

COUNCIL ON AGING

South Hadley, Massachusetts

The sun never sets on our Activities...

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

Assistant Director: Lisa Napiorkowski



SEPTEMBER 2011

Chairperson: M. Connie Laplante
Social Services Coordinator:
 Angela Wright: awright @.southhadley.gov
 Web: www.southhadley.org/pages/SouthHadleyMA_COA



55+ ANNIVERSARY PARTY
WEDNESDAY
SEPTEMBER 21ST
11:30 A.M.
SO. HADLEY SENIOR CENTER
45 DAYTON STREET

Every Weekday: Nutritious & Delicious Lunch -11:45 a.m. - 12:15 p.m. in the Senior Center Dining Room. Please reserve a day in advance. Reservations close at 9 a.m. each day. It is better to reserve your place and cancel, but please remember to cancel if you cannot make the luncheon. Suggested donation \$2.25 for persons 60 and over. **For guests or people under 60 the charge is \$3.00.** FEDERAL GUIDELINES SPECIFY THAT FOOD SHOULD NOT BE TAKEN FROM THE LUNCH SITE. The only exceptions are bread, fruit, milk



ARE YOU CELEBRATING YOUR 55TH ANNIVERSARY OR MORE? IF SO, YOU ARE INVITED TO A PARTY IN YOUR HONOR. THE MENU IS ROAST TURKEY AND THE HONOREES WILL BE GUESTS OF THE FRIENDS OF SOUTH HADLEY ELDERLY, INC. PLEASE PLAN ON ARRIVING BY 11:20 A.M. FOR ALL OTHERS THE SUGGESTED DONATION IS \$2.25, UNDER 60 GUESTS \$3.00 CHARGE.

IF YOU HAVE BEEN MARRIED 55 YEARS (1956 OR BEFORE) AND WOULD LIKE TO BE AMONG OUR GUESTS, CALL 538-5042 BY SEPTEMBER 16TH. IF YOU WANT YOUR FAMILY AND FRIENDS TO SIT AT YOUR TABLE, PLEASE GIVE THEIR NAMES WHEN YOU MAKE YOUR RESERVATION. TO GIVE EVERYONE A CHANCE TO ATTEND, WE ASK THAT YOU LIMIT THE NUMBER OF GUESTS TO NO MORE THAN FOUR.

IF YOU WOULD LIKE TO SHARE YOUR WEDDING PICTURE, PLEASE BRING ONE IN.



South Hadley Senior Travel Club

Wednesday, October 19, Platzl Brauhaus Octoberfest. Travel to Pomona NY (Hudson River Valley) for the region's best old world Octoberfest. Enjoy a live band, German dancers, entertainment and a German meal. Cost \$78.00. Contact David Bellefeuille, 533-7724. **Tuesday, November 15, Boston Museum of Science and Maggiano's Little Italy Restaurant.** Reserved tickets to the new \$9million Hayden Planetarium for a virtual spacecraft tour of the solar system. You'll receive entry tickets for the museum's newest exhibit "A Day in Pompeii." Lunch at Boston's Maggiano's Restaurant. Cost \$85.00. Contact Judy Fortier, 534-3598. **Tuesday, December 13, Aqua Turf's Holiday Frolic.** Family Style Luncheon, coffee and donuts upon arrival, complimentary glass of beer or wine, a live band with holiday music, dancing and door prizes. Cost \$67.00. Contact Howie Walsh, 593-6286. **Montreal and Canada & New England Cruise Presentation Tuesday, September 13 at 1:00 in the South Hadley Senior Center Dining Room.** Cruise date is May 11-19/2012. Includes Motorcoach Transportation to Montreal and home from Boston, 1 night hotel stay in Montreal and a 7-night Canada and New England Cruise on Holland America's MASSDAM. Come to the presentation for additional details or call Barbara Laramee 536-8567 or Susan Canedy 536-2106. Congratulations to Eugene and Ruth Maag, who traveled with South Hadley Senior Travel Club to Saratoga, and were the lucky winners of an all expense paid trip to Ireland. Guess the luck of the Irish was with them. WOO HOO! A \$5.00 non-refundable deposit required on all trips. No refund prior to 6 weeks of trip. Travel Club Representatives at South Hadley Senior Center Wednesday and Thursday 10-11:30. Flyers available.

