

COUNCIL ON AGING

South Hadley Massachusetts

The sun never sets on our Activities...

THE GOLDEN CHRONICLE

OCTOBER 2011

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HALLOWEEN PARTY

Our Halloween Party will be held on Monday, October 31st at lunch. The suggested donation is \$2.25. For guests under 60 the charge is \$3.00. The menu is sirloin tips, mushrooms, scalloped potatoes, peas & onions and cake. Please make your reservation by calling 538-5042. **Reservations will be accepted beginning on Monday, October 3rd at 8 a.m.** You are encouraged to COME IN COSTUME and add to the festivities. Please plan on arriving by 11:30 a.m. For those who do come in an actual costume, there will be a prize courtesy of The South Hadley Friends of the Elderly, Inc as well as a contest and the top 3 most outstanding costumes will win an additional prize.

Daily nutritious & delicious lunch -11:45 a.m. - 12:15 p.m. in the Senior Center Dining Room. Please reserve a day in advance. Although reservations close at 9 a.m. each day, it's preferable to reserve your place sooner and cancel if you need to, but please remember to do so. Monday reservations should be made by Friday. Suggested donation \$2.25 for persons 60 and over. **Guests under 60 must pay a charge of \$3.00.** FEDERAL GUIDELINES SPECIFY THAT FOOD MUST NOT be taken from the lunch site. The only exceptions are bread, fruit, milk or non-perishable items.

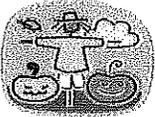
South Hadley Senior Travel Club

Wednesday, January 11, 2012: Foxwoods. Full casino package. Cost \$21.00. Payment due upon booking. The Diana exhibit is being featured in the GREAT CEDAR EXHIBITION HALL. Tickets are available at the door for an additional charge of \$21.00 senior/\$25.00 non senior. Contains personal objects of Princess Diana, including her royal wedding gown, designer dresses, family heirlooms and rare home movies. Call David Bellefeuille, 533-7724.

Wednesday, February 15: Mohegan Sun-full casino package. Cost \$21.00. Payment due upon booking (Howie). **Thursday, March 15, 2012: BOSTON FLOWER AND GARDEN SHOW**, an annual rite of spring, over 25 garden displays. Gardening demos, lectures, chef demonstrations, and vendors. Followed by lunch at Joe Tecce's Restaurant, a delicious Boston tradition. Cost \$79.00. Call Sue Canedy, 536-2106. **May 11-19, 2012, MONTREAL, CANADA AND NEW ENGLAND CRUISE.** One night in Montreal, welcome dinner and guided city tour. 7-night cruise aboard Holland America's Maasdam. We'll be cruising down the St. Lawrence River, with ports of call in Quebec, Prince Edward Island, Sydney and Halifax Nova Scotia, Bar Harbor and returning to Boston. Motor-coach transportation to and from So. Hadley included. Call Barbara Laramée, 536-8567 or Susan Canedy, 536-2106 for additional information. All 2011 trips are now full but names accepted for wait lists. A \$5.00 non-refundable deposit is due on all non-casino trips. Full payment for casino trips is due upon booking. No refund prior to 6 weeks of trip. A Travel Club Representative is at South Hadley Senior Center Wednesday and Thursday 10-11:30. Flyers available.

CONGRATULATIONS TO
JUNE SMITH

FOR RECEIVING THE PRESIDENT'S
VOLUNTEER SERVICE AWARD
FROM RSVP FOR OVER 4,000 OF
VOLUNTEER HOURS



NOTES FROM THE DIRECTOR

THE GRANT MONEY IS COMING!!!! Thanks to the advocacy of Senator Stan Rosenberg and Representative John Scibak, the appeal for CDBG reserve funds was successful. CDBG funding will provide \$653,450 for upgrades to the structural integrity in the senior center basement, updating and relocating air-conditioning equipment and improvements to the entire roof and drains over the building. Because the first phase involves the basement, the roof replacement will take place in the spring or summer of 2012. All I can say is Hallelujah! Finally the leaks will be gone, the staff will be able to focus on their own responsibilities, rather than containing leaks, and the interior damage can be addressed. My sincere thanks to everyone involved in this process, not only our legislators but also Jim Mazik, Deputy Director of Operations for the Pioneer Valley Planning Commission, Richard Harris our Town Planner, and Paul Beecher, Town Administrator for their support.

