

# COUNCIL ON AGING

South Hadley Massachusetts

*The sun never sets on our Activities...*

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## THE GOLDEN CHRONICLE

APRIL 2010

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 pages/SouthHadleyMA\_COA

### VOLUNTEER APPRECIATION

**FRIDAY, APRIL 23RD**

Our annual Evening of Appreciation will be held on April 23rd from 6:00- 8:00 p.m. Everyone who recorded their hours during 2009 will receive an invitation. Most invitations will be hand delivered by the second week of April. Please reply on or before April 16th by calling 538-5042, or stop by the office. Free transportation will be provided upon request. When you make your reservation, please let the receptionist know you need a ride. Please come and enjoy the fun as the staff pays tribute to the many wonderful and faithful volunteers who help to make our many programs possible.

Names of volunteers will be accepted first and if room permits guests will be welcome.

THE MEMBERS OF THE STAFF EXTEND SPECIAL THANKS TO THE 200+ VOLUNTEERS FOR YOUR ASSISTANCE DURING THE LAST YEAR. WITHOUT YOUR DEDICATION, MANY OF THE PROGRAMS AND ACTIVITIES COULD NOT EXIST. YOU ARE OUR ANCHORS!

**TOWN ELECTIONS WILL TAKE PLACE ON MONDAY, APRIL 5TH FROM 7 A.M. UNTIL 8 P.M.** VOTING PRECINCTS ARE AS FOLLOWS: A-Town Hall; B-Public Library; C-Senior Center; D-Michael E. Smith Middle School; E-Mosier School. For a ride to vote call 538-5042. Because the Senior Center is a voting site, lunch will be served in the exercise room. Tai Chi is cancelled and other activities relocated as noted on the calendar. If you need a ride to vote, call 538-5042 and make your reservation, no charge as the ride is courtesy of the Friends of South Hadley Elderly, Inc.



Every Weekday: Nutritious & Delicious Lunch 11:45 am - 12:15 pm, in the South Hadley Senior Center Dining Room. Please reserve a day in advance (538-5042). Reservations close at 9 a.m. each day. It is better to reserve your place and cancel if need be at the last minute,

but please remember to cancel if you cannot make the luncheon. Suggested donation \$2.25 for persons over 60 and \$3.00 for all others. FEDERAL GUIDELINES SPECIFY THAT FOOD SHOULD NOT BE TAKEN FROM THE LUNCH SITE. The only exceptions are bread, fruit, milk or non-perishable items.



### South Hadley Senior Travel Club

**THURSDAY, APRIL 15TH, Seats remain for the Newport Playhouse and Cabaret.** A buffet lunch is served upon arrival, then we will go into the theatre for the comedy, "Happy Birthday", following this performance you will return to your original table for a cabaret performance. Cost \$82.00. Call Sue Canedy at 536-2106. **WEDNESDAY, APRIL 28TH Foxwoods.** Cost \$20.00. Includes transportation, casino package and gratuity. Payment due upon reservation. Call Dave Bellefeuille at 533-7724 or Barbara Laramie at 536-8567. **TUESDAY, MAY 4TH:** Culinary Institute of America and FDR's library and museum at Hyde Park. We start with a guided tour of the inner workings of this famous school. After the tour you will enjoy a culinary delight in their American Bounty Restaurant. Then it's off to Hyde Park where you will explore the life and times of FDR from his birth in 1882 through his dramatic years of his presidency. There is also a gallery devoted to the life and career of First Lady Eleanor Roosevelt. Cost : \$83.00 Call Sue Canedy 536-2106. **TUESDAY, MAY 18TH:** Back by popular demand...Boston Duck Tour. Your conDUCK tour is followed by lunch at Maggiano's Little Italy Restaurant followed by a 2 1/2 hour tour of Boston. Cost: \$86.00 Call Barbara Laramie 536-8567. A \$5.00 non-refundable deposit is due on all non-casino trips. All final payments are due 6 weeks prior to all trips. No refund prior to 1 month of a trip unless it is an emergency. A travel club representative is at the South Hadley Senior Center on Wednesday and Thursday between 10:00 and 11:30. **Effective April 1st, the Travel Club will no longer meet on Tuesdays.** Flyers with complete details for each trip are located in the Senior Center entryway.



## NOTES FROM THE DIRECTOR

As I write this month's article I have started a new and exciting chapter of my life. On February 18th my son and his wife became the parents of Emma Mae so I became a Grammie. Through the years many of you have shared with me your loving stories about the wonders of grandchildren. I now know exactly what you mean! I am definitely ready for warmer weather so I can push a baby carriage.



Spring is a great time to get out of the house and enjoy the season. Come and visit us at the senior center and enjoy a meal or visit the Mother's Garden and see the wonder of nature in the beautiful spring blossoms. There are many programs and activities as well as exercise classes. Keeping active and busy is the proven way to stay healthy. The luncheon is a good way of helping to stretch your grocery budget while enjoying the company of good friends.

Currently the staff is busy planning the Volunteer Appreciation, the event that provides us with the opportunity to give thanks to the many faithful volunteers who have assisted us through 2009. Please note, if you are a new volunteer and have no hours in 2009, you will not be invited this year as our records for volunteer hours are based on the calendar year. We hope to see you at the event but volunteers will be accommodated first and if room allows, guests will also be welcome. It is a fun evening so please try to come and let the staff wait on you!

