10:00A.M. for a one hour presentation on the 2012 changes to the Medicare Health Insurance Market.

To register call (413) 538-5042

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. NOVEMBER MENU

- 1) BIRTHDAY/ANNIVERSARY—AMERICAN CHOP SUEY
Green Beans, Italian Bread, Juice, Cake or diet Cake.
- 2) ROASTED CHICKEN W/GRAVY, Mashed Potatoes, Peas &
Mushrooms, Cranberry Sauce, Whole-Grain Bread, Mandarin
Oranges or Diet Mandarin Oranges.
- 3) SWEDISH MEATBALLS, Rice Pilaf, Winter Mix Vegetables
(M.O.W.), Cole Slaw (Congregate) Roll, Jell-O or Diet Jell-O.
- 4) MACARONI & CHEESE, Stewed Tomatoes, Roll, Apricots or
Diet Apricots.
- 7) BAKED HAM W/PINEAPPLE, Sweet Potatoes, Broccoli, Rye
Bread, Peaches or Diet Peaches.
- 8) CHEESE LASAGNA, Tomato Sauce, Garlic Bread, California
Blend Vegetables, Vanilla Pudding or Diet Vanilla Pudding.
- 9) VETERANS LUNCHEON—FRENCH MEAT PIE W/GRAVY,
Mashed Potatoes, Carrots, Roll, Cake or Diet Cake.
- 10) TERIYAKI CHICKEN, Rice Pilaf, Spinach, Multi-Grained Bread,
Mandarin Oranges or Diet Mandarin Oranges.
- 11) VETERAN'S DAY HOLIDAY—CENTER CLOSED.
- 14) BBQ CHICKEN, Roasted Potatoes, Corn, Whole Grain Roll,
Pineapple or Diet Pineapple.
- 15) MILD BEEF CHILI, Rice, Carrots, Wheat Bread, Orange Juice,
Fruit Cocktail or Diet Fruit Cocktail.
- 16) THANKSGIVING LUNCHEON—ROASTED TURKEY W/
GRAVY, Mashed Potatoes, Bread Dressing, Squash, Cran-
berry Sauce, Pie w/Topping or Diet Pie w/Topping.
- 17) CHICKEN PATTY W/GRAVY, Rice Pilaf, Spinach, Wheat
Bread, Applesauce or Diet Applesauce.
- 18) CELEBRATE ENGLAND—SHEPARD'S PIE W/GRAVY,
Mashed Potatoes, Peas & Carrots, Juice, Bread Pudding or
Diet Bread Pudding.
- 21) SWEET & SOUR CHICKEN, Rice, Squash Blend, Whole-Grain
Bread, Pineapple or Diet Pineapple.
- 22) STUFFED SHELLS W/TOMATO SAUCE, Italian Bread, Mixed
Vegetables, Juice, Cookies or Diet Cookies.
- 23) BEEF STEW, Diced Potatoes, Green Beans, Biscuit, Tropical
Fruit or Diet Tropical Fruit.
- 24) CENTER CLOSED—THANKSGIVING DAY HOLIDAY
- 25) CRUNCHY LITE FILLETS, Wild Rice, Broccoli, Whole Wheat
Roll, Rice Pudding or Diet Rice Pudding.
- 28) CHICKEN NUGGETS W/SAUCE, Oven Browned Potatoes,
Corn, Cranberry Juice, Oatmeal Bread, Jell-O or Diet Jell-O.
- 29) LIVER & ONIONS, Mashed Potatoes w/Gravy, Beets & Onions,
Roll, Apricots or Diet Apricots.
- 30) BROCCOLI QUICHE, Onion Rings, Green Beans, Roll, Pineap-
ple 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.

Do Too Many Oils to Choose From Have Your Brain on "Oil Overload"?

By Leann Grapes
UMass Dietetic Intern/WestMass ElderCare

Shopping for oil can be more confusing than one would think. There are so many different varieties out there that all have slightly different ingredients. Yes, oil is very high in fat, which makes some people shy away from it, but if you choose the right kind of oil, it is actually loaded with "good fats." Oils that contain good fats mean that they are high in monounsaturated, polyunsaturated, and Omega-3's. These fats actually help fight off disease, lower cholesterol, and provide cancer preventative antioxidants. Examples of heart healthy oils that contain these good fats include olive oil, canola oil, sunflower oil, safflower oil, and flaxseed oil among many others.



