

COUNCIL ON AGING

South Hadley Massachusetts

The sun never sets on our Activities...

Director/Editor: Joanne Trybus

jtrybus@southhadleyma.gov

45 Dayton St., S. Hadley, MA 01075

Tel. 538-5042 Fax: 532-8206

Asst. Director: Lisa Napiorkowski

napiorkowski@southhadleyma.gov

Chairperson: M. Connie Lapiante

Social Services Coord:

Angie Wright -

awright@southhadleyma.gov

Website: www.southhadley.org/

pages/SouthHadleyMA_COA

THE GOLDEN CHRONICLE

DECEMBER 2010



HOLIDAY LUNCHEON AND CHORALITES CONCERT

The annual special Holiday luncheon will be held on Wednesday, December 15th. The menu will be Stuffed Chicken Breast Supreme/sauce, mashed potato, corn, cranberry sauce and pie. The suggested donation is \$2.25. Reservations begin on Friday, December 3rd; call 538-5042 beginning at 8 a.m. Please do not leave your name on the answering machine. Due to the popularity of special luncheons, priority will be given to participants who live in one of the cities or towns in the WestMass ElderCare service area (So. Hadley, Granby, Chicopee, Holyoke, Ware, Ludlow or Belchertown).

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 and remember to cancel if you cannot make the luncheon. Suggested donation \$2.25 for persons 60 and over. Guests under the age of 60 pay a charge of \$3.00 per meal. **FEDERAL GUIDELINES SPECIFY THAT FOOD SHOULD NOT BE TAKEN FROM THE LUNCH SITE.** The only exceptions are bread, fruit, milk or non-perishable items.

SOUTH HADLEY 24TH ANNUAL CHRISTMAS BASKET

The South Hadley Council on Aging will be coordinating the Annual Christmas Basket program for the 24th year. We ask for monetary contributions to the Basket to cover items needed to purchase, the Lights on Program for those who chose that option or good food items such as items for a Christmas dinner or tuna, spaghetti, cereals, crackers and items that would help to make up a meal. Paper goods and cleaning supplies are also needed. We expect to serve 100 SH households again this year.

Food items may be left at the COA, all schools, Main Library on Bardwell Street, Board of Health office at Town Hall and both fire stations beginning December 1st. Thankfully the Mosier & Middle Schools are also having food drives for this project. The High School will be passing the hat to help purchase turkeys, gift certificates, etc. We also thank the First Congregational Church for their bake sale on December 3rd.

The Council on Aging is accepting both financial contributions and donations of food gift cards in small denominations. Checks should be made out to "Council on Aging/Baskets" and mailed to: 45 Dayton Street, South Hadley. These funds will be used to purchase turkeys, etc or gift cards for the baskets.

We recognize that the economy has everyone's pocket-book a little lighter this year. We appreciate whatever you can spare to help others. **Marilyn**

South Hadley Senior Travel Club

MAY 8-15 Bermuda Cruise. Includes motor coach to NY and cabin on Norwegian Gem. Cost: \$944-\$1,334. Looking for a roommate? Call and see if a list can be developed. A meet and greet will be held in January. Call Judy Fortier, 534-3598 for more information. **Monday, Jan. 24-Mohegan Sun, \$20,** call David Bellefeuille at 533-7724. **Wednesday, Feb. 23-Newport Playhouse and Cabaret \$82,** call Susan Canedy at 536-2106. **Monday, March 21, Mohegan Sun,** call Barbara Laramie 536-8567. **Travel Club GIFT CERTIFICATES** available at the Travel Club and may be applied to any of our trips. A \$5.00 non-refundable deposit required for all non-casino trips. **Payments due in full 6 weeks prior to trip.** No deposit for "wait list". **NO REFUND** prior to 6 weeks of trip. A Travel Club Representative is at the So. Hadley Senior Center on Tues., Wed. and Thurs., 10:00-11:30 or call 538-5042. **Wishing all our fellow travelers a very Happy Holiday season.**



HOLIDAY GREETINGS FROM

STELLA WARZENSKI -IN LIEU OF CARDS SHE HAS MADE A DONATION TO THE CHRISTMAS BASKET PROGRAM

DIABETIC SUPPORT GROUP meets **WED., DECEMBER 8TH AT 1 P.M.** in the large conference room. **MARY ANNE SOPELAK,** EDUCATION COORDINATOR AT MERCY DIABETES EDUC. CTR. will speak about **HEALTHY HOLIDAY EATING TIPS.** OPEN TO THE PUBLIC.