I want to welcome Richard Dufault to the staff as the newly appointed Home-Delivered Meals Driver. He has been substituting in various capacities during the last year and is happy to be a part of the team.

Thanks to the staff of Hitchcock Press for producing the ad page and to the advertisers for supporting our newsletter and helping to defray the printing and mailing expenses. **For those of you who travel south for the winter, please be sure to let the office know.**

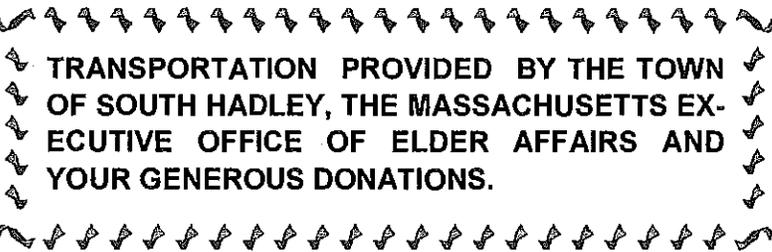
The South Hadley COA delivered approximately 108,000 units of service during the past fiscal year. THANK YOU staff and volunteers for your commitment to our seniors.

Fall is a spectacular time of year and the beauty of nature surrounds us. It also is a busy time at the senior center. We hope you will visit soon!

Joanne

FLU VACCINATIONS UPDATE: All Massachusetts communities are receiving a much smaller allocation of seasonal flu vaccine this year. The Massachusetts Department of Public Health will not be providing "free" flu vaccine to any adults that have medical coverage. The limited flu vaccine the Board of Health will receive is to be used on the uninsured and the underinsured (those with insurance that does not cover vaccinations).

We suggest that those who usually participate in the public flu clinics get their flu shot from their primary physician's office or one of the pharmacy based flu clinics in the area (many operate 24/7). For those that have a Medicare Part B card, all you need to do is show your card at the pharmacy. For those that have other coverage, you will need to pay your co-pay and they will take your insurance information for billing purposes.



COMING SOON TO YOUR SENIOR CENTER! CRAFT FAIR-SATURDAY OCTOBER 22ND 9 A.M. TO 2 P.M.



The South Hadley Friends of the Elderly, Inc. are sponsoring their 1st HOLIDAY CRAFT FAIR on Saturday, October 22, from 9 a.m. to 2 p.m. Interested vendors are invited to apply for an application from Connie Clancy at 533-1614 or conclancy@verizon.net. Space is limited so apply ASAP. Please save the date and plan to join us for holiday shopping as well as enjoying a nice luncheon. Anyone willing to make homemade baked goods may drop them off on the 21st or the morning of the 22nd.

WISH LIST THANK YOU TO CARLENE ALLARD FOR THE DISINFECTANT WIPES

TRIAD NEWS

- **National Drug Take Back Day-Saturday, October 29, 2011 from 10 a.m. to 2 p.m. at the South Hadley Police Station.
- **Safety Program, Thursday, October 27th (5:30 refreshments) and 6:00 p.m. program at the Senior Center, 45 Dayton Street. Triad Officer Mike Pollender will explain the "Are You Okay?" program and Paramedic Scott Walsh will explain the "Knox Box" (a way to hide keys for emergencies). Call 538-5042 to register and if you need minibus transportation please tell the receptionist.

TITLE III GRANTS TO BEGIN ANOTHER FISCAL YEAR BEGINNING IN OCTOBER. SPECIAL THANKS TO WEST MASS ELDER CARE FOR PROVIDING THESE GRANTS THROUGH OLDER AMERICAN ACT FUNDING.