The oils that you want to limit in your diet are ones that contain "bad fats." This would be oils that are high in saturated and trans fats. A key ingredient to look for that you want to stay away from is partially hydrogenated oils. These fats can increase your risk of heart disease, cancer, high cholesterol, and type 2 diabetes. Examples of oils to try to stay away from are palm oil, coconut oil, and vegetable shortening. Understanding the nutrition facts label will help you pick out a heart healthy oil. You want an oil that has less than 2g of saturated fat and .5g of trans fats per serving. Remember, monounsaturated and polyunsaturated are the healthy fats, so the more grams of these the better. Canola oil is a great all-purpose oil that can be used in many cooking methods and is fairly inexpensive.

A DONATION HAS BEEN RECEIVED FROM
FRAN MYTKOWICZ

*In Honor of
The Office Staff*

Building Gift Account

"SPECIAL" TOWN ELECTION DAY
TUESDAY, NOVEMBER 8, 2011

7:00 A.M.—8:00 P.M.

Debt Exclusion Override to Build New Library
CALL COA FOR RIDE—538-5042

NOVEMBER



2011

**DAYLIGHT SAVINGS
TIME ENDS NOVEMBER 6**

<p>1 BIRTHDAY/ANNIVERSARY AMERICAN CHOP SUEY 9-3:45 SHINE (by appt.) 10 Beginning Exercise (new session)-EX 1 Bingo-CR/Movie-EX 1 Needlecraft-CE 6:15 Men's Night/Mah Jongg</p>	<p>2 ROAST CHICKEN W/GRAVY 8 HIP-EX 9:30 Grocery Shopping 10 Travel Club-C1 10:30 Osteoporosis Exercise-EX 1 Mah Jongg-CE/Pitch-CR 1 Choralites-DR 1 Senior Poetry-C2</p>	<p>3 SWEDISH MEATBALLS 10 Alzheimer's Support-C2 10 Beginning Exercise-EX 10 Travel Club-C1 1 Falls Prevention-EX 1 Scrabble-L 1 Quilting-CE 1 Golden Agers-CR</p>	<p>4 MACARONI & CHEESE 9:30 Grocery Shopping 10 Oil Painting Info. Meeting-CE 10 Coffee & Conversation-DR 10:30 Osteoporosis Exercise-EX 1 Knitting-L/Bridge-CE 1 Cribbage-CR 1 Canasta & Poker-DR</p>
<p>7 BAKED HAM W/PINEAPPLE 10 Music Appreciation-CE 11 Tai Chi (new 4-week session)-EX 1 Stained Glass-CE 1 Poker-DR 1 Pinochle-DR 1 Canasta-DR 1 Red Hat Society-CR</p>	<p>8 CHEESE LASAGNA 10 Beginning Exercise-EX 10-11 SHINE Info Meeting-CR 11:15-3:45 SHINE (by appt.) 1 Bingo-CR/ Movie-EX 1 Needlecraft-CE 6:15 Men's Night/Mah Jongg 7am-8pm Special Town Elections @ High School</p>	<p>9 VETERAN'S LUNCHEON FRENCH MEAT PIE W/GRAVY 8 HIP-EX 9:30 Grocery Shopping 10 Travel Club-C1 10:30 Osteoporosis Exercise-EX 1 Pitch-CR/Mah Jongg-CE No Choralites today 2 Diabetic Support Group-EX</p>	<p>10 TERIYAKI CHICKEN 10 Alzheimer's Support-C2 10 Beginning Exercise-EX 10 Travel Club-C1 12:30-2pm Blood Pressure Screening w/Nurse-C2 1 Friends Annual Meeting-DR 1 Scrabble-L /Quilting-CE 1 Golden Agers-CR</p>