NOTES FROM THE DIRECTOR

I cannot believe how quickly the summer months have passed, especially with the interesting events such as the microburst and earthquake. Quite a few trees in my backyard were destroyed by the storm on July 26th. Looking at the damage and change in the landscape made me count my blessings that my home was not affected and even more sympathetic to those who lost their home on June 1st. Then on August 23rd as I entered my office and observed my plant shelf swaying, my first thought was I must be imagining things, until I heard Lisa also saying her plants were moving. It sure was an experience to feel the ground moving and after a few seconds I realized it was an earthquake. Therefore, I am joining the Massachusetts Council on Aging charity campaign to do a collection to help older adults of the communities affected by the tornado. "Funds raised will be disbursed to area senior centers, mental health organizations and town tree wardens." The goal is to raise \$100 to donate to the MCOA Tornado Relief Fund. If you donate a \$1.00 or even some loose change, South Hadley Senior Center should be able to attain this goal to help our neighbors in distress. If you wish to make a donation to this worthy cause, please stop by the office and there will be a collection box available.

I am sad to share the news that George Perreault, a home-delivered meals driver, has announced he is retiring. George has delivered meals for 21 years and was one of the original employees hired for this position. We all wish George the best and know he will have more time for his gardens, family and especially his new Great Grandson. George will be missed. He always came to work with a smile and did anything asked of him, without complaint!

The annual picnic was successful because of the teamwork of staff and faithful volunteers. I extend my sincere thanks to everyone who helped in any way. The Friends of South Hadley Elderly, Inc. generously provided the Bingo prizes. It was a pleasure to have Representative John Scibak and Robert Judge attend the event. Representative Scibak passed out balls and paper umbrellas to add to the ambience of the event. Thank you to Hampshire County Sheriff Robert Garvey who donated Emergency Lights and First Aid Travel Bags for the raffle. Thanks to Frank we had delicious corn, tomatoes and home-made pickles. Barbara Hatch shared some interesting Trivia about America, the country we celebrated during August and what better time than our picnic! We also benefited from the help of three young adults, Gigi Thibault, Jeremy Anderson and Zachary Ryder.

I have received notification the Title III grants have been approved for another two-year cycle beginning in October. Thanks to the Older American Act grants through WestMass ElderCare, Inc. there will be a Caregiver's Support Group, the Diabetic Support Group, the Snow Removal Grant and the Companion/Escort Grant. Former participants are welcome to join the support groups. If you need help with snow removal or need personalized transportation, please call Angie at 538-5042, Ext. 206. The Alzheimer's meeting schedule will be announced in the October newsletter. The first Diabetes Support Group session will be Wednesday, October 12 with a program by a registered dietician and Diabetes educator speaking about the importance of incorporating whole grains into your diet with food samples and recipes.

I hope to see you in September!

SPECIAL THANKS TO: SOUTH HADLEY ELECTRIC LIGHT DEPARTMENT FOR THEIR VERY GENEROUS DONATION OF HAMBURGERS, ROLLS, CHIPS AND CONDIMENTS THAT WERE USED FOR THE SENIOR CENTER PICNIC.

**HAMPSHIRE COUNTY SHERIFF ROBERT GARVEY, DAVE FENTON, JOE LAFOND FOR LOANING US THE GRILL FOR THE PICNIC AND WITH THE ASSISTANCE OF MIKE POLLENDER TRIAD OFFICER, FOR DOING ALL OF THE GRILLING!

**ST. PATRICK'S LADIES GUILD FOR THE VERY GENEROUS DONATION OF \$900 FOR THE NUTRITION PROGRAM.

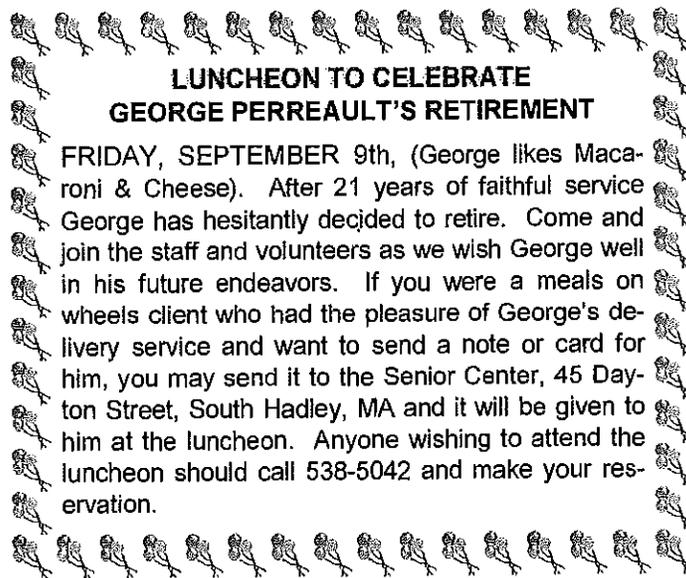
**HIP FOR THE GENEROUS DONATION OF \$100 FOR THE BUILDING FUND.