NOTES FROM THE DIRECTOR

As we approach the most festive time of year, it is important to remember the reason for the season. The Christmas Basket program held on Saturday, December 11th is the perfect example. Whatever the South Hadley COA might do to brighten someone's holiday is a significant part of our mission. Special thanks to all of the individuals, organizations and businesses that help to make the season much brighter for residents less fortunate, many times victims of circumstances beyond their control.

I want to welcome Ola Hebert to our reception office. Many of you may already know her, but please stop by and introduce yourself or say "hello".

Our Thanksgiving luncheon was wonderful thanks to the hard work of the staff and the faithful volunteers. I want to extend special thanks to Doug Zimmerman, Manager of the Big Y on Newton Street for the beautiful floral arrangement. Also, one lucky person at each table received a Big Y pie, courtesy of their weekly donations of bakery items.

Although it is 60 degrees out as I write this column, we all know the weather changes quickly in New England. So be sure to watch channels 22, 40 or 3 to determine if meals and/or programs are cancelled.

Please support the First Congregational Church Cookie Sale because the proceeds come back to the seniors in South Hadley. Whether you love to bake or enjoy eating a delicious home-baked cookie or bar, you will be helping out.

Remember that gift certificates are a "one size fits all" type of gift. Seniors love grocery certificates, gas cards, restaurant certificates, etc. because they will help them stretch their dollars.

I wish all of you a joyous holiday season!

Joanne

****SPECIAL THANKS TO HIP FOR THE \$200 DONATION TO THE CHRISTMAS BASKET PROGRAM.**

****TO THE CONGREGATIONAL CHURCH OF SOUTH HADLEY FALLS FOR THE \$400 DONATION (\$100 FOR CHRISTMAS BASKETS AND \$300 FOR SUBSIDIZED TRANSPORTATION).**

****TO FRAN CYR FOR THE BUSHEL OF SQUASH AND 50 POUNDS OF POTATOES**

COOKIE SALE ALERT

The 11th annual cookie sale will be held on Friday, December 3rd from 3 p.m. until 8 p.m. and on Saturday, December 4th from 9 a.m. to 3 p.m. at the Center Congregational Church. Due to the amazing generosity of the community, both bakers and buyers, last year \$1,071.00 was raised to support the COA Christmas Basket program.

The entire profit of the sale goes to the COA to help our neighbors who are less fortunate. We are asking you to make a batch of your homemade cookies or bars, the kind that you would serve to a friend or guest. Please bring the cookies, label with nuts or no nuts, to the church (the red brick Church across from the Town Common) on Thursday, December 2nd between 6 and 8 p.m.; Friday, December 3rd between 10 a.m. and 2 p.m. and Saturday, December 4th between 9 and 10 a.m. We welcome all contributions to make this a success. For more information, call Karen Anderson at 536-0005.

OMBUDSMAN PROGRAM— WESTMASS ELDERCARE

The Ombudsman Program at WestMass ElderCare needs volunteers. An ombudsman visits residents of area nursing and rest homes every week to hear their concerns. They help to promote the belief that each of us has the right to a quality of life, and that this right should be protected. Ombudsmen also believe that through their efforts they can make a difference in the life of someone who needs them.

An Ombudsman (Scandinavian word meaning ("representative of the people")) is trained and certified by the Executive Office of Elder Affairs. He/she receives and investigates complaints, in confidence, on behalf of residents, their families and other interested parties. They provide information and referral to connect people with available long-term care and community resources. Serious complaints are referred to the Mass. Exec. Office of Elder Affairs, State Ombudsman office, which investigates the situation and responds appropriately.

The Ombudsman Program of WestMass ElderCare offers an opportunity for people who wish to find satisfactory use of their time and valuable experiences. It is enriching, enjoyable and makes an important difference in the quality of our lives. For more information, call Robert K. Cochran, Ombudsman Program Director, 413-538-9020, Ext. 331.

HAPPY HOLIDAYS FROM:

Joanne Trybus
Kathy Ballivan, Dick & Mairi Karonis

Big Metch, Angie Wright
Bob Moxley, Richard Carignan
Mural Hunter, Fran Cy
Blad. Hubert

Wynne & Walter
Ann D. Conn, Nancy Blodgett
Francis Wagner

ANGIE'S NEWS & NOTES

Health Care Reform & Medicare

Many seniors have been asking me how the Affordable Care Act (Health Care Reform) will affect them. As you know, Medicare is a very large federal program and will continue to grow. At the end of 2010 there will be 48 million Medicare beneficiaries. This number is expected to rise to 79 million by 2030. Currently, Medicare pays 1.5 billion dollars/day to providers.

