

# COUNCIL ON AGING

South Hadley Massachusetts

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

## THE GOLDEN CHRONICLE

FEBRUARY 2010

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### HAPPY VALENTINE'S DAY

FRIDAY, FEBRUARY 12TH

SUGGESTED DONATION \$2.25

The entrée is Pot Roast. The special dessert will be provided by Beers & Story Funeral Home as well as a picture display of 2009.



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 & \$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.



**AARP VOLUNTEER TAX ASSISTANCE** BEGINS ON FRIDAY FEBRUARY 5TH and will continue through Friday, April 9th. Call 538-5042 to make your appointment.

This service is for low to moderate income seniors. Please have the following items with you for the tax aide volunteers to review. Copies of 2008 Federal and State Income Tax returns; 2009 W-2 wages and W-2G Gambling Winnings; Self Employment Income; SSA-1099 Social Security Income (with pink box near top of form) or RRB-1099 (for Railroad Pensions); 1099 Series Income-Pensions, Annuities, IRA's (1099-R); Interest (1099-INT); Dividends (1099-DIV); Unemployment (1099-G); 1099B-Sale of stock or mutual funds (you will need to supply the purchase date and the cost basis of the sold items; 1099 Consolidate from your brokerage company including 1099-INT, 1099-DIV and 1099-B (you will need to supply the purchase date and cost basis of items on 1099B; 1099-MISC-We only do Schedule C-EZ; Health Insurance Form (Medicare Card) because of Mass. requirement for health insurance coverage; Rent paid in 2009; Circuit Breaker info for homeowners original property tax bills and amounts paid in 2009; Property Tax Abatements, Water and Sewer amounts paid; Estimated Taxes paid in 2009 (or January 2010); Evidence of purchase in 2009 for new cars or a home; Evidence of amounts spent that qualify for energy tax credit; Bank routing and account numbers if you want direct deposit of refund (bring a blank check); for Itemized Deductions-total expenses to itemize (refer to Schedule A in your last year's tax return). Include 1099-G (State Tax Refund), if you receive it. Also, any other tax documents you may have. If filing jointly, both people should attend.

### South Hadley Senior Travel Club TRIPS FOR 2010

**Wednesday, March 3: Late Night Catechism—Cancelled.**  
**Wednesday, March 24: Spirit of Boston** luncheon cruise. A 2-hour narrated cruise of Boston's historic Seaport District that includes a fabulous luncheon buffet. Afternoon at the annual **Boston Flower Show**-at the Boston World Trade Center. Cost \$86.00 Call Judy Fortier at 534-3598. **Thursday, April 15: A Surprise Mystery Tour.** Where?? We're not squealing. Maybe West, East? Or someplace you have been. You'll meet a man who will make you laugh, have a buffet lunch and then???? Make a guess and put your guess in to Sue Canedy. She'll let you know if your hot or cold and the closest guess wins a prize. Cost: \$82.00 Call Sue Canedy 536-2106. **Tuesday, April 28: Foxwoods \$20.** Call Barbara Laramee 536-8567 or Dave Bellefeuille 533-7724. **Travel Club GIFT CERTIFICATES** now 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 REFUND** prior to 6 weeks of trip unless an emergency. We are not responsible for any injuries on our trips. A Travel Club Representative is at the So. Hadley Senior Center every Tues., Wed., Thursday 10:00-11:30 or call 538-5042. **Refunds for October Rail and Sail are now available and may be picked up at travel office.**

FOR YOUR CONVENIENCE, TOWN CENSUS FORMS MAY BE DROPPED OFF AT THE SENIOR CENTER.

SPECIAL THANKS TO SANTA CLAUS FOR THE \$200.00 DONATION TO THE NUTRITION PROGRAM.

# NOTES FROM THE DIRECTOR

So far the winter has not been too bad and compared to many parts of the country the northeast has been spared. But by February most people begin to have difficulty coping with the winter months. Therefore I invite everyone to visit your Senior Center and try a new program or activity, or have lunch and you may meet an old friend or just come and take a tour with Anne O'Connor (by appointment). The Valentine's special luncheon is always a great event and the cake provided by Beers & Story Funeral Home is absolutely delicious. If you enjoy music it is always a treat for us to be entertained by students of Berkshire Hills Music Academy and everyone is welcome to come and listen at 11:15 on the Wednesdays they are at the Center (Feb. 10th and 24th).