*CITIZENS FOR CITIZENS, INC. FOR FUNDING THE OFFICE SENIOR AIDE POSITION.

** DAN AND SHIRLEY JODOIN FOR THE HAND SANITIZING LIQUID.

WISH LIST: Sanitizing Wipes

Gas Barbeque Grill in good condition **without** the propane tank. Call Joanne 538-5042, Ext. 204



LUNCHEON TO CELEBRATE GEORGE PERREAU'S RETIREMENT

FRIDAY, SEPTEMBER 9th, (George likes Macaroni & Cheese). After 21 years of faithful service George has hesitantly decided to retire. Come and join the staff and volunteers as we wish George well in his future endeavors. If you were a meals on wheels client who had the pleasure of George's delivery service and want to send a note or card for him, you may send it to the Senior Center, 45 Dayton Street, South Hadley, MA and it will be given to him at the luncheon. Anyone wishing to attend the luncheon should call 538-5042 and make your reservation.

SEPTEMBER IS SENIOR CENTER MONTH AND THE THEME IS "IT HAPPENS AT MY SENIOR CENTER. MY LIFE. MY TIME. MY WAY." Come visit the South Hadley Senior Center and help us to develop programs and activities based on your area of interest. Feel free to share your thoughts and suggestions with any of the staff. It is your Center!

Angie's News & Notes

With September already upon us, it seems that summer is quickly rushing by. Although there has been a lot of hot and humid weather, I try everyday to appreciate the local flower gardens; they have been particularly lush and lovely this year. The Mothers' Perennial Garden here at the Council on Aging is absolutely beautiful!

I would also like everyone to know that **Medicare Open Enrollment is Changing!**
New Dates: October 15—December 7

The annual Medicare Open Enrollment Period (October 15—December 7) is the time to enroll in or CHANGE your Medicare coverage for next year. State-certified SHINE (Medicare) counselors can help you understand your plan, as well as other options you may have.

In September, if you are a member of a Medicare Advantage Plan or a Medicare Prescription Plan, you will be getting information in the mail about changes to your current plan. Be sure to save this information and bring it, along with your prescription drug list and Medicare card, to your SHINE appointment.

Trained SHINE (Serving Health Information Needs of Elders) counselors offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. Please call the Council on Aging at (413) 538-5042 and ask for a SHINE appointment. You can also call 1-800-AGE-INFO (1-800-243-4636), then press or say "3". Once you get the SHINE answering machine, leave your name and number. A SHINE counselor will call you back as soon as possible.

Remember, Medicare Open Enrollment ends on December 7! **Don't wait until it's too late!**

Do you know about the Massachusetts Senior Legal Helpline? 1-866-778-0939

The Helpline provides FREE legal information, advice and referral services for Massachusetts senior citizens (60 years or older) in most areas of civil law, including:

- Social Security/SSI
- Veterans Benefits
- MassHealth/Medicaid
- Medicare
- Consumer issues
- Public Benefits
- Unemployment
- Foreclosures
- Guardianship
- Powers of Attorney
- Bankruptcy
- Evictions
- Landlord/Tenant
- Utilities
- Family Law
- Nursing Home

If you get a voicemail, please leave your name, telephone number and the town where you reside and your call will be returned within 2 business days.

The Helpline provides interpretation services in many languages.

FUEL ASSISTANCE UPDATE:

Recertification applications will be mailed from Greenfield (Community Action!) to individual households in late September. If you do not receive an application during the month of October please let me know. Appointments for new applications will be taken after November 1, 2011. Further information to follow.