Health Care Reform—What it will do

- ◆ Help with prescription drug coverage
2010—\$250 (tax free) rebate for beneficiaries who hit the coverage gap/donut hole
2011—Requires pharmaceutical manufacturers to provide a 50% discount on brand-name prescriptions filled in coverage gap
2020 - The donut hole will be completely closed.
- ◆ Provide coverage for an annual wellness visit
- ◆ Eliminate cost sharing for many preventive services
- ◆ Create incentives for providers to focus on prevention and wellness

Health Care Reform—What It Won't Do

- ◆ No benefit cuts to beneficiaries

Estimated \$400 billion in Medicare savings over next 10 years—reduces annual increase in Medicare payments to providers (other than physicians), adjusts payments to providers to account for productivity improvements

- ◆ Establishes Accountable Care Organizations—incentives to improve care and encourage providers and hospitals to work together—more follow-up, coordination to lower hospital readmissions

I also receive many questions regarding the difference between a Medicare Medigap supplement plan and a Medicare Advantage plan.

Original Medicare (A & B) plus a Medigap supplement

Higher premium, but no co-pays

Freedom to choose doctors

No referrals necessary

Some routine services not covered (vision, hearing)

No prescription coverage

Covered anywhere in the U.S.

Medicare Advantage Plan

Generally lower premiums, but has co-pays

Generally restricted to in network physicians

May include extra benefits (vision, hearing, fitness)

May include prescription coverage

Please don't hesitate to contact me or our SHINE counselor if you have questions regarding Medicare.

Wishing you and yours Happy Holidays,

Angie
Angie Wright, Social Service Coordinator

IN MEMORIAM

IN MEMORY OF:

FROM:

NUTRITION ACCOUNT:

JOE MYTKOWICZ	Fran Mytkowicz
MICHAEL HARRIS	Fran Mytkowicz
RICHARD ROBIN	Linda O'Donnell
PHYLLIS GAZDA	Jennie Cwieka Evelyn M. Simpson Irene Pula Irene Gondek
GEORGE & EVELYN EDGE	Evelyn Simpson and Nancy Hall
JANET PUDLO	Bacon Wilson, P.C.
BILL DONAHUE	Fran Cyr

NEWSLETTER ACCOUNT:

BERNIE BLOOD	Lois L'Esperance
PHYLLIS GAZDA	Zeke & Phyllis McClafflin
JAMES LETORA	Zeke & Phyllis McClafflin
ROBERT SYMINGTON	Zeke & Phyllis McClafflin

MINI-BUS MAINTENANCE:

BARBARA LEONARD	Donald Leonard
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MINI-BUS (FUTURE PURCHASE):

GASTON (GEORGE) CONTINI	Eleanor Contini
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SUBSIDIZED SENIOR TRANSPORTATION:

BARBARA LEONARD	Stella Warzenski
JANET PUDLO	Stella Warzenski

ACTIVITIES/NECESSITIES:

BERNIE BLOOD	Shirley A. Danasko Lois L'Esperance
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IN MEMORIAM

IN MEMORY OF:

FROM

CHRISTMAS BASKET:

BERNIE BLOOD	Joan Richter South Hadley Golden Agers Club Claire & Bill Bielanski Alice Pont & Family Pat & Bill Baxter Rudy & Pat Kuc Michael C. Barrett Bernadette Fleming, Jon & Jessica
MICHAEL HARRIS	Mr. & Mrs. William Harris
CHESTER & MARIAM LILJA	Robert & Lynn Bertram
PHYLLIS GAZDA	Mary Januszkiewicz Mirellise M. Vazquez Walter & Jean Fijal Ronald Lindner, Tina Garde, Mary Lindner and Loren Scussel Gerald & Donna Grode-Chmura Jean Fisher Sophie Gazda
ESTHER LENNON	Barbara J. White
LAURA MONTY	Donna Spirito
GASTON (GEORGE) CONTINI	Eleanor Contini
ED & MARY NOLEN	MaryJo & Daniel Moore
RENE LAVERDIERE	Tillie Laverdiere

REMINDER: OPEN ENROLLMENT FOR MEDICARE PRESCRIPTION DRUG PLANS ENDS DEC. 31ST. IF YOU HAVE QUESTIONS OR CONCERNS ABOUT YOUR CURRENT MEDICARE PLAN, CALL THE COA (538-5042) AND MAKE AN APPOINTMENT WITH OUR SHINE COUNSELOR. EILEEN WILL BE AT THE SENIOR CENTER EVERY TUESDAY.