I want to thank all of the staff and volunteers for a great St. Patrick's Day luncheon. Congratulations to Lucille O'Connell whose name was drawn for the Colleen and to her Court: Jeannette LePage, Stella Warzenski, Linda Larivee, Dolores Larrivee. Special thanks to Gert Kennedy at the piano, Rita Lawler director and the Choralites for a wonderful musical tribute to the Irish. Thank you to Renee Orzechowski for taking pictures. It is fun to see them posted on the bulletin board in the dining room.

One of our faithful volunteers, **Barbara Hatch**, has been **selected for special recognition for her volunteer activities** that "have improved the quality of life in the community" by the Holyoke/Chicopee Area Department of Developmental Services Citizen Advisory Board. Congratulations Barbara!

Recently 126 households received a credit on their electric bill courtesy of the "Lights On" program. Many cards and notes of thanks have arrived expressing sincere gratitude to the community for helping to make this service possible. I too want to say thank you to the donors for making life a little easier for individuals having to prioritize bills (including medications) during these difficult financial times!

*Joanne*

### CABLE TV DISCOUNT NEWSFLASH

PER CABLE ADVISORY COMMITTEE: THERE IS A PROPOSED CHANGE IN SENIOR DISCOUNT RATE FOR BASIC CABLE SERVICE EFFECTIVE MAY 1, 2010. IF YOU WILL BE 63 BY APRIL 30, 2010 APPLY FOR YOUR SENIOR DISCOUNT IMMEDIATELY. APPLICATION FOR THE SENIOR DISCOUNT IS AVAILABLE AT THE COA OFFICE. ADDITIONAL PROOF REQUIRED: IDENTITY (COPY OF MA DRIVER'S LICENSE OR BIRTH CERTIFICATE) AND RESIDENCE ( COPY OF UTILITY BILL OR TAX BILL).

\*\* SPECIAL THANKS TO: HIP FOR THE \$200 DONATION FOR THE ICE MACHINE.

\*\* TO NANCY HERRICK FOR SEWING NEW CURTAINS FOR THE DINING ROOM.

\*\*TO PEOPLESBANK, LOOMIS COMMUNITIES, MARILYN PRYOR, WAYNE CORDES OF TECH FAB INC., WESTMASS ELDERCARE AND DR. & MRS. WALTER WOLF FOR DONATING TICKETS FOR THE SOUTH HADLEY CHORALE PERFORMANCE. THE RECIPIENTS WERE MOST GRATEFUL AND ENJOYED THE PERFORMANCE!

THANK YOU TO THE SOUTH HADLEY SENIOR TRAVEL CLUB FOR THE VERY GENEROUS DONATION OF \$600 TO BE USED TO ASSIST WITH THE PURCHASE OF AN ICE MACHINE. YOUR GENEROSITY IS GREATLY APPRECIATED BECAUSE THIS IS A VERY-WELL UTILIZED AND NEEDED PIECE OF KITCHEN EQUIPMENT.

### TRIAD TIP OF THE MONTH

Don't forget about getting a house number in place because it might SAVE your life in the event of an emergency call. A \$5.00 donation will be appreciated. Call the COA at 538-5042 and add your name, address and phone number to the growing list of requests.

### Preventing Falls Among Older Adults Free Educational Series Offered by VNA & Hospice of Cooley Dickinson

Unintentional falls are a threat to the independence and health of adults ages 65 and older. Every 18 seconds, an older adult is treated in an emergency department for a fall, and every 35 minutes someone dies as a result of their injuries.

Although one in three older adults falls each year in the United States, falls are not an inevitable part of aging. Falls are often preventable through strengthening and balance training, education, and improving home safety. These proven prevention strategies can help older adults live longer, have greater independence and increase the chance of remaining in their own homes.

The VNA & Hospice of Cooley Dickinson in cooperation with the South Hadley Senior Center would like to invite you to participate in a free educational series of six "Falls Prevention" sessions at the South Hadley Senior Center, **Wednesdays, 1-2:00PM, April 21, 28, May 5, 12, 19, and 26.** 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 of this program, participants will be asked to commit to attending all 6 one-hour sessions. Practical items such as strengthening devices, medication organizers and visual aids will be distributed to series participants. The sessions and items are free of charge; private grant funds received by the VNA are covering the program costs. Please call the South Hadley Senior Center at 538-5042 for more information and to register.

# Angie's

## NEWS & NOTES

### SNAP: A SMART MOVE IN TOUGH TIMES

When you are living on a fixed income, it's often difficult to make ends meet. This is especially true now given the tremendous downturn in the economy. And purchasing the basics like food is becoming more and more expensive. That is where SNAP comes in (formerly called Food Stamps). SNAP can put healthy food within your reach.

Are you reluctant to apply for SNAP, the Supplemental Nutrition Assistance Program? Did you know that 1 in 10 individuals in Massachusetts now receive SNAP? In fact, the Federal government considers SNAP an entitlement program that you paid into (just like Social Security) while you are/were working. And it may be the most sensible way to meet your nutritional needs.

SNAP helps low income individuals and families buy healthy, nutritious food. A SNAP household's monthly benefit depends on household size, income, and expenses, including medical expenses.

Additionally, there is no longer an asset test for most SNAP applicants in Massachusetts. There is only an asset test for households with elders and persons with disabilities who have a gross income higher than \$1805/month for an individual, \$2429 per month for a couple.