This is the year of the U.S. Census. Please take time to fill out the form. The information is vital and extremely important to our COA because the number of residents 60 and over are counted as the population pertinent to our Formula Grant. Every year the number of 60 and over residents (currently 3,689) is multiplied by a dollar amount (this year \$7.00) to provide State grant money for many core services. Our COA uses Formula Grant dollars to pay for staff, newsletter expenses, transportation, minibus maintenance, the bereavement support group and conferences and educational trainings for staff and board members.

Senator Stan Rosenberg states in his latest report (Volume 72): "Information obtained by the Census bureau will help determine how more than \$400 billion of federal funding is invested each year on such things as senior centers, hospitals, education, housing, transportation, emergency services, schools, job training centers and public works projects. All of those things are important for our quality of life.

Furthermore, it is estimated that for every individual not counted, more than \$2,000 per year in direct federal aid to a community is lost. When that figure is stretched over the 10-year cycle of the census, it's easy to see why it's important for every person to be counted."

I want to thank those of you who have generously donated to the South Hadley Council on Aging during the last few weeks. I also appreciate the many individuals who have responded to my plea in the January newsletter to consider making a \$5.00 donation for the newsletter. A great effort is put into The Chronicle every month and with many people making a small donation the free mailing will continue.

A reminder to those of you who have Prescription Advantage: Prescription Advantage will no longer pay the premiums but will continue to provide prescription coverage for enrolled clients so be sure to pay the premium. For Prescription Advantage clients, Medicare D coverage can be changed through March 2010. Call the COA to make an appointment with the SHINE Counselor at 538-5042 if you wish to discuss your options.

Due to the popularity of the Fall Prevention Program the VNA & Hospice of Cooley Dickinson will present another six-week session beginning on Wednesday, April 21st and ending May 26th. More information will be shared in the March newsletter. For those of you who did not attend the program last year, you may sign up now by calling 538-5042. Everyone is encouraged to attend all of the sessions because a new topic is presented every week.

HAPPY VALENTINE'S DAY!

*Joanne* 

## SPECIAL THANKS TO THE FOLLOWING:

\*\*To the Friends of South Hadley Elderly, Inc. for the very generous donation of \$4,500 which will be used to fund some of the special events during the coming year as well as Volunteer Appreciation. Without this assistance, there would be no "fun activities" at the senior center.

\*\*To Carlene and Roland Allard for the extremely generous donation which will be deposited into the Nutrition Account.

\*\*To Mt. Holyoke Lodge AF & AM for the generous donation to "Lights On".

WELCOME TO OUR NEW  
TOWN ADMINISTRATOR  
PAUL BEECHER

THE DIABETIC SUPPORT GROUP MEETING HAS BEEN POSTPONED FOR THE LAST TWO MONTHS. THE GROUP WILL MEET ON WEDNESDAY, FEBRUARY 10TH AT 1 P.M. AND THE TOPIC WILL BE "2010 A NEW BEGINNING—WHAT TO DO THIS WINTER .... BESIDES EATING". THIS PROGRAM IS OPEN TO EVERYONE WHO IS CONCERNED ABOUT THEIR GLUCOSE LEVEL.

## HEALTH PLAN OPTIONS FOR PEOPLE WITH MEDICARE

On Wednesday, February 3rd at 10 a.m. our senior center will host a presentation called "Health Plan Options for people with Medicare." Offered by Blue Cross Blue Shield of MA, the presentation includes an explanation of Medicare, including the new Medicare drug benefit. It also shows how Medigap plans and Medicare Advantage plans work with Medicare. This popular seminar is often praised for the way it makes complex information easy to understand. A question and answer session will follow. All are welcome regardless of your insurance coverage.

On Thursday, April 1st at 5:30 p.m. another program will be held at our senior center for those who are planning on retiring in the near future. Questions will be answered regarding insurance coverage for both 65 and over and individuals under 65. If you are interested in attending this program or know of someone about to retire, please register at 538-5042 because the program will be cancelled if there is not enough interest. Insurance is one of the most comprehensive and complex issues in planning retirement. Here is an opportunity to learn various options and ask questions so that retirement affords good health insurance coverage and plans can be made in advance.