CHICOPEE VNA
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Great to be Home Care

DECEMBER 2010

**IN TOWN TRANSPORTATION
AVAILABLE MONDAY-FRIDAY
FROM 9-3, BY APPOINTMENT
ONLY.**



1 HERB ROASTED CHICKEN
8 HIP-EX/9:30 Grocery Shopping
10 Travel Club-C1
10:30 Osteoporosis Exercise-EX
1-2 Falls Prevention FOLLOW-UP-EX
1 Moh Jongg-CE/ Pitch-CR
1 Senior Poetry-C2/Choralites-DR
4:30 Bright Nights Trip

**2 BIRTHDAY/ANNIVERSARY
FRENCH MEAT PIE/GRAVY**
10 Alzheimer's Support-C2
10 Beginning Exercise-EX
10 Travel Club-C1
1 Golden Agers-CR
1 Scrabble-L
1 Quilting-CE



3 BROCCOLI CHEESE QUICHE
9:30 Grocery Shopping
10 Coffee & Conversation-DR
10:30 Osteoporosis Exercise-EX
1 Knitting-L
1 Bridge-CE
1 Cribbage-CR
1 Canasta/Poker-DR

**6 MEATLOAF/GRAVY
WMEC Holiday Luncheon**
9 Yoga-EX
10 Music Appreciation-CE
11 Tai Chi-EX
1 Stained Glass-CE
1 Poker-DR
1 Pinochle/Canasta-DR
1 Red Hat Society-CR

**7 Pearl Harbor Day
MACARONI & CHEESE**
9-2 SHINE (by appointment)
10 Beginning Exercise-EX
1 Bingo-CR
1 Movie-EX
1 Needlecraft-CE
6:15 Men's Night/Mah Jongg

8 CHICKEN MARSALA/SAUCE
8 HIP-EX
9:30 Grocery Shopping
10 Travel Club-C1
10:30 Osteoporosis Exercise-EX
11:15 Berkshire Hills Music-DR
1 Diabetic Support Group-C2
1 Mah Jongg -CE/Pitch-CR

9 AMERICAN CHOP SUEY
10 Alzheimer's Support-C2
11 Begin Ex.-EX/Travel -C1
11:15 Veteran's Meeting
**12:30-2 Blood Pressure
Screening with Nurse-C2**
1 Golden Agers-CR
1 Scrabble-L /Quilting-CE
1 Choralites-DR

10 TUNA CASSEROLE
9:30 Grocery Shopping
10 Coffee & Conversation-DR
10:30 Osteoporosis Exercise-EX
1 Knitting-L
1 Bridge-CE
1 Cribbage-CR
**Poker & Canasta cancelled
due to Christmas Baskets**

13 ROAST PORK/GRAVY
9-2 Holyoke Mall Trip
9 Yoga-EX
9:30 FOOT NURSE (by appt)
10 Music Appreciation-CE
10 Tai Chi-EX
1 Stained Glass-CE
1 Poker/Pinochle/Canasta-DR
4 COA Board Meeting-C2

14 SHEPHERD'S PIE/GRAVY
Senior Travel Club Trip
9-2 SHINE (by appointment)
10 Beginning Exercise-EX
1 Bingo-CR
1 Movie-EX
1 Needlecraft-CE
6:15 Men's Night/Mah Jongg

15 HOLIDAY LUNCHEON
STUFFED CHICKEN BREAST/SAUCE
8 HIP-EX/9:30 Grocery Shopping
10 Travel Club-C1
No Osteoporosis Exercise
1 Concert by the Choralites-DR
1 Senior Poetry-C2
1 Pitch-CR/Mah Jongg-CE

16 CHEESE LASAGNA
10 Alzheimer's Support-C2
10 Beginning Exercise.-EX
11 Travel Club-C1
11:15 Get Going Meeting
1 Golden Agers-CR
1 Scrabble-L
1 Quilting-CE

**17 CELEBRATE W. VIRGINIA
HONEY-GLAZED HAM**
9:30 Grocery Shopping
10 Coffee & Conversation-DR
10:30 Osteoporosis Exercise-EX
11:15 Electric Safety News-DR
11:30 Rep. John Scibak-DR
1 Knitting-L/Bridge-CE/Poker-DR
1 Canasta-DR/Cribbage-CR