Seniors (60+) can apply for SNAP benefits using a simplified two page form. It is also important to know that if you are eligible, you will receive SNAP benefits through the Electronic Benefit Transfer (EBT) system. You will receive a Personal Identification Number (PIN) and an EBT card that can be used just like a debit card to shop for food. This ensures your privacy when food shopping.

To learn more about SNAP, obtain an application, or secure assistance filling out the application, please give me a call at (413) 538-5042, ext. 206.

**For current SNAP recipients, notifying your benefits worker of previously unclaimed**

monthly medical expenses may increase your SNAP benefits.

Frequently unclaimed expenses are:

- Monthly cost of supplemental health insurances (such as Blue Cross/Blue Shield) in addition to Medicare insurance costs
- Reasonable expenses for over the counter medications and supplies can be self declared and do not require physician documentation
- Unpaid medical expenses may be claimed as long as insurance does not cover the expense
- A deduction of 55 cents per mile for transportation to and from medical appointments as well as transportation to pick up prescriptions.

**Even if you have been denied in the past, a review of your medical expenses may provide you with enough deductions to be eligible for SNAP.**

Wishing you well,



Angie Wright  
Social Service Coordinator

### Chores Grant

The Chores (outside yard work) Program, funded by a grant from WestMass Eldercare through the Older Americans Act is intended to provide services to low and moderate low-income elders. Funds are available for Spring yard clean up for qualified clients. If you believe that you qualify and are in need of services please contact Angie at the Council on Aging at (413) 538-5042, ext 206.

## 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 con-  
tract with:

### WESTMASS ELDERCARE, INC. APRIL 2010 MENU

- 1) STUFFED SHELLS W/SAUCE, Peas & Carrots, Italian Bread, Pineapple Juice, Pears or Diet Pears.
- 2) POLLOCK LOINS, Scalloped Potatoes, Beets, Cornbread, Pineapple or Diet Pineapple.
- 5) CHICKEN NUGGETS, Rice, Broccoli & Cauliflower, Rye-Bread, Bananas.
- 6) BIRTHDAY/ANNIVERSARY, VEAL PARMESAN W/ PASTA, Garlic Bread, Italian Bean Blend, Tossed Salad: Congregate, Birthday/Anniversary Cake or Diet Cake.
- 7) FRENCH MEAT PIE W/GRAVY, Noodles, Carrots, Whole-Grained Bread, Tropical Fruit or Diet Tropical Fruit.
- 8) TERIYAKI CHICKEN, Mashed Potatoes, Green Beans, Whole-Grained Bread, Mandarin Oranges, or Diet Mandarin Oranges.
- 9) FLORENTINE POLLOCK, Brown Rice, Roll, California Blend Vegetables, Cookies or Diet Cookies
- 12) MEATLOAF W/GRAVY, Mashed Potatoes, Peas & Onions, Applesauce or Diet Applesauce.
- 13) BAKED HAM W/PINEAPPLE, Brown Rice, Spinach, Oatmeal Bread, Jell-O or Diet Jell-O.
- 14) CHEESE LASAGNE W/SAUCE, Garlic Bread, Brussels Sprouts, Juice, Peaches or Diet Peaches.
- 15) ROAST TURKEY W/GRAVY, Mashed Potatoes, Corn, Cranberry Sauce, Whole Wheat Bread, Apricots or Diet Apricots.
- 16) CELEBRATE "COLORADO", BRAISED BEEF STEW, Roasted Potatoes, Biscuit, Cherry Pie or Diet Cherry Pie.
- 19) PATRIOT'S DAY HOLIDAY—CENTER CLOSED
- 20) POT LUCK, Multi-Grained Bread, Pineapple or Diet Pineapple.
- 21) CHICKEN CACCIATORA, Pasta, Spinach, Italian Bread, Pears or Diet Pears.
- 22) STUFFED PEPPERS W/SAUCE, Mashed Potatoes, Carrots, Biscuit, Brownies or Diet Brownies.
- 23) BREADED POLLOCK FILETS, Rice, Creamed Corn, Multi-Grained Roll, Tropical Fruit or Diet Tropical Fruit.
- 26) AMERICAN CHOP SUEY, Green Beans, Cornbread, Orange Juice, Peaches or Diet Peaches.
- 27) GRILLED HAM & CHEESE SANDWICHES, Potato Puffs, Corn Cobbets, Juice, Mandarin Oranges, Diet Mandarin Oranges.
- 28) LIVER & ONIONS, Mashed Potatoes, Peas & Mushrooms, Whole Grained Bread, Apricots or Diet Apricots.
- 29) SWEET & SOUR PORK, White Rice, Oriental Vegetables, Oatmeal Bread, Vanilla Pudding or Diet Vanilla Pudding.
- 30) TUNA & NOODLE CASSEROLE, Broccoli, Roll, Bread Pudding or Diet Bread Pudding.

ALL MEALS ARE SERVED WITH BREAD, 1/2 PINT OF MILK.  
\*FOR RESERVATIONS OR CANCELLATIONS, PLEASE  
CALL 538-5042 BY 9:00 A.M. PLEASE TRY TO CALL  
BY FRIDAY IF YOU'D LIKE TO EAT ON MONDAY.

## BREAKFAST FOR BETTER HEALTH

By Chris Brown  
Nutritionist WMEC

You've heard it many times before: breakfast is the healthful way to start the day. Thirty years of breakfast related studies show that starting the day with breakfast benefits people of all ages. However, despite its benefits, breakfast may be the meal most often neglected and skipped.