# Angie's

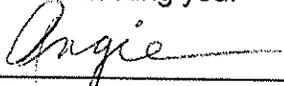
## NEWS & NOTES

Please let me take this opportunity to introduce myself. My name is Angie Wright and I have the distinct honor and pleasure of replacing Elinor White as your new Social Service Coordinator. I come to the South Hadley Council on Aging from The Food Bank of Western MA where I worked in the Brown Bag; Food for Elders Program, Agency Relations and Nutrition. I graduated from UConn School of Social Work in 2007 and reside in Hatfield with my husband Art.

In December, I was very fortunate to take part in the Christmas Basket Program where I met so many enthusiastic volunteers from the Senior Center and Town departments. What a wonderful experience! I wouldn't have missed it for the world!

Officially, I came on board on December 29th and in this short time have met so many truly welcoming and supportive people and I continue to do so. I want to thank each and everyone for the many kindnesses that have come my way—it has been very much appreciated.

As Social Service Coordinator, I am your source for information and referral regarding area elder services. If I don't have the answer I will surely find someone who does. My goal is to assist you and to advocate on behalf of you and yours. Appointments, whether in my warm and inviting office or in the comfort of your home, are always confidential. So please take me up on my offer. I look forward to meeting you.



### **PRESCRIPTION ADVANTAGE BENEFIT CHANGE**

Due to cutbacks in the State budget, Prescription Advantage was forced to make a change in benefits. Starting January 1, 2010, Prescription Advantage will no longer help members pay their Medicare prescription drug plan premium. This premium assistance was not available to all members, only those at a certain income level. Members affected by this change were notified by mail.

**IMPORTANT:** Your Medicare drug plan will be sending you a premium bill each month. It is very important that you pay the bill or you could lose your Medicare Prescription drug benefits!

The elimination of premium assistance is the only change to Prescription Advantage benefits.

Prescription Advantage is not going away and will continue to pay for prescription drugs when members reach the gap in the Part D coverage known as the "donut hole." And, for members in the S5 category, Prescription Advantage will continue to pay for covered prescription drugs once members reach their out-of-pocket spending limit of \$3,250.

Questions: CALL: 1-800-AGE-INFO.

### **SAVE ON YOUR TAXES!**

The Earned Income Tax Credit (EITC) and the Massachusetts Earned Income Credit (EIC) are federal and state credits for working people with low to moderate incomes. For those who qualify, these credits can cause a significant reduction in taxes that can potentially lead to a refund. Taxpayers may claim the credit even though they neither owe any taxes nor have any income taxes withheld from their pay. Among the qualifications for these credits are that you must have income from employment and have a qualifying child (if you do not have a qualifying child, you must be between the ages of 25 and 65). You must file federal and/ or state tax returns to claim either the EITC or EIC.

**Earned income and adjusted gross income must each be less than:**

- \$43,279 (\$48,279 filing jointly) 3 qualifying child
- \$40,295 (\$45,295 filing jointly) 2 qualifying "
- \$35,463 (\$40,463 filing jointly) 1 qualifying "
- \$13,440 (\$18,440 filing jointly) 0 qualifying "

**Tax Year 2009 Maximum Credit:**

- \$5,657 with 3 or more qualifying children
- \$5,028 with 2 qualifying children
- \$3,043 with one qualifying child
- \$457 with no qualifying children

The Massachusetts "Circuit Breaker" is a tax credit (up to \$960) for seniors 65 and older who pay more than 10% of their income on property taxes. For those who rent, if 25% of your rent exceeds 10% of your annual income, you qualify for the Circuit Breaker. If you qualify, each dollar of taxes or rent that you pay over 10% of your income provides you with a credit on your state income taxes. To claim this credit, you must file a state tax return ( even if you do not owe any taxes).