- **ALZHEIMER'S CAREGIVERS SUPPORT GROUP BEGINS THURSDAY, OCTOBER 6TH AND MEETS FOR 8 CONSECUTIVE WEEKS.
- **COMPANION/ESCORT TRANSPORTATION BEGINS OCTOBER 1ST.
- **CHORES/SNOW REMOVAL APPLICATIONS ARE BEING TAKEN. IF YOU NEED ASSISTANCE WITH SNOW REMOVAL BY MEANS OF A PLOW, CALL ANGELA WRIGHT AT 538-5042, EXT. 206.
- **DIABETIC SUPPORT GROUP BEGINS WED., OCTOBER 12TH AT THE SENIOR CENTER AT 1 P.M. Registered Dietitian and Certified Diabetes Educator, Roberta Ruland will speak on "Go With the Grain", incorporating whole grains, fiber in your diet, including food sampling and recipes. With over 80 million people dealing with "Pre-Diabetes" this support group can prolong or prevent the need for medication.

For more information please call Joanne Trybus at Ext. 204 or Angela Wright at Ext. 206 (538-5042).

Angie's News & Notes

Several seniors have asked me about Medicare Part D prescription coverage and the Donut Hole, or Coverage Gap.

How the Donut Hole Will Work in 2012

- If you join a Medicare prescription drug plan, you may have to pay up to the first \$320 of your drug costs. This is known as the deductible.
- During the initial coverage phase, you pay a co-payment, and your Part D drug plan pays its share for each covered drug until your combined amount (including your deductible) reaches \$2,930.
- Once you and your Part D drug plan have spent \$2,930 for covered drugs, you will be in the Donut Hole. Previously, you had to pay the full cost of your prescription drugs while in the Donut Hole. However, in 2011 and again in 2012, you will get a 50% discount on covered brand-name prescriptions. You will also pay a maximum of 86% co-pay on generic drugs. The Donut Hole continues until your total out-of-pocket cost reaches \$4,700. This annual out-of-pocket spending amount includes your yearly deductible, copayment, and coinsurance amounts.
- When you spend more than \$4,700 out-of-pocket, the Coverage Gap ends and your drug plan pays most of the costs of your covered drugs for the remainder of the year. You will then be responsible for a small copayment. This is known as Catastrophic Coverage.
- **The Good News:** The Medicare Part D Donut Hole is closing. **The Bad News:** Not completely until the year 2020.

This is where **Prescription Advantage** can help! Prescription Advantage can help reduce your out-of-pocket costs even further when you reach the Donut Hole.

- Prescription Advantage is a state-sponsored prescription drug insurance plan for Massachusetts seniors (age 65 and over) and low-income people with disabilities.

If your income is less than \$33,099 (single) or \$44,130 (married):

- The biggest benefit PA will provide you is **it will help pay for your prescription drugs if you reach the Donut Hole or Coverage Gap in your drug plan.**
- PA also sets a limit on your out-of-pocket co-pays for the year. If you exceed that limit, PA will cover all your prescription drug costs fully.
- PA will pay for benzodiazepines (a type of medication not covered by most Part D plans).
- You will also be allowed to switch drug plans one extra time during the year (outside the normal open enrollment) if the need arises.

For many seniors, Prescription Advantage is **FREE** to join (seniors with Medicare with incomes less than \$33,099 if single and \$44,130 if married. For Medicare beneficiaries with higher incomes, the cost is \$200 per year.

If you haven't joined PA please consider doing so—it's a great deal! For more information, call PA at 1-800-243-4636. This is one 800 number with real people on the other end of the line who are always courteous and knowledgeable. Or, give me a call here at the Council on Aging (413-538-5042).