Breakfast is the body's early morning refueling stop. After 8 or more hours without a meal or a snack, your body needs to replenish its glucose, also called blood sugar. A new supply of food produces more glucose for energy. Studies suggest two other reasons for eating a healthy breakfast: Weight control and a reduced risk for heart disease. Breakfast eaters are less likely to be ravenously hungry for mid-morning snacks or lunch. Overall, they tend to eat less fat during the day too. Compared to breakfast eaters, studies show that those who skip breakfast tend to have higher blood cholesterol levels, which is a risk factor for heart disease.

Try these easy one-minute breakfasts:

- Ready to eat cereal topped with sliced banana and yogurt.
- Bran muffin and yogurt topped with berries
- Peanut butter on whole-wheat toast and milk
- Breakfast shake (milk, fruit, and a tsp. of bran, whirled in a blender)
- Whole wheat waffle, topped with fruit and yogurt or light whipped cream
- Bagel topped with fruit chutney, milk
- Lean ham on a toasted English muffin, vegetable juice.

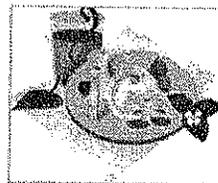
Try the following recipe:

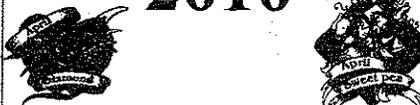
### Quick Apple Maple Oatmeal

Peel and dice a small apple.

Place into a microwavable bowl, cover with 2 Tbls. of regular or dietetic maple syrup. Cover and microwave for 2 minutes.

- Add 1/2 cup oatmeal and 1/2 cup water. Stir into Apple.
- Cover, microwave for 2 1/2 minutes.
- Stir, put on a dab of vanilla yogurt, dust with cinnamon.