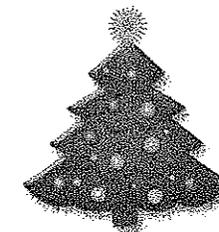
20 VEAL PARMESAN
9 Yoga-EX
10 Music Appreciation-CE
11 Tai Chi-EX
1 Stained Glass-CE
1 Poker & Pinochle-DR
1 Canasta-DR
1 Monday Cribbage-CR

21 BAKED CHICKEN/GRAVY
9-2 SHINE (by appointment)
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

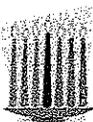
22 STUFFED SHELLS/SAUCE
8 HIP-EX
9:30 Grocery Shopping
10 Travel Club-C1
10:30 Osteoporosis Exercise-EX
1 Mah Jongg-CE
1 Pitch-CR

23 SALISBURY STEAK/GRAVY
10 Beginning Exercise.-EX
10 Travel Club-C1
1 Golden Agers-CR
1 Scrabble-L
1 Quilting-CE

**24 CHRISTMAS HOLIDAY
CENTER IS CLOSED**



27 MEATBALLS/SAUCE
9 Yoga-EX
9:30 FOOT NURSE (by appt)
10 Music Appreciation-CE
1 Stained Glass-CE
1 Poker-DR
1 Pinochle-DR
1 Canasta-DR



28 LIVER & ONIONS
9 Newsletter Collating
9-2 SHINE (by appointment)
10 Beginning Exercise-EX
1 Bingo-CR
1 Movie-EX
1 Needlecraft-CE
6:15 Men's Night/Mah Jongg

29 ROASTED CHICKEN
8 HIP-EX
9:30 Grocery Shopping
10 Travel Club-C1
10:30 Osteoporosis Exercise-EX
1 Mah Jongg-CE
1 Pitch-CR

30 STUFFED CABBAGE
10 Beginning Exercise.-EX
11 Travel Club-C1
**10:30 Blood Pressure Screening
w/Fire District #1-DR**
1 Golden Agers-CR
1 Scrabble-L
1 Quilting-CE



**31 NEW YEAR'S HOLIDAY
CENTER IS CLOSED**

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

ANNE'S NEWS

South Hadley Council on Aging

SeniorNet
Computer Learning Center



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

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.

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 lessons, each lasting 2 hours.

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.

We are looking into additional topics. We also will be offering some of our other classes, such as **FUNDAMENTALS, INTRODUCTION TO COMPUTERS, WORD PROCESSING, AND QUICKEN.** Let us know what topics you would like to learn. We'll call you right back.

MAKING GREETING CARDS: In December we will be offering a 2-session course on Making Greeting Cards: Dec. 6th and 8th from 9-11 a.m.

In December we will be offering a class on E-Bay buying: Dec. 7th from 9-11 a.m.

ARE YOU INTERESTED IN PLAYING BOCCE BALL?

If you would be interested in playing Bocce Ball or learning how to play, please call the COA/Senior Center (538-5042) no later than **Friday, December 10th** to let us know. If there is enough interest we will continue to consider it as one of our goals for a new program at the Senior Center. Although this seems like an early survey, our deadline for our goals must be established by the beginning of January. **Because of the anticipated expense, the COA will only pursue this activity if there is enough interest.**

As the song goes "It's the most wonderful time of the year", and the busiest! On December 1st we begin with a bus trip to Bright Nights for South Hadley seniors. Pick-ups will begin at 4:30 p.m. and there is no charge for this event.

Our Birthday and Anniversary Luncheon is scheduled for a different day than usual, Thursday, December 2nd. As always, anyone with a December birthday or anniversary is invited to celebrate with us and be our guests for lunch, just call 538-5042 and make a lunch reservation and specify that you are a celebrant.

On Wednesday, December 8th the Berkshire Hills Music Academy will be performing in the Dining Room before lunch. If you haven't heard these talented young people, I strongly encourage you to attend, they are amazing!

On Monday, December 13th we are planning a shopping trip to the Holyoke Mall. This will be from 9am-2pm and will be free of charge, with priority given to South Hadley Seniors. Please call the office to reserve your place as space is limited.

On Wednesday, December 15th we will have our Holiday luncheon followed by a seasonal concert by our own choral ensemble, the Choralites. They have been working diligently for weeks and have already put me in the mood for the holidays. Please join us for this special holiday event.