<p>14 BBQ CHICKEN 9:30 FOOT NURSE (by appt.) 10 Music Appreciation-CE 11 Tai Chi-EX 1 Stained Glass-CE 1 Poker 1 Pinochle-DR 1 Canasta-DR 4 COA Board Meeting-C2</p>	<p>15 MILD BEEF CHILI 9-3:45 SHINE (by appt.) 10 Lo-Vision Support-C2 10-11 Brown Bag-CE 10 Beginning Exercise-EX 1 Bingo-CR 1 Movie-EX 1 Needlecraft-CE 6:15 Men's Night/Mah Jongg</p>	<p>16 THANKSGIVING LUNCHEON ROASTED TURKEY W/GRAVY 8 HIP-EX/9:30 Grocery Shop 9:30 Storyteller, Dr. Herman-C2 10 Travel Club-C1 10:30 Osteoporosis Exercise-EX 1 Pitch-CR/Mah Jongg-CE 1 Senior Poetry-C2 1:30 Choralites-DR</p>	<p>17 CHICKEN PATTY W/GRAVY 10 Alzheimer's Support-C2 10 Beginning Exercise-EX 10 Travel Club-C1 10:30 Providence Place Into-DR 1 Quilting-CE 1 Scrabble-L 1 Golden Agers-CR</p>
<p>21 SWEET & SOUR CHICKEN 10 Music Appreciation-CE 11 Tai Chi-EX 1 Stained Glass-CE 1 Poker-DR 1 Pinochle-DR 1 Canasta-DR 1 Monday Cribbage-CR</p>	<p>22 SHELLS W/TOMATO SAUCE 9-3:45 SHINE (by appt.) 10 Beginning Exercise-EX 1 Bingo-CR 1 Movie-EX 1 Needlecraft-CE 2 Get Going-C2 6:15 Men's Night/Mah Jongg</p>	<p>23 BEEF STEW 8 HIP-EX 9:30 Grocery Shopping 10 Travel Club-C1 10:30 Osteoporosis Exercise-EX 1 Mah Jongg-CE 1 Pitch-CR 1 Choralites-DR</p>	<p>24 THANKSGIVING DAY CENTER IS CLOSED</p> 
<p>28 CHICKEN NUGGETS 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 LIVER & ONIONS 9-3:45 SHINE (by appt.) 9 Newsletter Collating-CE 10 Beginning Exercise-EX 1 Bingo-CR 1 Movie-EX 1 Needlecraft-CE 6:15 Men's Night/Mah Jongg</p>	<p>30 BROCCOLI QUICHE 8 HIP-EX 9:30 Grocery Shopping 10 Travel Club-C1 10:30 Osteoporosis Exercise-EX 1 Mah Jongg-CE 1 Pitch-CR 1 Choralites-DR</p>	<p>IN TOWN TRANSPORTATION AVAILABLE MONDAY-FRIDAY FROM 9-3, BY APPOINTMENT ONLY.</p> 
	<p>11 VETERAN'S DAY HOLIDAY CENTER IS CLOSED</p> 	<p>18 CELEBRATE ENGLAND SHEPHERD'S PIE W/GRAVY 9:30 Grocery Shopping 10 Coffee & Conversation-DR 10:30 Osteoporosis Exercise-EX 11:30 Rep. John Scibak-DR 1 Knitting-L 1 Bridge-CE 1 Cribbage-CR 1 Canasta & Poker-DR</p>	<p>24 CRUNCHY LITE FILLETS 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>ROOM KEY B=Billiards Room CR=Card Room CE=Ceramics C2=Formerly Old Office C1=Cont. Room Off Library EX=Exercise Room DR=Dining Room L=Library</p> <p style="text-align: right;">Page 5</p>			

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.

CHECK HERE IF YOU WANT YOUR DONATION TO BE "IN LIEU OF CHRISTMAS OR HOLIDAY CARDS."