<p><b>ROOM KEY</b>  <b>B=Billiards Room</b>  <b>CR=Card Room</b>  <b>CE=Ceramics</b>  <b>C2=Formerly Old Office</b>  <b>C1=Conf. Room Off Library</b>  <b>EX=Exercise Room</b>  <b>DR=Dining Room</b></p>	 <p><b>IN TOWN TRANSPORTATION  AVAILABLE MONDAY-FRIDAY  FROM 9-3, BY APPOINTMENT  ONLY.</b></p>	<p><b>APRIL  2010</b></p> 	<p><b>1 STUFFED SHELLS/SAUCE</b>  <b>10 Alzheimer's Support-C2</b>  10 Beginning Exercise-EX  10 Travel Club-C1  10 Writing Group-CE  1 Golden Agers-CR/Line Dance-EX  1 Scrabble-L/Quilting-CE  <b>5:30 BC/BS Pre-Retiree Program</b></p>	<p><b>2 POLLOCK LOINS</b>  <b>9-12 AARP Tax Asst.(by appt)-C2</b>  9:30 Grocery Shopping  <b>10 Bereavement Support-CE</b>  10 Coffee &amp; Conversation-DR  10:30 Osteoporosis Exercise-EX  1 Bridge-CE/Cribbage-CR  1 Canasta-DR/Poker-DR/Knit-L</p>
<p><b>5 CHICKEN NUGGETS</b>  <b>7am-8pm TOWN ELECTIONS</b>  <b>Lunch served in Exercise Room</b>  10 Music Appreciation-CE  <b>NO Tai Chi</b>  <b>1 Red Hat Society-CR</b>  1 Stained Glass-CE  <b>NO Poker, Pinochle Canasta</b></p>	<p><b>6 BIRTHDAY/ANNIVERSARY</b>  <b>VEAL PARMESAN/PASTA</b>  10 Beginning Exercise-EX  1 Bingo-CR  1 Movie-EX  1 Needlecraft-CE  1 Makeup Poker, Pinochle and  Canasta-DR  6:15 Men's Night/Mah Jongg</p>	<p><b>7 FRENCH MEAT PIE/GRAVY</b>  <b>8 HIP-EX</b>  9:30 Grocery Shop  10 Travel Club-C1  10:30 Osteoporosis Exercise-EX  1 Mah Jongg -CE  1 Choralites-DR  1 Pitch-CR  1 Senior Poetry-C2</p>	<p><b>8 TERYAKI CHICKEN</b>  <b>10 Veteran's Group-C2</b>  10 Beginning Exercise-EX  10 Writing Group-CE  10 Travel Club-C1  <b>12:30-2 Blood Pressure Screen-C2</b>  <b>1 Friends Meeting-DR</b>  1 Golden Agers-CR  1 Scrabble-L/Quilting-CE  1 Line Dancing-EX</p>	<p><b>9 FLORENTINE POLLOCK</b>  <b>9-12 AARP Tax Asst.(by appt)-C2</b>  9:30 Grocery Shopping  <b>10 Bereavement Support-CE</b>  10 Coffee &amp; Conversation-DR  10:30 Osteoporosis Exercise-EX  1 Knitting-L/Bridge-CE  1 Cribbage-CR/Poker-DR  1 Canasta-DR</p>
<p><b>12 MEATLOAF/GRAVY</b>  <b>9:30 FOOT NURSE (by appt)</b>  11 Tai Chi-EX  1 Stained Glass-CE  1 Poker-DR  1 Pinochle-DR  1 Canasta-DR  <b>4 COA Board Meeting-C2</b></p>	<p><b>13 BAKED HAM/PINEAPPLE</b>  <b>9-12 SHINE (by appt.)</b>  <b>10 Lifeline Demo and Medication</b>  <b>Management -CR</b>  10 Beginning Exercise-EX  1 Bingo-CR  1 Movie-EX  1 Needlecraft-CE  1:30 Calligraphy-C2  6:15 Men's Night/Mah Jongg</p>	<p><b>14 CHEESE LASAGNA/SAUCE</b>  <b>8 HIP-EX</b>  9:30 Grocery Shopping  10 Travel Club-C1  <b>1 Diabetic Support Group-C2</b>  1 Mah Jongg -CE  1 Pitch-CR  1 Choralites-DR</p>	<p><b>15 ROAST TURKEY/GRAVY</b>  10 Beginning Exercise-EX  10 Writing Group-CE  10 Travel Club-C1  <b>12 Get Going</b>  1 Golden Agers-CR  1 Scrabble-L  1 Quilting-CE  1 Line Dancing-EX</p>	<p><b>16 CELEBRATE COLORADO</b>  <b>BRAISED BEEF STEW</b>  9:30 Grocery Shopping  <b>10 Bereavement Support-CE</b>  10 Coffee &amp; Conversation-DR  10:30 Osteoporosis Exercise-EX  <b>11:30 Rep. John Scibak</b>  1 Knitting-L/Canasta-DR  1 Bridge-CE/Poker-DR  1 Cribbage-CR</p>
<p><b>19 PATRIOT'S DAY  HOLIDAY  CENTER IS CLOSED</b></p> 	<p><b>20 POTLUCK</b>  <b>9-12 SHINE (by appointment)</b>  <b>10-11 Brown Bag-CE</b>  <b>10 Lo-Vision Support Group-C2</b>  10 Beginning Exercise-EX  1 Bingo-CR/Movie-EX  1 Needlecraft-CE  1:30 Calligraphy-C2  6:15 Men's Night/Mah Jongg</p>	<p><b>21 CHICKEN CACCIATORA</b>  <b>8 HIP-EX</b>  9:30 Grocery Shopping  10 Travel Club-C1  10:30 Osteoporosis Exercise-EX  <b>1-2 Falls Prevention -EX</b>  1 Pitch-CR/Mah Jongg -CE  1 Choralites-DR  1 Senior Poetry-C2</p>	<p><b>22 STUFFED PEPPERS/SAUCE</b>  10 Beginning Exercise-EX  10 Writing Group-CE  10 Travel Club-C1  1 Golden Agers-CR  1 Scrabble-L  1 Quilting-CE  1 Line Dancing-EX</p>	<p><b>23 BREADED POLLOCK FILET</b>  9:30 Grocery Shopping  <b>10 Bereavement Support-CE</b>  10 Coffee &amp; Conversation-DR  10:30 Osteoporosis Exercise-EX  1 Knit-L/Bridge-CE/Cribbage-CR  1 Canasta-DR/Poker-DR  <b>6:00 pm Volunteer Appreciation</b>  <b>Doors open at 5:30 pm</b></p>
<p><b>26 AMERICAN CHOP SUEY</b>  <b>9:30 FOOT NURSE (by appt)</b>  11 Tai Chi-EX  1 Stained Glass-CE  1 Poker-DR  1 Pinochle-DR  1 Canasta-DR  1 Monday Cribbage-CR</p>	<p><b>27 GRILLED HAM &amp; CHEESE</b>  9 Newsletter Collating-CE  10 Beginning Exercise-EX  1 Bingo-CR  1 Movie-EX  1 Needlecraft-CE  1:30 Calligraphy-C2  6:15 Men's Night/Mah Jongg</p>	<p><b>28 LIVER &amp; ONIONS</b>  <b>8 HIP-EX</b>  9:30 Grocery Shopping  10 Travel Club-C1  10:30 Osteoporosis Exercise-EX  <b>1-2 Falls Prevention-EX</b>  1 Pitch-CR/ Mah Jongg -CE  1 Choralites-DR</p>	<p><b>29 SWEET &amp; SOUR PORK</b>  10 Beginning Exercise-EX  10 Writing Group-CE  10 Travel Club-C1  <b>10:30 Blood Pressure Screening</b>  <b>w/Fire District #1-DR</b>  1 Golden Agers-CR/Scrabble-L  1 Quilting-CE/Line Dancing-EX</p>	<p><b>30 TUNA/NOODLE CASS.</b>  9:30 Grocery Shopping  <b>10 Bereavement Support-CE</b>  10 Coffee &amp; Conversation-DR  10:30 Osteoporosis Exercise-EX  1 Knitting-L/Bridge-CE  1 Cribbage-CR/Poker-DR  1 Canasta-DR</p>

**DON'T BORROW YOUR OWN MONEY!  
STEER CLEAR OF TAX REFUND ANTICIPATION  
LOANS**

The Office of Consumer Affairs and Business Regulation advises taxpayers to steer clear of tax refund loans, also known as refund anticipation loans (RALs). RALs are secured by and repaid from a pending federal tax refund.

A RAL is a risky proposition because it must be repaid even if the taxpayer's refund is denied, less than expected, or frozen. If the taxpayer cannot pay back the RAL, the lender may send the account to a debt collector.

According to a report issued by the National Consumer Law Center and consumer Federation of America, 8.4 million RALs were issued to taxpayers in 2008. The annualized interest rates are very high because they are short term.