On Friday, December 17th we will celebrate West Virginia with a delicious traditional meal and trivia. In addition that day we will have a presentation about Electric Safety and a raffle with related prizes. Representative John Scibak is also scheduled to visit that day. You won't want to miss it!

Even though the holidays are very busy and demanding, our volunteers are giving of their time and abilities tirelessly. I'd like to introduce some additions to our volunteer staff: Carol Griffin who has been a COA volunteer on the Newsletter and Special Lunches will now be an RSVP volunteer, Carolyn Deren will be a Nutrition Volunteer, Marge Bacon will be involved in several areas, Nancy Clarke will be a Lunch Book substitute and Adele Moskal has also changed to the RSVP volunteer program and is a long time Newsletter volunteer. Diane Parks will be assisting in the Dining Room. Please welcome them and let them know you appreciate their efforts. Currently we are still looking for volunteers to work in our Dining Room for special lunches or as substitutes, if you are interested please call me for an appointment.

*Have a safe and joyful holiday season
and make the activities at the Senior Center
part of your celebration!*

Anne

South Hadley Council On Aging
 45 Dayton Street
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 (413) 532-8206 FAX

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<p>PFD <small>PRIVATE FINANCIAL DESIGN, LLC</small> <i>Your Life. Your Plans. Your Portfolio.</i></p> <p>Andrew R. Beaudry, CFP®, CLU, ChFC, CASL</p> <p>87 Willimansett Street • South Hadley, MA 01075-3038 T. 413.552.3669 • 800.779.1951 • F. 413.552.3436 abeaudry@jknetwork.com • www.privatefinancialdesign.com</p>	<p>DENNIS R. PRONOWICZ, P.T. PHYSICAL THERAPY</p> <p>138 1/2 COLLEGE STREET P.O. BOX 261 SOUTH HADLEY, MA 01075</p> <p>TELEPHONE (413) 532-9913</p> <p>Orthopedic (Including Neck, Back and Foot Pain) Neurologic</p>	<p>EASTHAMPTON SAVINGS BANK</p> <p>Belchertown • Easthampton • Hadley • Northampton South Hadley • Southampton • Westfield</p> <p>Connecting All Offices 413-527-4111</p> <p>Member FDIC bankesb.com Member DIF</p>
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<p> Loomis Communities Loomis Village Continuing Care Retirement Community Independent Living, Assisted Living, Health Care North Main St., South Hadley, MA 01075 (413) 532-5325 www.LoomisCommunities.org</p>	<p>DISCOUNT AUTO GLASS</p> <p><i>Serving the Pioneer Valley</i></p> <p>Insurance Approved Direct Billing Free Mobile Service</p> <p>533-5368</p>	<p>WHITE WING MOBIL 568 Newton St., South Hadley Variety & Package Store Mass. Lottery Agent Open 5-10 534-3770 7 Days</p> <p> DONNA Traveling Hair Stylist For men & women Call to make an appointment in your home 413-734-2328</p>
<p> BAIL'S <small>ORTHOTIC FOOTWEAR</small></p> <p>130 COLLEGE ST. - ROUTE 116 SUITE 225 SOUTH HADLEY, MA 01075</p> <p>BROOKSIDE PROFESSIONAL BUILDING AT CHAMP DE L'AINES</p> <p>413-532-7555</p> <p>Christopher L. Bail, C.Ped. Laura M. Bail, C.Ped.</p> <p></p> <p>SPECIALIZING IN ORTHOPEDIC FOOTWEAR NEEDS AND FOOTHEALTH PRODUCTS</p> <p>"CUSTOM ORTHOTICS & FOOTWEAR OUR SPECIALTY"</p>	<p>Ryder Funeral Home</p> <p>Pre-Need Funeral Planning</p> <p>33 LAMB STREET • SOUTH HADLEY 533-1735</p> <p>MYRON W. RYDER WILLIAM W. RYDER FOUNDER DIRECTOR</p> <p>www.ryderfuneralhome.com</p>	<p>SOUTH HADLEY DENTAL ASSOC., INC.</p> <p>MARJORIE S. BLOCK, D.M.D.</p> <p>15 DAYTON ST., SOUTH HADLEY, MA 01075 TEL (413) 536-4455 FAX (413) 532-1757</p> <p> ACE Drain & Sewer Cleaning South Hadley</p> <p>538-9930 Owner Ronald T. Padykula</p> <p>Radio Dispatched • Sinks • Tubs • Toilets • Sewer Lines Video Inspection of Pipes • Fully Insured • Reasonable Rates</p>
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