ATTENTION SNOWBIRDS

Please call the COA office at 538-5042 if you go away for an extended period of time during the winter. Because the newsletters are not mailed First Class, they are returned to the COA if someone is temporarily away. Each piece of returned mail costs the COA 44 cents in addition to the original mailing cost. Although this may seem like a minimal amount, when it is multiplied by 40 for 5 months, the price tag does go up. So please help our department to save money and let us know when you are going to be away. Another service we provide is to mail the newsletter to your forwarding address via First Class mail. However, the newsletter is on the South Hadley website so if you have internet access while you are away, you can read it on-line. Thank you for your anticipated cooperation.

Joanne

HAMPSHIRE ELDER LAW PROGRAM H.E.L.P.

A public service program administered by the Hampshire County Bar Association to meet the civil legal needs of low income elders in Hampshire County. If you think you are in need of legal assistance and cannot afford to hire an attorney, contact H.E.L.P. at (413) 586-8729. If you meet the eligibility requirements, you will be referred to one of our attorneys for assistance. Eligibility requirements include: must be 60 or older, a Hampshire County resident, low income, in need of legal assistance and unable to hire an attorney. Civil legal services provided: bankruptcy, consumer protection, divorce, guardianship, health care proxies, powers of attorney, probate of estates, wills and other elder matters. The H.E.L.P. volunteer attorneys are members of the Hampshire County Bar Association, in good standing with the Mass. Bar, and are experienced in the civil legal services to be provided. Their website is www.hampshirebar.org and e-mail: hcba@crocker.com.

IN MEMORIAM

IN MEMORY OF:

FROM:

NUTRITION:

MARGARET HATCH Frances Mytkowicz
Barbara Hatch

ALBERT P. CASTONGUAY Dorothy Wilson
Jennie A. Malinowski
Richard & Janet Rudolph
Carol & Bob Menard
Kathryn & Edmond Guilmette

ETHEL GELINEAU Shirlee R. Powers
Claire Bedard

RICHARD CORRIVEAU Vickie Dorscheid

JOSEPH "JOE" MYTKOWICZ Frances Mytkowicz

OSCAR BAIL Frances Mytkowicz

WALTER "BUTCH" PYSZ Claire Bedard &
Alice Pysz

MARY NOLAN Claire Bedard

JANE DYMAN Claire Bedard & Alice Pysz

CHRISTMAS BASKETS:

OSCAR J. BAIL Kenneth R. Ellis

LAURIE JEAN PARENT Barbara Vanderpoel
Ronald & Margaret Slate

BEATRICE RIVERS Shirley Danasko

CHRISTINE MCCULLOUGH Donald McCullough

WILLIAM LUCHINI Rose M. Luchini

NEWSLETTER:

WILLIAM "BILL" TODD Barbara Todd

BRUNO PATRUNO Carl & Lorraine Kiontke

STANLEY ORZECZOWSKI Carl & Lorraine Kiontke

CONNIE, MARK AND
GARY WOJCIK Stanley Wojcik

LUANNE REYNOLDS Noella R. Loiselle

IN MEMORIAM

IN MEMORY OF:

FROM:

BUILDING GIFT FUND:

MOLLY DEMERS Terrence McCabe Ormsby

RUBEN D. CABRERA Nancy Herrick

BEATRICE M. RIVERS Doris Pichette

ANNA MAE PARKER MEMORIAL FUND:

THOMAS F. PARKER, JR. Julie Murray

ACTIVITIES GIFT/NECESSITIES:

GERALD BLANCHETTE Shirley Danasko

FRIENDS OF THE SOUTH HADLEY ELDERLY, INC. is a corporation started by Margaret McDonnell and Friends in the early 1970's.

The purpose of this organization is to cooperate and work with the South Hadley Council on Aging in relating to the South Hadley elderly. Our concern is their mental and physical well-being and to organize appropriate programs and events to enhance meaningful relationships and activities among themselves. We also buy necessities for the Council not funded by the Town.

In order to pay for the above mentioned, we have faithful members who pay \$5.00 per year dues and we also receive donations and memorials. We plan two fundraising events per year, usually May and October. **ANYONE CAN JOIN TO BECOME A MEMBER.**

Just to mention a few of the purchases in the past, furnishings in the library, curtains and blinds, television, Minibus, copiers and other kitchen needs along with a multiple of parties and meals being paid for the celebrants on their birthdays, anniversaries and Veteran's Day.