Enjoy good weather and great flowers,



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. SEPTEMBER MENU

- 1) KIELBASA, Lazy Pierogi, Carrots, Rye Bread, Pineapple or Diet Pineapple.
- 2) BAKED POLLOCK LOINS, Scallop Potatoes, Spinach, Cookies or Diet Cookies.
- 5) CENTER CLOSED—LABOR DAY HOLIDAY
- 6) BROCCOLI & CHEESE QUICHE, Rice Pilaf, California Blend Vegetables, Whole Wheat Bread, Juice, Pears or Diet Pears.
- 7) OVEN FRIED CHICKEN, Mashed Potatoes, Spinach, Brownies or Diet Brownies.
- 8) COLD PLATE: Tuna Fish Salad, Pasta Salad, Three Bean Salad, Whole-Grained Roll, Juice, Mandarin Oranges or Diet Mandarin Oranges.
- 9) MACARONI & CHEESE, Stewed Tomatoes, Rye Bread, Jell-O or Diet Jell-O.
- 12) CELEBRATE GERMANY—ROASTED PORK, Diced Potatoes w/Onions, Carrots, Wheat Bread, Apple Crisp or Diet Apple Crisp.
- 13) BIRTHDAY/ANNIVERSARY—POT ROAST W/GRAVY, Roasted Potatoes, Ratatouille, Multi-Grain Bread, Cake or Diet Cake.
- 14) CHICKEN PATTY W/GRAVY, Mashed Potatoes, Mixed Vegetables, Multi-Grain Bread, Applesauce & Raisins or Diet Applesauce & Raisins.
- 15) GROUND BEEF STROGANOFF, Noodles, Squash, Whole Grain Bread, Juice, Pineapple or Diet Pineapple.
- 16) CHEESE LASAGNA W/SAUCE, Peas, Garlic Bread, Tossed Salad (Congregate), Tropical Fruit or Diet Tropical Fruit.
- 19) HAM W/PINEAPPLE SAUCE, Sweet Potatoes, Romano Blend Vegetables, Rye Bread, Mandarin Oranges or Diet Mandarin Oranges.
- 20) COLD PLATE: Egg Salad, Potato Salad, Cucumber Salad, Roll, Banana
- 21) 55+WEDDING ANNIVERSARIES—ROASTED TURKEY W/ GRAVY, Mashed Potatoes, Wax Beans & Tomatoes, Biscuit, Cake or Diet Cake.
- 22) SALISBURY STEAKS W/GRAVY, Egg Noodles, Winter Blend, Whole Grain Bread, Pudding or Diet Pudding
- 23) BREADED POLLOCK FILLETS, Mashed Potatoes, Zucchini Blend, Fruit Cocktail or Diet Fruit Cocktail.
- 26) Veal Parmesan, Pasta w/Sauce, Broccoli, Garlic Bread, Jell-O or Diet Jell-O.
- 27) SWEET & SOUR CHICKEN, Confetti Rice, Peas & Onions, Whole-Grain Bread, Tropical Fruit or Diet Tropical Fruit.
- 28) LIVER & ONIONS, Baked Potatoes, Green Beans, Wheat Bread, Peaches or Diet Peaches.
- 29) MILD BEEF CHILI W/BEANS, Rice, Brussels Sprouts, Muffin, Cookies or Diet Cookies.
- 30) COLD PLATE: Chicken Salad, Pasta Salad, Carrot & Raisin Salad, Oatmeal Bread, Juice, Apple.

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.

Getting Back to Basics: Making Smart Choices about Fats

By Jamie Farrell
WestMass ElderCare UMass Intern

With each passing year, the number of fat-free and low-fat products increases. Each product claims to have its own benefits but it does not have to be difficult to choose the right fats if you have the right information.

Fats are essential in the diet, they keep our organs, skin and hair healthy. Fats also help us to get certain vitamins we need, Vitamin A, D, E and K. The problem with fats is that they are higher in calories and although we control what we add to our food, fats can also be added during processing in high amounts, which is out of our control.

So how should we pick our fats? It is true that some fats are better than others. There are basically two types; saturated (animal fats from meat and dairy, butter, margarine) and unsaturated (oils).

The big difference is what the fat looks like. Saturated are solid fats and unsaturated are liquid at room temperature. Saturated fats can increase your bad cholesterol, which promotes heart disease. However, unsaturated fats can lower your bad cholesterol and increase your good cholesterol!

When choosing what to use during cooking, liquid fats are the better choice. Try to limit the saturated fats in your diet, such as butter and high fat dairy and meat. Make the 'good fats' a healthy part of your meals, start experimenting with the recipe below!

Simple Salad Dressing

1. Choose ¼ cup of vinegar (cider, white wine, balsamic).
2. Choose ¾ cup of oil (olive, vegetable, canola)
3. Add flavoring: dried herbs, garlic, mustard, honey.
4. Mix all ingredients by whisking, blending, or shaking in a jar. Toss with salads.

The Big E

We will be taking a trip to The Big E on Monday, 9/19. Tickets for seniors are \$12 at the gate and the van will cost \$10 round trip. Pick-ups begin at 8:30 a.m. and return by 3:00 p.m. Since space is limited and we are only able to accommodate one power chair, please call the office to reserve your place. We'd also like to let Veteran's know that Friday, 9/16 has been designated as "Military Day". All Veteran's have free admission on that day with their DD214 or membership card to any Veteran's Organization. Although we are not providing transportation on the 16th, we thought Veteran's might be interested in attending on their own. Please call 538-5042 to make your reservation for van transportation for the Big E trip on Monday, 9/19.