**To qualify:**

- You or your spouse must be age 65 by end of year
- If married, you must file jointly
- You cannot be the dependent of another taxpayer
- must rent or own a home in MA that is principle residence
- If homeowner, assessed value no greater than \$788,000
- If renter, receiving no federal or state rent subsidy
- Total income cannot be greater than: \$51,000 single, \$64,000 head of household, \$77,000 married, filing jointly.
- Amount you paid for real estate taxes must be greater than 10% of your total income

Questions: CALL: 1-800-829-1040

## 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. FEBRUARY 2010 MENU

- 1) **ROASTED CHICKEN W/GRAVY**, Rice Pilaf, Peas, Pineapple, Diet Pineapple.
- 2) **BIRTHDAY/ANNIVERSARY**, Baked Ham with Pineapple Sauce, Sweet Potatoes, California Mixed Vegetables, Whole-Grained Roll, Cake or Diet Cake.
- 3) **BAKED MEATLOAF W/GRAVY**, Mashed Potatoes, Corn, Roll, Apricots or Diet Apricots.
- 4) **STUFFED PEPPERS W/SAUCE**, Scalloped Potatoes, Green Beans, Multi-Grain Bread, Bread Pudding or Diet Bread Pudding.
- 5) **POLLOCK LOINS**, Wild Rice, Zucchini Blend, Tropical Fruit or Diet Tropical Fruit.
- 8) **SHEPARD'S PIE W/GRAVY**, Spinach, Biscuit, Peaches or Diet Peaches.
- 9) **ROAST PORK W/GRAVY**, Mashed Potatoes, Multi-Grain Bread, Mixed Vegetables, Fruit Crisp or Diet Fruit Crisp.
- 10) **CHICKEN PATTY W/GRAVY**, Confetti Rice, Peas & Carrots, Whole Grained Bread, Tropical Fruit or Diet Tropical Fruit.
- 11) **HOT DOG/ROLL**, Baked Beans, Green Beans, Pineapple or Diet Pineapple.
- 12) **VALENTINE'S LUNCHEON**, Pot Roast w/Gravy, Au Gratin Potatoes, Broccoli, Roll, Strawberry Cake or Diet Strawberry Cake.
- 15) **CENTER CLOSED—PRESIDENT'S DAY HOLIDAY**
- 16) **STUFFED CABBAGE W/TOMATO SAUCE**, Mashed Potatoes, Carrots, Multi-Grained Bread, Pudding or Diet Pudding.
- 17) **BROCCOLI & CHEESE QUICHE**, Potato Puffs, Green Beans, Roll, Mandarin Oranges or Diet Mandarin Oranges.
- 18) **KIELBASA**, Lazy Pierogi, Egg Noodles, Broccoli, Rye Bread, Peaches or Diet Peaches.
- 19) **CELEBRATE "OREGON"**, Cheese Ravioli Alfredo, Oregon Mixed Vegetables, Garlic Bread, Orange Juice, Blueberry Spice Cake or Diet Blueberry Spice Cake.
- 22) **LIVER & ONIONS**, Egg Noodles, Winter Mix Vegetables, Whole-Grained Bread, Jell-O or Diet Jell-O.
- 23) **OVEN BAKED CHICKEN**, Baked Potatoes, Peas & Onions, Cranberry Sauce, Pears or Diet Pears.
- 24) **MACARONI & CHEESE**, Stewed Tomatoes, Green Beans, Whole-Grained Roll, Apples
- 25) **ROASTED TURKEY W/GRAVY**, Mashed Potatoes, Roasted Vegetables, Cranberry Sauce, Peaches or Diet Peaches.
- 26) **CHEESE LASAGNA W/SAUCE**, Romano Beans, Garlic Bread, Grape Juice, Turnover or Diet Cookies.

## AMERICAN HEART MONTH

### Improve Heart Health by Lowering Triglycerides

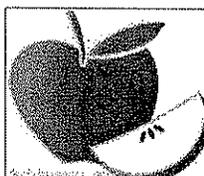
By Chris Brown  
Nutritionist WMEC

High triglyceride levels increase your risk of coronary artery disease and heart attack, just as high levels of LDL cholesterol (the bad cholesterol) increase the risk of coronary heart disease. An optimal triglyceride level is 150 mg/dL or less, while a level between 150 and 200 mg/dL is borderline high.