For free tax preparation, low- to moderate-income tax payers can take part in the volunteer Income Tax Assistance (VITA) program, coordinated by the IRS. VITA sites can be found in libraries, community centers and other locations during tax season. If you earned \$57,000 or less in 2009, you can use the IRS Free File program to prepare your federal income taxes online at IRS Free File.

The AARP Tax-Aide program such as the one in our senior center is available for those 60 and older.

The Circuit Breaker tax credit is available to MA seniors ages 65 and older who own or rent.

Alternatives to RALs include:

1. File your tax return electronically (E-file) with the refund deposited directly into your bank account. MA taxpayers can e-file state income tax returns directly with the Dept. of Revenue (DOR) using "WebFile for Income" program that is free, fast and secure.

2. When you receive your refund, avoid check cashers. They charge fees to cash RAL and tax refund checks. Again, direct deposit is the best.

3. A list of banks that participate in the Commonwealth's Basic Banking for MA program is available at Basic Banking for Massachusetts.

4. Reduce your income tax withholding so that you won't have to wait for a refund next year.

(Above information from Consumer Advisory c/o Office of Consumer Affairs & Business Regulation)

\*\*Thank you to Mary (Bea) Fernandes for the donation of a subscription to BETTER HOMES AND GARDENS MAGAZINE.

**SUBSTITUTE**

**HOME-DELIVERED MEALS DRIVERS NEEDED**

Do you have a few hours to spare on occasion? Are you interested in helping to provide a vital service to home-bound clients who rely on a warm, nutritious meal from the Council on Aging? If so, please consider applying to be a sub driver to help provide this service when one of the regular drivers is on vacation or needs time off. After filling out an application and passing a CORI check your name will be added to our sub list and we try to give advance notice but sometimes you might be called in the morning. However, if you cannot assist us all you need to do is say "No" to the request. The hourly rate is \$7.50 and mileage is reimbursed at \$.47 per mile. If you are interested, please call Joanne at 538-5042, Ext. 204.

**SOON CENSUS WORKERS WILL BE KNOCKING**

\*\*If a U.S. Census worker knocks on your door, they will have a badge, a handheld device, a Census Bureau canvas bag, and a confidentiality notice. Ask to see their identification and their badge before answering their questions. However, you should never invite anyone you don't know into your home.

\*\*Census workers only verify address information. Do not give your Social Security number, credit card or banking information to anyone, even if they claim they need it for the U.S. Census.

\*\*Again, the Census Bureau will not ask for Social Security, bank account or credit card numbers, nor will employees solicit donations. Anyone asking for that information is NOT with the Census Bureau.

\*\*Eventually, Census workers may contact you by telephone, mail or in person at home. However, the Census Bureau will NOT contact you by E-mail, so be on the lookout for E-mail scams impersonating the Census. Never click on a link or open any attachments in an E-mail that are supposedly from the U.S. Census Bureau. (This information provided by the Better Business Bureau [BBB] website).

Are you at least 60 and have a problem with your in-home caregiving services?

Do you know someone who does?

If so, please call us!

1-800-243-4636

(1-800-AGE-INFO)



THANK YOU TO  
U.S. REPRESENTATIVE  
**RICHARD NEAL**  
FOR THE DONATION  
OF THE AMERICAN  
FLAG



**IN MEMORIAM**

**IN MEMORY OF:**

**FROM:**

**NUTRITION ACCOUNT:**

RITA PERRON	Joan Richter
RENE CASAVANT	Joan Casavant
ANNA MAE PARKER	Frances Mytkowicz
ESTHER LENNON	Judith Stremcko
ARTHUR MARONI	Kathy & Florence Gallivan

**MINI-BUS FUTURE PURCHASE ACCT:**

RITA PERRON	Neshan & Roberta Daglian Tina & Michael & Irene Lucchesi
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**NECESSITIES ACCOUNT:**

RITA PERRON	Michele & Jack Scanlon Carole & Mike Dubuc Margaret Fitzgerald
ESTHER LENNON	Janet Smith
VIOLA SENUTA	Janet Smith

**SERVICES ACCOUNT:**

DOROTHY VILBON	Alfred Vilbon
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**NEWSLETTER ACCOUNT:**

RITA PERRON	Donald & Dorothy St. Pierre Claire & Bill Bielanski
ED & EVETTE BLANEY	Don & Marlene Gagne
NORMAN PELOQUIN, SR.	Ruth Peloquin
MARY NOLEN	Ronald & Claire Gendron
JOSEPH KLIMCZYK	John & Phyllis Gazda
EDWARD GAZDA	Phyllis Gazda

**IN MEMORIAM**

**IN MEMORY OF:**

**FROM:**

**TRANSPORTION ACCT:**

LISE ROY	Lathrop Village & Newton Manor Tenants Association
VIOLA SENUTA	Marge (Stiles) Thurston Norma Monat

**CHORALITES:**

VIOLA SENUTA	Roland & Joyce Roberts Norma Monat Marge (Stiles) Thurston
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**"LIGHTS ON":**

KIM L. JODOIN	Donald & Dorothy St. Pierre
BILL LAMBERT	Jean Lambert

**EMERGENCY FUND:**

EDWARD CORBEIL	Jean Lambert
EDWARD MITCHELL	Avis A. Mitchell

**MINI-BUS MAINTENANCE ACCT:**

RITA PERRON	Cecile Patryn Friends of the So. Hadley Elderly
VIOLA SENUTA	Cecile Patryn Mona Roberts

**BUILDING FUND:**

BILL LAMBERT	Jean Lambert
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**MOTHER'S GARDEN:**

DON BROCHU	Janie Brochu
ESTHER LENNON	Joanne Trybus
RITA PERRON	Joanne Trybus

**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:** \_\_\_\_\_

**Contribution in memory/honor of:** \_\_\_\_\_

- |   |   |   |
|---|---|---|
| <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 send Acknowledgement to: (kindly indicate name, address & relationship):

**Please Make Check Payable To:** South Hadley Council on Aging, 45 Dayton Street, South Hadley, MA 01075. Contributions are tax deductible. All Contributions of \$250 or more will receive receipt for tax purposes.