IN MEMORIAM

IN MEMORY OF:

FROM:

NUTRITION:

CLAIRE N. PUPEK	Doug & Cathy Murning
WILLIAM "BILL" TODD	Canasta Group at COA Julie & Jerry Quenneville
PAUL DINEEN	Frances Mytkowicz
TOM TETLOW	Irene & Lyndsay Tetlow
DELORES PROVOST	David & Shirley LaRoche
KERRI A. ISHLER	Fran Mytkowicz
STANLEY KARCZMARCZYK	Carol Karr
RICHARD CORRIVEAU	Fran Mytkowicz

ACTIVITIES GIFT/NECESSITIES:

IRENE COTE	Shirley Danasko
BILL "BB" BIELANSKI	Roland & Carlene Allard
OSCAR J. BAIL	James & Winefred Renaud Lorraine D. LaVallee Wednesday Pitch (COA) Joyce & Bernie Gay

ANNA MAE PARKER MEMORIAL FUND:

ALBERT CARRIER	Janet Brunelle
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TRANSPORTATION ACCOUNT:

BARBARA CLARK	Lathrop Village & Newton Manor Tenants Association
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NEWSLETTER:

EDWARD WARZENSKI	Stella Warzenski
JUDY FLEMING	John Fleming
DOTTIE RENNER	Harold Renner
EDWARD DIETZ	Beth Dietz
BARBARA LEONARD	Donald Leonard
LUANNE REYNOLDS	Noella Loiselle
RICHARD CORRIVEAU	Barbara A. Hart

IN MEMORIAM

IN MEMORY OF:

FROM:

BUILDING GIFT FUND:

IRENE COTE	Claire Bielanski
RUTH DESJEUNES	Donald Desjeunes
ANGIE BAINBRIDGE	Angus Bainbridge
PAUL DINEEN	Joanne Trybus
JOHN & DOROTHY ORLOWSKI	Joanne Trybus
WILLIAM "BILL" TODD	Joanne Trybus Kathy Gallivan
DELORES PROVOST	Walter & Beth Morse
STAN STRZEMPKO	Frank Strzempko
SUSAN WILCON ETELMAN ROLLINS	Sheila & David Fitzgerald
M. CAROL FLEURY	Claire Bielanski
F. LINDA COSTELLO	Don & Nancy LaFave

"LIGHTS ON" PROGRAM:

SUSAN WILCON ETELMAN ROLLINS	Sheila & David Fitzgerald
RICHARD CORRIVEAU	Elinor Burnett
DELORES PROVOST	Erline & Paul Provost

MOTHER'S GARDEN:

WILLIAM "BILL" TODD	Lathrop Village & Newton Manor Tenants Association
LESLIE LINNEHAN	Shirley Scanlon
MELANIE "MOLLY" DEMERS	Janie Brochu Shirley Scanlon Robert & Gloria Boudreau
OSCAR J. BAIL	George & Sally Schnugger

SUBSIDIZED SR. TRANSPORTATION :