We hold four meetings (quarterly) per year and our annual meeting. We are hoping to increase our membership and **WE NEED YOU TO JOIN US**, We send two newsletters per year in conjunction with our fundraisers.

Our annual meeting will be held **THURSDAY, November 10, 2011 at 1:00 p.m. at the Senior Center, 45 Dayton Street, South Hadley, MA.** Please consider attending to meet the members who work so diligently to keep the Organization active.

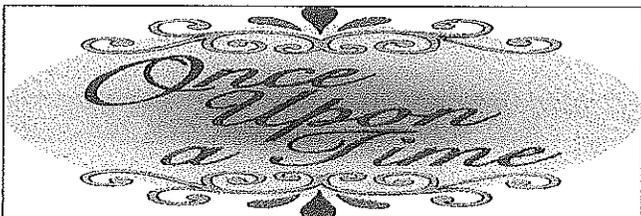
We would appreciate anyone wishing to join the Friends to send their dues to Donna Robideau, P.O. Box 508, South Hadley, MA 01075.

FRIENDS OF SOUTH HADLEY ELDERLY, INC.

THE ANNUAL MEETING WILL BE HELD ON **THURSDAY, NOVEMBER 10TH AT 1 P.M.** IN THE SENIOR CENTER DINING ROOM. ELECTION OF OFFICERS WILL TAKE PLACE. NEW MEMBERS INVITED TO ATTEND AND LEARN ABOUT THE "FRIENDS" GROUP.

FLU VACCINE

The Massachusetts Department of Public Health is anticipating additional funding to supply local health departments with flu vaccine to administer to their residents. The prior restriction for flu vaccine to be used only for the underinsured and uninsured residents has been lifted. It is hopeful that South Hadley will be getting additional doses to use for the community.



A SMALL TELEBRATION

Wednesday, November 16th

in the large conference room at 9:30 a.m., Dr. Gail N. Herman, Storyteller, Performing Artist, Teaching Artist, Author, and Adjunct Professor at Lesley University will present: **Cultural History Through Storytelling.** The concept originated by the national Storytelling Network and there will be a community storytelling celebration at Mount Holyoke College. Dr. Herman will speak about the event at lunch. Please call 538-5042 if you are interested participating in the workshop.

OIL PAINTING CLASS

FRIDAY, NOV. 4TH-10 A.M.

CERAMICS ROOM



Walter Hamilton, local artist will teach oil painting. The only expense will be your art supplies. Call 538-5042 if you want to join this new group.

TRANSPORTATION IS PROVIDED IN PART BY THE EXECUTIVE OFFICE OF ELDER AFFAIRS.

The holiday season can be emotionally difficult for those who have lost someone they loved. Sometimes it is hard to know the right words to say to a grieving friend. Friends want to offer consolation yet it can be difficult to find the right words. Here are some suggestions: **Name the deceased person's name.** Although your friend may become teary-eyed, it is important to remember their loved one in conversation. Offer hope that in time they will feel less pain for their loss. **Call your friend to express your sympathy.** Wait for them to say, "it was for the best" before making that statement and continue to call them in the weeks and months ahead so they do not feel forgotten. **Write a note about their deceased loved one,** especially if it is a funny story or a nice memory to recall. **Offer to help out with errands. Be sensitive to the fact that people mourn in different ways. Make a date to have lunch or do a fun activity together.** Sometimes just your presence is reassuring without a lot of conversation. **Listen and try not to give advice.** Express your feelings if you have also been close to their loved one but try not to become so emotional that your friend has to console you. Realize that **people who are grieving can be angry** and if the closest target is you, try to be understanding. If they say or do something hurtful let time pass before you raise your concern or see if the situation happens again with the passage of time. It might be a temporary misplacement of anger. Most important, **keep your promise if you offer to meet your friend or doing something for them** since they might feel more abandoned because they are in a sensitive state. (Taken from Healthbeat, Harvard Medical School, August 24, 2010)

HOUSEHOLD HAZARDOUS WASTE NOV. 5TH, 2011

South Hadley will be holding another household hazardous waste and unwanted medications collection on Saturday, Nov. 5th from 9 a.m. to 1 p.m. This event is free for South Hadley residents. Pre-registration is required, please contact "V" at 538-5033 or vblanchardsmith@southhadleyma.gov to register.