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.

**BLUE CROSS/BLUE SHIELD  
INSURANCE SEMINAR  
FOR PEOPLE CONSIDERING  
RETIREMENT**



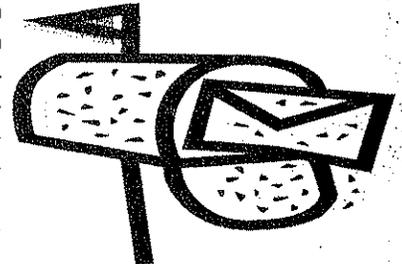
**THURSDAY, APRIL 1ST AT 5:30 P.M.  
SOUTH HADLEY SENIOR CENTER  
PLEASE CALL 538-5042 TO REGISTER  
LIGHT REFRESHMENTS SERVED**

A presentation intended for those considering retirement. It includes an explanation of COBRA as well as the Direct-Pay health plan options available before Medicare. It also includes an explanation of the health plan options available once a person does have Medicare. A question and answer session will follow. All are welcome regardless of your insurance coverage. Please call 538-5042 to register for this program.

**"And Spring arose on the garden fair,  
Like the Spirit of Love felt everywhere;  
And each flower and herb on Earth's dark breast  
rose from the dreams of its wintry rest."  
- Percy Bysshe Shelley, *The Sensitive Plant***

**\*\*SPECIAL THANKS TO AMERICAN LEGION POST #260  
FOR THE DONATION OF \$200 FOR THE USE OF THE  
COA VAN FOR THE ST. PAT'S PARADE THAT WILL BE  
DEPOSITED INTO THE MINIBUS MAINTENANCE AC-  
COUNT.**

A NOTE OF THANKS TO THE INDIVIDUALS WHO HAVE SENT IN DONATIONS FOR THE NEWSLETTER. YOUR SUPPORT IS GREATLY APPRECIATED AS THE MAILING COSTS CONTINUE TO RISE. IN THE



**FUTURE WHEN A NEWSLETTER IS RETURNED THAT HAS A TEMPORARILY AWAY STICKER ATTACHED BY THE U.S.P.S. AND THE INDIVIDUAL HAS NOT INFORMED THE SOUTH HADLEY COA OFFICE TO HOLD THE NEWSLETTER, THE NAME WILL BE TAKEN OFF OF THE MAILING LIST. THE POST OFFICE IS NOW CHARGING FOR THIS SERVICE AND IT GETS TO BE VERY EXPENSIVE. THEREFORE PLEASE INFORM US IF YOU ARE GOING TO BE AWAY FOR MORE THAN 1 MONTH. THANK YOU IN ADVANCE FOR YOUR COOPERATION.**

SINCERELY, JOANNE

**PHILIPS LIFELINE DEMONSTRATION AND  
MEDICATION MANAGEMENT SEMINAR**

BY JAN FINKELSTEIN, R.N. FROM  
OVERLOOK VISITING NURSE ASSOCIATION  
**TUESDAY, APRIL 13TH AT 10 A.M. IN THE CARD  
ROOM OF THE SOUTH HADLEY SENIOR CENTER.  
PLEASE CALL 538-5042 TO REGISTER. ALL WEL-  
COME TO ATTEND.**



## ANNE'S NEWS

SeniorNet is starting to set up its next set of classes. The possibilities are listed below. Call 533-6889 to let us know what courses you would like to take.

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

**INTRODUCTION TO COMPUTERS:** An overview of things that can be done with a personal computer. Topics covered briefly include Word Processing, Spreadsheets, Databases, Email, and the Internet.

**WORD PROCESSING:** Students will be able to write emails, letters, and other documents.

**THE INTERNET:** Teaches how to access and search the World Wide Web and use Email. Other topics include participation in News Groups, transfer of files, security issues, and cookies.

**PHOTO EDITING:** Demonstrates how to edit photos and offers other helpful information about ways to improve your photographs.

**EXPLORING WINDOWS:** Introduces the basic components of the operating system. The class also explains ways to re-design your computer desk top, install and un-install software and hardware, as well as methods to access various features already in Windows.

Fundamentals meets twice a week for 2 weeks. Introduction meets twice a week for six sessions. All others classes meet for eight sessions. Each class session lasts for 2 hours. Each student receives his/her own workbook and practice disc. These are yours to keep. Coaches are available to assist the students.

The goal of SeniorNet is to provide hands-on instruction in learning computer basics at an affordable cost and in a relaxed atmosphere. Our classes are designed for older adults. Anyone 55 years and older is eligible.