PAUL DINEEN	Bea Fernandes
OSCAR J. BAIL	Bea Fernandes

<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>	<p>IN TOWN TRANSPORTATION AVAILABLE MONDAY-FRIDAY FROM 9-3, BY APPOINTMENT ONLY.</p> 	<p>SEPTEMBER 2011 National Senior Center Month</p>	<p>1 KIELBASA NO Alzheimer's Support Group 10 Travel Club-C1 1 Scrabble-L 1 Quilting-CE</p>	<p>2 BAKED POLLOCK LOINS 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>5 LABOR DAY HOLIDAY CENTER IS CLOSED</p> 	<p>6 BROCCOLI CHEESE QUICHE 9-12 SHINE (by appointment) 10 Beginning Exercise resumes-EX 1 Bingo-CR/Movie-EX 1 Needlecraft-CE 1 Poker, Pinochle, Canasta makeup-DR 6:15 Men's Night/Mah Jongg</p>	<p>7 OVEN FRIED CHICKEN 8 HIP-EX 9:30 Grocery Shopping 10 Travel Club-C1 10:30 Osteoporosis Exercise-EX 1 Senior Poetry Resumes-C2 1 Mah Jongg Teach & Learn -CE 1 Pitch-CR 1 Choralites resumes-DR</p>	<p>8 COLD TUNA SALAD PLATE 10 Beginning Exercise-EX 10 Travel Club -C1 10 Veterans Meefing-CE 12:30-2pm Blood Pressure Screening w/Nurse-C2 1 Scrabble-L /Quilting-CE 1 Golden Agers resumes-CR</p>	<p>9 MACARONI & CHEESE 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>12 CELEBRATE GERMANY ROAST PORK 9:30 FOOT NURSE (by appt.) 10 Music Appreciation-CE 11 Tai Chi Resumes-EX 1 Stained Glass resumes-CE 1 Poker/Pinochle/Canasta-DR 1 Red Hat Society-CR 4 COA Board Meeting-C2</p>	<p>13 BIRTHDAY/ANNIVERSARY POT ROAST WITH GRAVY 10 Beginning Exercise-EX 1 Canada Cruise Presentation-DR 1 Bingo-CR 1 Movie-EX 1 Needlecraft-CE 6:15 Men's Night/Moh Jongg</p>	<p>14 CHICKEN PATTY/GRAVY 8 HIP-EX 9:30 Grocery Shopping 10 Travel Club-C1 10:30 Osteoporosis Exercise-EX 1 Pitch-CR 1 Mah Jongg Teach & Learn-CE 1 Choralites-DR</p>	<p>15 GRND. BEEF STROGANOFF 10 Beginning Exercise-EX 10 Travel Club-C1 1 Quilting-CE 1 Scrabble-L 1 Golden Agers-CR</p>	<p>16 CHEESE LASAGNA 9:30 Grocery Shopping 10 Coffee & Conversation-DR 10:30 Osteoporosis Exercise-EX 11:30 Rep. John Scibak-DR 1 Knitting-L/Bridge-CE 1 Cribbage-CR 1 Canasta-DR 1 Poker-DR</p>
<p>19 HAM W/PINEAPPLE 9-3 Trip to Big E 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>20 COLD EGG SALAD PLATE 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>21 55+ ANNIVERSARY PARTY ROAST TURKEY/GRAVY 8 HIP-EX 9:30 Grocery Shopping 10 Travel Club-C1 10:30 Osteoporosis Exercise-EX 1 Mah Jongg Teach & Learn-CE 1 Senior Poetry-C2/Pitch-CR 1:30 Choralites-DR</p>	<p>22 SALISBURY STEAKS/GRAVY RSVP Luncheon at Log Cabin 10 Beginning Exercise-EX 10 Travel Club-C1 10:30 Blood Pressure Screening w/Fire District #1-DR 1 Scrabble-L 1 Quilting-CE 1 Golden Agers-CR</p>	<p>23 BREADED POLLOCK 9:30 Grocery Shopping 10 Coffee & Conversation-DR 10:30 Osteoporosis Exercise-EX 1 Knitting-L 1 Bridge-CE 1 Cribbage-CR 1 Canasta-DR 1 Poker-DR</p>
<p>26 VEAL PARMESAN 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>27 SWEET & SOUR CHICKEN 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>28 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>29 MILD BEEF CHILI/BEANS 10 Beginning Exercise-EX 10 Travel Club-C1 10:30 Blood Pressure Screening w/Fire District #1-DR 1 Falls Prevention Begins-EX 1 Scrabble-L/Quilting-CE 1 Golden Agers-CR</p>	<p>30 CHICKEN SALAD PLATE 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>Active Aging Week Begins</p>	<p>"IT HAPPENS AT</p>	<p>MY SENIOR</p>	<p>CENTER"</p>	<p>PAGE 6</p>

IN MEMORIAM

IN MEMORY OF:

FROM:

MINI-BUS (FUTURE PURCHASE) :

INEZ STEVENSON Lathrop Village & Newton
Manor Tenants Association

BUILDING GIFT FUND:

RICHARD CORRIVEAU Claire Bielanski
Bill & Lucille Lagasse
Joanne Trybus
Nancy Herrick
COA Board
Mr. & Mrs. Russ Jennison
Phyllis & Jean Lacoste
Judy Luddy
Tim & Laurie Gaines
Doris Bibeau
Michell & Debra Moskal
Elmer & Adell Teschendorf
Health Information Partners (HIP)
M. Connie Laplante
Michele Mulvaney
Lorraine Bail
Ronald H. Fritz
Kathy Gallivan
Eileen Tonelli & Ken Williams
Rene Carbonneau
Virginia Zabowski
Michael & Anne Marie McKenna
Mr. & Mrs. William Cain
Lynn Sears
Ed & Janice Sears
Linda Morneau
Susan & Michael Brady
Alice Pont
Daniel E. O'Neill
Virginia Wright
Barbara A. Briotta
Ann Bluemer

MELANIE "MOLLY" DEMERS Martel Family
Cheryl Moynahan
Patricia Michalski
Cindi & Zeke Sicard
Paula Caproni