NOVEMBER IS NATIONAL FAMILY CAREGIVERS MONTH

Becoming a family caregiver can happen slowly or abruptly. One may not even be aware they are caring more for someone else until the day you find yourself struggling with the daily demands and realize you have lost your own identity. There is no need to travel alone. Some suggestions: **Believe in Yourself** and try to **remain positive**, recognizing you are only one person and may need some help. **Recognize your strengths and weaknesses** to establish boundaries for yourself and your loved one. **Take care of yourself** and protect your health because good health is the greatest gift of all, not only for you but also for your loved one and your family. **Do not be afraid to reach out for help**, it is not a sign of weakness, only showing you know your limits. **Speak up** when necessary and **become educated** about your loved one's diagnosis and treatment options. Proper information enhances your role as the advocate. By advocating for quality healthcare, you can avoid future medical problems and create a good quality of life for both you and your loved one. There is a Caregiver's Support Group at our Center. Call Joanne or Angie at 538-5042 for information.

ANNE'S INFO

It's holiday season again! We are beginning our busiest time of year, but it helps me to enjoy the holidays if I keep focused on the reason for each celebration, the most important of which is people. This month we have two special luncheons which are both about very important people. The first is our **Veteran's Luncheon** on Wednesday, November 9th. Our veteran's have given and sacrificed for the freedom and safety that we enjoy as Americans. We invite all veterans to be our guests on this day for lunch and then stay to enjoy a concert given by Kyle Ray, a talented young singer from South Hadley. Our second special luncheon will be our **Thanksgiving Luncheon** on Wednesday, November 16th. This is a day to be thankful for friends, family and all that we have. I encourage you to join your "family" at the Senior Center and consider it a second home.

I'd like to thank our volunteers for the many hours they give here at the Senior Center. In September there were 1,584 hours of service. Also a little reminder to put your hours on the volunteer board, it benefits the Senior Center when you report the hours. I'd like to thank one of our volunteers, **Nancy Herrick**. She came in on two different days and cleaned our small kitchen to a sparkle, just because she felt it was needed. I really appreciate her thoughtfulness and hard work.

I am pleased to announce a new activity. A local artist, Walter Hamilton, has offered to teach an **oil painting class** at the Senior Center. He does not wish to charge us for the classes, so the only cost will be for supplies you need for your own masterpieces. He will be here on Friday, November 4 at 10:00 in the Ceramics Room for an informational meeting. If you are interested in attending please call our office so we know how many are coming. Hope to see you soon!

Anne

South Hadley Council on Aging

SeniorNet
Computer Learning Center



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

SeniorNet is planning its next classes. Give us a call at 533-6889 to tell us about your interests.

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 our SeniorNet functions, a calendar, and other information about the program. You can reach the website at: SENIORNESH.ORG. If you want to leave a message, just click on the Contact Us tab.

Classes that we offer:

OFFICE 7 - INTRODUCTION: Offers the specifics of the changes from the Vista program. Identifies the differences in the various commands.

WORD PROCESSING: Uses Office 7. An introduction to the basic concepts including creating, editing, saving, retrieving and printing documents; changing font styles and sizes, margins, tabs, spell checking, etc.

PICASSA: A digital photo organizer and editor. Also demonstrates how to do quick edits, sort pictures, and put them in albums or folders.

EBAY: This short course offers explanations of how to buy and sell on Ebay. Includes registration, how to navigate Ebay's website, how to follow an auction -- whether buying or selling, and the steps for buying an item. Explains how to list an item for sale and follow the auction. Also explores how to package and ship an item, and how to be paid, including using PayPal.

Other classes we offer include: **FUNDAMENTALS, INTRODUCTION TO COMPUTERS, THE INTERNET, QUICKEN, EXPLORING WINDOWS.**

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 4 to 8 lessons, each lasting 2 hours. Ebay and Fundamentals last for two weeks.