When you sign up for your first class you will be asked also to join the national SeniorNet. This makes available to you the SeniorNet web site. There are many interesting and informative articles there as well as discussion groups and links to other worthwhile information. To learn more call us at 533-6889 and leave a message. We'll call you right back.

April is the real beginning of Spring for me. We start to see the evidence of the season in the flowers, grass and return of birds and also the much anticipated return of our "snowbirds". As you start to feel like getting out, I encourage you to visit the Senior Center and see the opportunities we offer for activity and support. If you are interested in a tour, please call to schedule an appointment with me.

On Friday evening, April 23<sup>rd</sup> we will be holding our annual Volunteer Appreciation event. I will be distributing invitations at activities and in the Dining Room to as many of you as possible, to save on mailing expense, during the first two weeks of April. Anyone who has volunteered at the Senior Center in the past year is invited to this celebration. If you do not receive an invitation by April 14<sup>th</sup>, please call me. Do not assume you are not invited, sometimes we miss people or are unaware of their volunteer activity.

I would like to introduce 3 new volunteers to you. They are Joanne Holly, who will be working in our office and Susan Smith and Doris Atkinson who will be friendly visitors. They are joining a volunteer group of 200+ dedicated people with a vast amount of talents who gave 1,336.5 hours of service during the month of February. Welcome and thank you in advance.

I have had a recent request for a shopping trip to Hampshire Mall in Hadley. If 6-14 people sign up we will be able to schedule this activity. If you would like to go, please call the office to express your interest. We will then contact you with the date. Just a note-the van can only accommodate one power chair, so please let the receptionist know if you have one when you call.

This month's Birthday and Anniversary Luncheon will be April 6<sup>th</sup>. If you are celebrating in April why not come and celebrate with us. You will be our guest at lunch for a delicious Veal Parmesan meal and enjoy the festivities. Even if you do not regularly attend our luncheons we welcome you. Just call in advance for reservations.

On Friday (yes, we are back on Friday) April 16<sup>th</sup> we will Celebrate Colorado with traditional Braised Beef Stew and some interesting information on the state. Who knows, maybe you'll learn something new? Hope to see you soon,

A handwritten signature in cursive script that reads "Anne".

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

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<p><b>Edward Jones</b>        MAKING SENSE OF INVESTING</p> <p><b>Norm Stafford, AAMS®</b>        Financial Advisor</p> <p>351 Newton Street        South Hadley, MA 01075        Bus. 413-536-2494 TF. 800-757-0820        Fax 888-759-8098        norm.stafford@edwardjones.com        www.edwardjones.com</p>	 <p><b>HUTT</b>  <b>EYE ASSOCIATES</b>        ALFRED HUTT, MD, FACS        10 Hospital Dr., Holyoke, MA 01040        536 - 0006</p>	 <p><b>BEERS &amp; STORY</b>  <b>SOUTH HADLEY</b>  <b>FUNERAL HOME</b></p> <p>•Preplanning    •Burial •Cremation</p> <p>646 Newton St.    South Hadley    533-4400    www.beersandstory.com</p> <p><b>Marc G. Gaudreau</b>  <b>Wendy L. Story</b>  <i>Directors</i></p>
 <p><b>Loomis Communities</b>  <b>Loomis Village</b>  <b>Continuing Care Retirement Community</b>    Independent Living, Assisted Living, Health Care    246 North Main St., South Hadley, MA 01075    (413) 532-5325    www.LoomisCommunities.org</p>	<p><b>DISCOUNT AUTO GLASS</b>  <i>Serving the Pioneer Valley</i></p> <p>Insurance Approved    Direct Billing    Free Mobile Service</p> <p><b>533-5368</b></p>	<p><b>WHITE WING MOBIL</b>    568 Newton St., South Hadley  <i>Variety &amp; Package Store</i>    Mass. Lottery Agent <i>Open 5-10</i>  <b>534-3770</b> <i>7 Days</i></p> <p> <b>DONNA HUTCHISON</b>    Traveling Hair Stylist    Call to make an appointment in your home    413-734-2328</p>
 <p>130 COLLEGE ST. - ROUTE 116    SUITE 225    SOUTH HADLEY, MA 01075</p> <p>BROOKSIDE PROFESSIONAL BUILDING AT    CHAP DE LAINE'S</p> <p><b>Christopher L. Bail, C.Ped.</b>  <b>Laura M. Bail, C.Ped.</b></p> <p>SPECIALIZING IN ORTHOPEDIC FOOTCARE NEEDS    AND FOOTHEALTH PRODUCTS    "CUSTOM ORTHOTICS &amp; FOOTWEAR OUR SPECIALTY"</p>	<p><b>Ryder</b>  <b>Funeral Home</b>    Pre-Need Funeral Planning    33 LAMB STREET • SOUTH HADLEY    533-1735</p> <p><b>MYRON W. RYDER</b> <b>WILLIAM W. RYOER</b>    FOUNDER DIRECTOR</p>	<p><b>SOUTH HADLEY DENTAL ASSOC., INC.</b>    MARJORIE S. BLOCK, D.M.D.    15 DAYTON ST., SOUTH HADLEY, MA 01075    TEL (413) 536-4455 FAX (413) 532-1757</p> <p> <b>ACE Drain &amp; Sewer Cleaning</b>    South Hadley  <b>538-9930</b> Owner    Ronald T. Padykula    Radio Dispatched • Sinks • Tubs • Toilets • Sewer Lines    Video Inspection of Pipes • Fully Insured • Reasonable Rates</p>
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