ACTIVITIES GIFT/NECESSITIES:

OSCAR J. BAIL Marilyn Pasternak

IN MEMORIAM

IN MEMORY OF:

FROM:

BUILDING GIFT FUND:

OSCAR J. BAIL Jean & Phyllis Lacoste
James Eisenstock
Joanne Trybus
Barbara C. Bernard
Cribbage Sunshine Club
Health Information Partners (HIP)
Hazel Kubic
Dhipati Chanda
Pamela & William Dalton & Family
Terry Roy
Claire Bielanski
Michele Mulvaney
Mr. & Mrs. Kenneth Tenney
Ginny & Pete Benoit
John & Trudy Pietskowski
The Family of Richard Corriveau
Melide Normand
Officers & Trustees of Peoples Bank
Helen G. Parker
Patricia A. Griffin
Phyllis Constance
Rosalie Kelley
Dick & Sue Sirkin
Marilyn & Roger Duval
John & Elaine Paulin
Marjorie Ortensi
Jeffrey W. Cullington, DMD
(Southampton Family Dentistry)
Paul T. Biseti
Doris & Dennis Piquette
Edgar & Kathryn Noel
Joan Daly
Mary & Joe Lenarcen
Henrietta U. Beaton
Baker-Waite Reality, Inc.
Doris Bibeau
Raymond & Irene Morin

ANNETTE PAUL Joseph A. Paul

"LIGHTS ON":

JAMES HOLLAND Robert & Linda Scott

PETER REGISH Robert & Linda Scott

IN MEMORY OF BOTH Frank & Mabel Lopes
OF THEIR PARENTS

Reasons to Join Prescription Advantage

There is no monthly premium. Prescription Advantage helps to lower co-payments. You may qualify to have Prescription Advantage help pay your Part D premium. Coverage available to individuals not eligible for Medicare. As a Prescription Advantage member, you can change your Part D plan without waiting for Medicare's open enrollment. Live customer service. Prescription Advantage will cover a 72-hour emergency supply of medication if the pharmacy is unable to bill your Part D plan. Prescription Advantage puts a limit on what you will spend each year for your prescription drugs. With Prescription Advantage there is no need to worry about the "donut hole." **No need to wait for an open enrollment to apply for Prescription Advantage. You can apply at any time, so call today for an application form.**

You can reach Prescription Advantage Customer Service toll-free at 1-800-AGE-INFO (1-800-243-4636) or TTY for the deaf and hard of hearing at 1-877-610-0241.

Also, you can make an appointment with our SHINE Representative, Eileen Burke or Angie Wright.

GOT DRUGS?

DRUG TAKE BACK DAY, SATURDAY, OCTOBER 29TH FROM 10 A.M. TO 2 P.M.

AT THE SOUTH HADLEY POLICE DEPT., 41 BRIDGE ST. IT IS ANONYMOUS AND THE PILLS CAN BE IN THEIR ORIGINAL CONTAINERS. WE CANNOT ACCEPT; NEEDLES, SYRINGES, LANCETS, THERMOMETERS, IV BAGS, CHEMO DRUGS OR LIQUIDS OF ANY TYPE. IN ADDITION UNUSED MEDICATIONS CAN BE DROPPED OFF 7 DAYS A WEEK/24 HOURS A DAY AT THE POLICE DEPT. DO NOT THROW AWAY OR FLUSH YOUR UNUSED MEDS. This event is sponsored by the: Drug Enforcement Administration, District Attorney David E. Sullivan, Sheriff Robert J. Garvey, Sheriff Christopher Donelan, local police departments, DPH, MCOA and other community partners.

SOUTH HADLEY TRIAD MEETS ON THE LAST TUESDAY OF THE MONTH AT THE SOUTH HADLEY POLICE STATION. THE NEXT MEETING WILL BE **TUESDAY, SEPTEMBER 27TH AT 9 A.M.** AND NEW MEMBERS ARE ALWAYS WELCOME. TRIAD PROVIDES SAFETY EDUCATION AND SERVICES FOR OLDER ADULTS.

ON THURSDAY, OCTOBER 27TH, 6 P.M. AT THE SENIOR CENTER, THERE WILL BE A PRESENTATION ABOUT "ARE YOU OKAY" BY OFFICER MIKE POLLENDER AND THE KNOX BOX (a safe way to hide your keys in case emergency personnel need to enter your home) BY SCOTT WALSH PARAMEDIC, FIRE DISTRICT #1.

Beginning Exercise resumes Tuesday, Sept. 6th at 10 a.m. \$48.00 for 8 weeks or 16 sessions. Tai Chi resumes Monday, Sept. 12th. \$42.00 for a 7-week session. Physician's permission mandatory, contact COA office 538-5042 for form.