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

PRST STD
 U.S. Postage
PAID
 Permit #85
 S. Hadley, MA
 01075
DATED MATERIAL

"THE GOLDEN CHRONICLE" IS PRINTED WITH GRANT FUNDS PROVIDED BY THE MASSACHUSETTS EXECUTIVE OFFICE OF ELDER AFFAIRS AND BY OUR ADVERTISERS AND CONTRIBUTORS. ALTHOUGH THE SHCOA CANNOT ENDORSE THE ADVERTISERS, WE ASK THAT YOU PATRONIZE THEIR BUSINESS.

PFD
 PRIVATE FINANCIAL DESIGN, LLC
Your Life. Your Plans. Your Portfolio.

Andrew R. Beaudry, CFP®, CLU, ChFC, CASL

87 Willimansett Street • South Hadley, MA 01075-3038
 T. 413.552.3669 • 800.779.1951 • F. 413.552.3436
 abeaudry@jfnetwork.com • www.privatefinancialdesign.com

Ryder Funeral Home
 Pre-Need Funeral Planning
 33 LAMB STREET • SOUTH HADLEY
 533-1735

MYRON W. RYDER FOUNDER WILLIAM W. RYDER DIRECTOR
 www.ryderfuneralhome.com

Proud to support
 Council on Aging

EASTHAMPTON SAVINGS BANK

9 Offices throughout the Pioneer Valley
 Connecting All Offices 413-527-4111

Member FDIC bankesh.com Member DIF

VNA & Hospice of Cooley Dickinson
Caring for you at Home

168 Industrial Drive
 Northampton MA 01060

413-584-1060
 www.VNAandHospice.org

HUTT



EYE ASSOCIATES
 ALFRED HUTT, MD, FACS
 10 Hospital Dr. Holyoke, MA 01040
 536 - 0006

BEERS & STORY SOUTH HADLEY FUNERAL HOME

• Preplanning
 • Burial • Cremation

646 Newton St.
 South Hadley 533-4400
 www.beersandstory.com

Marc G. Gaudreau
 Wendy L. Story
 Directors

STATE REP. JOHN W. SCIBAK
 P. O. BOX 136, SO. HADLEY, MA
 Tel: (413) 539-6566 Fax: (413) 539-5855
 E-mail: Rep.johnscibak@hou.state.ma.us

DISCOUNT AUTO GLASS
Serving the Pioneer Valley

Insurance Approved
 Direct Billing
 Free Mobile Service

533-5368

WHITE WING MOBIL
 568 Newton St., South Hadley
 Variety & Package Store
 Mass. Lottery Agent Open 5-10
 534-3770 7 Days

LoomisVillage
A member of The Loomis Communities

246 North Main St.
 South Hadley, MA 01075
 (413) 532-5325
 www.LoomisCommunities.org

DONNA
 Traveling Hair Stylist
 For men & women
 Call to make an appointment in your home
 413-734-2328

Hair Services for Men & Women
in your home
 Call Barbara at
 538-9516 or 885-0371
Serving the Elderly & Disabled 24 Years

CHICOPEE VNA
 Visiting Nurse Association, Inc.
 Caring for you since 1942 Great to be Home Care

2024 Westover Road • Chicopee, MA 01022

SOUTH HADLEY DENTAL ASSOC., INC.
 MARJORIE S. BLOCK, D.M.D.
 15 DAYTON ST., SOUTH HADLEY, MA 01075
 TEL (413) 536-4455 FAX (413) 532-1757

WINGATE
 at
SOUTH HADLEY

"Where Healthcare and Hospitality Meet"
 Skilled Rehab • Long Term Care
 1-800-WINGATE www.wingatehealthcare.com

ACE Drain & Sewer Cleaning
 South Hadley

538-9930
 Owner Ronald T. Podykula
 Radio Dispatched • Sinks • Tubs • Toilets • Sewer Lines
 Video Inspection of Pipes • Fully Insured • Reasonable Rates