Just a reminder: the annual Medicare Open Enrollment Period (October 15-December 7) is the time to enroll in or change your Medicare coverage for next year. Please call the Council at 413-538-5042 for a SHINE (Serving the Health Information Needs of Elders) appointment.

Angie

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. OCTOBER MENU

- 3) BROCCOLLI & CHEESE QUICHE, Potato Puffs, Summer Blend Vegetables, Whole Grain Bread, Jell-O or Diet Jell-O.
- 4) BIRTHDAY/ANNIVERSARY- ROAST PORK W/GRAVY, Baked Potato, Beets, Oatmeal Bread, Cake or Diet Cake
- 5) TERIYAKI CHICKEN, Rice, Green Beans, Whole Grain Bread, Pineapple or Diet Pineapple.
- 6) SWEDISH MEATBALLS, Mashed Potatoes, Mixed Vegetables, Roll, Juice, Brownie or Diet Brownie.
- 7) STUFFED SHELLS W/TOMATO SAUCE, Italian Blend Vegetables, Garlic Bread, Peaches or Diet Peaches.
- 10) CENTER CLOSED—COLUMBUS DAY HOLIDAY
- 11) CHICKEN MARSALA W/MUSHROOMS, Mashed Potatoes, Spinach, Roll, Apples.
- 12) COLD PLATE: Tuna Salad, Macaroni Salad, Three Bean Salad, Rye Bread, Pineapple or Diet Pineapple.
- 13) MEATLOAF W/MUSHROOM GRAVY, Au Gratin Potatoes, Broccoli & Cauliflower, Whole Wheat Bread, Pudding or Diet Pudding.
- 14) FLORENTINE POLLOCK, Rice Pilaf, Corn, Juice, Apricots or Diet Apricots
- 17) SHEPHERD'S PIE W/GRAVY, Carrots, Biscuits, Pineapple Juice, Cake or Diet Cake.
- 18) CHICKEN PATTY W/GRAVY, Mashed Potatoes, Brussels Sprouts, Whole Grain Bread, Pineapple or Diet Pineapple.
- 19) CHILI MACARONI, Broccoli, Cornbread, Peaches or Diet Peaches.
- 20) SWEET & SOUR CHICKEN, Pasta, Peas & Carrots, Rye Bread, Mandarin Oranges or Diet Mandarin Oranges.
- 21) CELEBRATE FRANCE, FRENCH MEAT PIE W/GRAVY, Egg Noodles, Spinach, Roll, Fruit Crisp or Diet Fruit Crisp.
- 24) OVEN FRIED CHICKEN, Roasted Potatoes, Ratatouille, Whole Grain Bread, Jell-O or Diet Jell-O.
- 25) HAM W/RAISIN SAUCE, Sweet Potatoes, Green Peas, Rye Bread, Tropical Fruit or Diet Tropical Fruit.
- 26) LIVER & ONIONS, Mashed Potatoes, Beets & Onions, Roll, Peaches or Diet Peaches.
- 27) MACARONI & CHEESE, Stewed Tomatoes, Multi Grain Bread, Cookies or Diet Cookies.
- 28) FIESTA POLLOCK, Confetti Rice, Mixed Vegetables, Roll, Pineapple or Diet Pineapple.
- 31) HALLOWEEN LUNCHEON—SIRLOIN TIPS & MUSHROOMS, Scalloped Potatoes, Peas & Onions, Orange Juice, Halloween Cake or Diet Halloween Cake.

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.

Vary Your Vitamins!

By Leann Grapes
WestMass ElderCare/UMass Dietetic Intern

As the body ages, it is very important that we provide it with adequate amounts of vitamins and minerals. There are many nutrients that are beneficial to the body, but Vitamins D, B-12, and E are especially helpful for the elderly. These powerful nutrients help fight off diseases, boost your antioxidant levels, and help the body function properly.