STRENGTH IN NUMBERS-A FALL PREVENTION PROGRAM BY THE VNA & HOSPICE OF COOLEY DICKINSON. Free educational program consisting of 6 sessions at the Senior Center on Thursdays, September 29th through November 3rd from 1-2 p.m. VNA physical and occupational therapists will lead sessions on determining your own risk of falling, strengthening exercises, balance activities, managing your medications, visual concerns, and home safety recommendations. To reap the full benefits participants should commit to attending all 6 sessions. Private grant funds received by the VNA cover the program costs. Call 538-5042 to register.

CONGRATULATIONS TO **ROBERT KRAUSSE AND LEON ZOCHOWSKI** FOR RECEIVING THE HIGHEST HONOR A LION'S CLUB MEMBER CAN RECEIVE: THE MELVIN JONES AWARD. Named after the founder, this award is given to members who have dedicated themselves to helping others and South Hadley residents through the activities of the Lions Club. Both are long term members who have given their time and efforts and have shown the true spirit of Lionism, "We Serve".

The Holyoke/South Hadley Low vision Support Group, sponsored by the Massachusetts Association for the Blind and Visually Impaired, will meet on Tuesday, September 20, from 10 a.m. to noon at the South Hadley Senior Center, 45 Dayton Street. For more information, please call Laurie Werle at 1-800-852-3029. This group is for individuals who are losing their vision and would like to learn from and listen to others' experiences. Participants may have lunch after the meeting with a reservation, suggested donation \$2.25.

NOTE: CHORALITES RESUME WED., SEPT. 14TH

HABITAT FOR HUMANITY/SILENT AUCTION

Sponsored by All Saints' Episcopal Church, Friday, September 16th, doors open at 6:00 p.m. Located at the Church at 7 Woodbridge St., S. Hadley. Tickets: \$15 per person in advance, \$20 at the door. Great food, amazing auction items, live music. Call 532-8917 to reserve your tickets. This event will help to build a home for a local family in need of housing.

SOCIAL CONNECTION 50+ GROUP will meet on Sept. 10th at 12:30 p.m. at Our Savior Lutheran Church, 319 Granby Road, So. Hadley from 10:00 a.m. until 12:30 p.m. Speaker Yoko Kato. Reservations required, deadline Sept. 7th. Call 533-1925 and leave your name, phone number and number of attendees on the church answering machine. Everyone welcome. Cost: \$5.00 includes lunch.



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

SeniorNet also has a website:

SENIORNETSH.ORG.

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. If you want to leave a message, just click on the Contact Us tab.

Classes that we plan to 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.

SELLING ON EBAY: A two-hour workshop exploring how to sell on Ebay. Participants will need to be registered on Ebay.

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.

ANNE'S INFO

It is hard to believe that it is September already. It feels as though 2011 just began. If you look at your calendar you will see that many activities are resuming this month. If you are new and have questions about a group that is meeting, please call me at 538-5042 and I will be happy to help. If you have never been to the Senior Center I would like to suggest you call me for a tour. This month is National Senior Center month and the theme is "It Happens at my Senior Center", so don't let it happen without you!

We have over 200 volunteers here at the Senior Center. There are always opportunities available whether you have 2 hours a month available or 20 hours a week. Currently, we have an **urgent need** for someone able to help pack our Meals on Wheels on Monday and Thursday mornings. If you are interested in this position please call me. In July our volunteers gave **1,354.25 hours** and that is in a summer month when we slow down a little. I'd like to welcome 4 new volunteers to our team, they are Howard Walsh who is assisting in Senior Travel Club, Maryanne Fredette who has been coming daily to wash dishes, Verda Raymond will be helping in the Dining Room and Pearl Dowd will be helping in our Library. On September 22nd **RSVP** will be holding their annual volunteer luncheon at the **Log Cabin**. If you are an RSVP volunteer and have completed 16 or more hours between July 1, 2010 and June 30, 2011 you will be receiving an invitation in the next couple of weeks. If you don't receive one and have documented 16 hours or more please see me and I will contact them.

During the month of September the Wednesday afternoon **Mah Jongg** group offers 3 weeks of "Teach and Learn" sessions. They welcome anyone interested in learning the game or looking for a refresher. They are very patient and a lot of fun, so why not give it a try?

We will be holding our annual **55+ Anniversary Luncheon** on Wednesday the 21st. 55 years or more of marriage is an awesome milestone and if you are celebrating we encourage you to join us as our guests on this day.

See you in September,



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