Vitamin D, also known as the sunshine vitamin, helps the body absorb calcium for stronger bones and maintain a healthy immune and nervous system. Food sources rich in this vitamin include salmon, tuna, and fortified milk. The Recommended Daily Allowance (RDA) is 600-800 IU's which can be hard to meet through the diet, so sunlight is also a great natural source. High amounts of **Vitamin B-12** are also found in the previous three food sources. This vitamin aids in energy metabolism, helps with nerve health and red blood cell formation. The RDA is 2.4 mcg (micrograms).

Vitamin E, a powerful antioxidant, protects cells from free radicals and can lower blood pressure as well as dissolve blood clots. It is also very useful in slowing the progression of Alzheimer's disease. This vitamin can be found in sunflower seeds, peanut butter, and spinach. The RDA for vitamin E is 15 mg.

If you find it hard to meet the RDA's for these vitamins through your diet, a supplement can be taken.

NUTRITION PRESENTATION
WEDNESDAY, OCTOBER 12, 2011
SOUTH HADLEY COUNCIL ON AGING
DINING ROOM
11:30 A.M.

"MYPLATE" FOOD GUIDE RECOMMENDATIONS
By Leann Grapes, UMass Dietetic Intern

A DONATION HAS BEEN RECEIVED FROM
FRAN MYTKOWICZ

In Honor of
"The Great Kitchen Staff /
H.M.O.W."

IN MEMORIAM

IN MEMORY OF:

FROM:

NUTRITION:

JOSEPH "JOE" MYTKOWICZ	Fran Mytkowicz
MARGARET MCDONNELL	Donna Robideau
RENE LAVERDIERE	Tillie Laverdiere
ETHEL GELINEAU	Gail Laprade South Hadley Golden Agers Club Florence Gallivan Vickie Dorscheid Pauline Gelineau & Gloria Filos Bob & Liz Methot Judith & Frank MacAvin Venita Redding John H. Adams Sandra & Richard Longpre Kathy Gallivan Fred & Eileen Roach Dorothy & Stephen Dykes Yvonne Gaudette Robert & Patricia Klopfer Joe & Jan Skinner Marion Ittner Bert & Becky Szymonik Tom & Bonnie Fitzell Gaynell E. Downs David & Margaret Kmelius Christine & Wayne Walton

RICHARD CORRIVEAU	Yvonne Gaudette
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ACTIVITIES GIFT/NECESSITIES:

OSCAR J. BAIL	Dorothy & Floyd Downey
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CHRISTMAS BASKETS:

JAMES HORNE	Kay Fleming
BILL TODD	Claire Bielanski
KERRI ISHLER	Claire Bielanski
PAUL DINEEN	Claire Bielanski

NEWSLETTER:

RENE LAVERDIERE	Tillie Laverdiere
STELLA YOUNG	Barbara James & Jean Cebulski

ANNA MAE PARKER MEMORIAL FUND:

RICHARD CORRIVEAU	Mr. & Mrs. Winthrop Goulding
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IN MEMORIAM

IN MEMORY OF:

FROM:

BUILDING GIFT FUND:

GEORGE ROBIDEAU	Donna Robideau
JANE NOEL	Eileen & Robin MacDonald
ROSE PHANEUF	Gloria Labonte
LORETTA INKEL	Gloria Labonte
PATRICIA ROOT	Gloria Labonte
OSCAR J. BAIL	Chester & Nancy Towne
ETHEL GELINEAU	Shirley & Dave Brooksbank
CAROL & LOU BANACH	Rosemary & George Griffin
MELANIE DEMERS	Terence McCabe-Ormsby & Anne C. Ormsby
MARY FLANAGAN	Dorothy & Floyd Downey
BILL TODD	Dorothy & Floyd Downey
M. CAROL FLEURY	Dorothy & Floyd Downey
JOSEPH A. BURDZY, JR	Dorothy & Floyd Downey
NORMAN H. REED	Dorothy & Floyd Downey

"LIGHTS ON" PROGRAM:

JOSEPH "JOE" MYTKOWICZ	Fran Mytkowicz
ETHEL GELINEAU	Friday's Knitting Group (COA) Connie & Ed Sears
RUTH COHEN	Dolores Danek
RICHARD CORRIVEAU	Dorothy & Floyd Downey

MOTHER'S GARDEN:

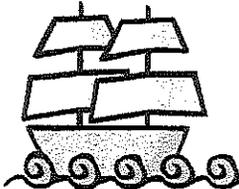
DONNA POTVIN	Janie Brochu
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EMERGENCY FUND:

ETHEL GELINEAU	Kathi & Rich Ross
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SENIOR NET:

MARY FLANAGAN	Irene Bernstein Wendell & Cecila Clark
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<p>3 BROCCOLI CHEESE QUICHE 11 Tai Chi-EX 1 Stained Glass-CE 1 Poker-DR 1 Pinochle-DR 1 Canasta-DR 1 Red Hat Society-CR</p>	<p>4 BIRTHDAY/ANNIVERSARY ROAST PORK/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>5 TERIYAKI CHICKEN 8 HIP-EX 9:30 Grocery Shopping 10 Travel Club-C1 10:30 Osteoporosis Exercise-EX 11:15 Berkshire Hills Perform-DR 1 Mah Jongg-CE/Pitch-CR 1 Choralites-DR/Senior Poetry-C2</p>	<p>6 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>7 STUFFED SHELLS/SAUCE 9:30 Grocery Shopping 10 Coffee & Conversation-DR 10:30 Osteoporosis Exercise-EX 1 Knitting-L 1 Cribbage-CR 1 Canasta/Poker-DR 1 Bridge-CE</p>
<p>10 COLUMBUS DAY HOLIDAY CENTER IS CLOSED</p> 	<p>11 CHICKEN MARSALA 10 Beginning Exercise-EX 1 Bingo-CR 1 Movie-EX 1 Needlecraft-CE 1 Poker, Pinochle, Canasta makeup-DR 6:15 Men's Night/Mah Jongg</p>	<p>12 COLD TUNA SALAD PLATE 8 HIP-EX 9:30 Grocery Shopping 10 Travel Club-C1 10:30 Osteoporosis Exercise-EX 11:30 "My Plate" Daily Food Recommendation, Leann Grapes 1 Pitch-CR/Mah Jongg-CE 1 Choralites-DR</p>	<p>13 MEATLOAF/GRAVY 10 Alzheimer's Support-C2 10 Begin. Ex.-EX/Travel-C1 10 Veterans Meeting-CE 12:30-2pm Blood Pressure-C2 1 Friends Meeting-DR 1 Falls Prevention-EX 1 Scrabble-L /Quilting-CE 1 Golden Agers-CR</p>	<p>14 FLORENTINE POLLOCK 9:30 Grocery Shopping 10 Coffee & Conversation-DR 10:30 Osteoporosis Exercise-EX 1 Knitting-L 1 Bridge-CE 1 Cribbage-CR 1 Canasta-DR 1 Poker-DR</p>
<p>17 SHEPHERD'S PIE/GRAVY 9:30 FOOT NURSE (by appt.) 10 Music Appreciation-CE 11 Tai Chi-EX 1 Stained Glass-CE 1 Poker & Pinochle-DR 1 Canasta-DR 1 Monday Cribbage-CR 4 COA Board Meeting-C2</p>	<p>18 CHICKEN PATTY/GRAVY 9-12 SHINE (by appointment) 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>19 CHILI W/MACARONI 8 HIP-EX 9:30 Grocery Shopping 10 "How to Protect Your Home", Attorney Jennifer Snyder-CR 10 Travel Club-C1 10:30 Osteoporosis Exercise-EX 1 Pitch-CR/Mah Jongg-CE 1 Choralites-DR/Senior Poetry-C2</p>	<p>20 SWEET AND SOUR CHICKEN 10 Alzheimer's Support-C2 10 Beginning Exercise-EX 10 Travel Club-C1 1 Falls Prevention-EX 1 Quilting-CE 1 Scrabble-L 1 Golden Agers-CR</p>	<p>21 CELEBRATE CANADA FRENCH MEAT PIE/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/Cribbage-CR No afternoon activities in the Dining Room-Craft Fair Set-up</p>
<p>24 OVEN FRIED CHICKEN 10 Music Appreciation-CE 11 Tai Chi-EX 1 Stained Glass-CE 1 Poker-DR 1 Pinochle-DR 1 Canasta-DR</p>	<p>25 HAM/RAISIN SAUCE 9 Newsletter Collating-CE 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>26 LIVER & ONIONS 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>27 MACARONI & CHEESE 10 Begin Ex.-EX/Travel Club-C1 10 Alzheimer's Support-C2 10:30 Blood Pressure-DR 12-3:45 SHINE(by appointment) 1 Falls Prevention-EX/Quilt-CE 1 Scrabble-L/Golden Age-CR 6pm Safety Presentation: Are You Okay? & Knox Box</p>	<p>28 FIESTA POLLOCK 9:30 Grocery Shopping 10 Coffee & Conversation-DR 10:30 Osteoporosis Exercise-EX 1 Knitting-L 1 Bridge-CE 1 Cribbage-CR 1 Canasta-DR 1 Poker-DR</p>
<p>31 HALLOWEEN LUNCHEON SIRLOIN TIPS & MUSHROOMS 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>OCTOBER 29TH IS NATIONAL DRUG TAKE BACK DAY</p> 	<p>OCTOBER 2011</p> 	<p>IN TOWN TRANSPORTATION AVAILABLE MONDAY-FRIDAY FROM 9-3, BY APPOINTMENT ONLY.</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>

ANNE'S INFO

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:

FUNDAMENTALS: A basic course for students who have had no prior experience with computers. It offers "hands on" practice using a mouse, navigating computer menus and begins to explain computer terminology.

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.

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

Other classes include: **PICASA, GRAPHICS, QUICKEN, GREETING CARDS, PHOTOSHOP, AND EBAY.** If you are interested in these, please let us know.

We are currently planning a new course on **Excel.** Please let us know if you are interested.

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. "Fundamentals" lasts 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.

Ahhh October.....cool crisp days, vibrant leaves, apples, pumpkins and sweaters! Can you tell that autumn is my favorite season? Even though the temperatures are dropping and days are getting shorter, going out to the Senior Center for lunch, an activity or volunteering is still uninhibited by weather. If you would like to find out more about our activities or come in for a tour, please call me at 538-5042.

The October calendar includes our monthly events: the **Birthdays/Anniversary Luncheon** on the 4th and **Celebrate Canada** on the 21st. We also are so pleased that **Berkshire Hills Music Academy** will be performing before lunch on the 5th and of course, our **Halloween Party** will be on the 31st. For Halloween we will have a costume parade with prizes awarded by our illustrious judges for the most creative attire. In addition, there will be delicious food, spooky music, candy **and...**prizes for everyone dressed for the occasion.

On Monday afternoons at 1:00 there is a **Pinochle Card** game going on. They are looking for new additions to their group and will help you refresh your Pinochle skills. They are a very friendly and hospitable group and I would encourage you to come if you are interested. If you would like me to introduce you, please call me 538-5042.

I'd like to welcome 4 new volunteers to the Senior Center. They are Priscilla Peloquin who is a Choralite and is packing Meals on Wheels, Claire Cantin who will be packing Meals on Wheels, Connie Southard who will also be packing Meals on Wheels, and Susan Bishop who joined our Newsletter volunteers. Thank you so much for joining us, volunteers make this Senior Center offer so much. In August the total volunteer hours were 1,665.5. Incredible! I hope to see you in October!

Anne
Page 7

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

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RETURN SERVICE REQUESTED

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.

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 PRIVATE FINANCIAL DESIGN, LLC
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