You can reduce your triglyceride level and improve heart health by making heart healthy food choices. Foods that contain carbohydrates are the main dietary source of triglycerides. However, different types of carbs increase triglycerides more than others. Simple and processed carbohydrates such as found in soft drinks, fruit drinks and juices, store bought baked goods and pasta and breads made from refined white flour are the biggest sources of triglycerides in our diets.

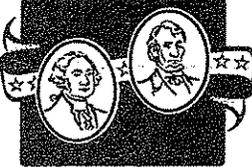
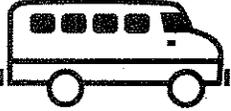
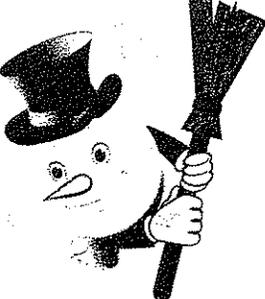
To lower your triglycerides eat fruit that contain fiber. Whole fruits containing fiber usually have lower amounts of fructose than fruit juices and sugary sodas. Fructose is the source of increased triglyceride production in the body. Also, eat carbohydrates that are high in fiber in vegetables and dried beans such as kidney beans, garbanzo and pinto beans. And you can eat breads made from whole grains such as whole grain and multi grain bread. Brown rice and whole wheat pasta's are other healthy choices to control triglycerides.

In addition to dietary changes, triglycerides can be lowered by moderate aerobic exercise (30 minutes per day at least five days a week), weight loss, and better control of blood sugar if you are a diabetic. Also, limit alcohol intake to one drink per day for woman, two per day for men—due to the fact that excess alcohol consumption can raise triglycerides.



**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.**

<p><b>1 ROASTED-CHICKEN</b> 10 Music Appreciation-CE 11 Tai Chi-EX <b>1 Red Hat Society-C2</b> 1 Stained Glass-CE 1 Poker-DR 1 Pinochle-DR 1 Canasta-DR</p>	<p><b>2 BIRTHDAY/ANNIVERSARY</b> <b>BAKED HAM/PINEAPPLE</b> <b>9-12 SHINE (by appt.)</b> 10 Beginning Exercise-EX 10 Travel Club-C1 1 Bingo-CR/Movie-EX 1 Needlecraft-CE 6:15 Men's Night/Mah Jongg</p>	<p><b>3 BAKED MEATLOAF</b> 8 HIP-EX/9:30 Grocery Shopping <b>10 Blue Cross/Blue Shield Health Plan Options-CR</b> 10 Travel Club-C1 10:30 Osteoporosis Exercise-EX 1 Pitch-CR/Mah Jongg -CE 1 Choralites-DR/Senior Poetry-C2</p>	<p><b>4 STUFFED PEPPERS</b> <b>10 Alzheimer's Support-C2</b> 10 Beginning Exercise-EX 10 Travel Club-C1 10 Writing Group-CE 1 Golden Agers-CR 1 Scrabble-L/Quilting-CE 1 Line Dancing-EX</p>	<p><b>5 POLLOCK LOINS</b> 9:30 Grocery Shopping 10 Coffee &amp; Conversation-DR 10:30 Osteoporosis Exercise-EX 1 Knitting-L 1 Bridge-CE 1 Cribbage-CR 1 Canasta-DR/Poker-DR</p>
<p><b>8 SHEPHERD'S PIE</b> <b>9:30 FOOT NURSE (by appt)</b> 10 Music Appreciation-CE 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>9 ROAST PORK/GRAVY</b> 10 Beginning Exercise-EX 10 Travel Club-C1 1 Bingo-CR 1 Movie-EX 1 Needlecraft-CE 6:15 Men's Night/Mah Jongg</p>	<p><b>10 CHICKEN PATTY/GRAVY</b> 8 HIP-EX 9:30 Grocery Shopping 10 Travel Club-C1 10:30 Osteoporosis Exercise-EX <b>11:15 Berkshire Hills Music-DR</b> <b>1 Diabetic Support Group-C2</b> 1 Pitch-CR/Mah Jongg -CE 1 Choralites-DR</p>	<p><b>11 HOT DOG/ROLL</b> <b>10 Veteran's Group-C2</b> 10 Beginning Exercise-EX 10 Writing-CE 10 Travel Club-C1 <b>12:30-2pm Blood Pressure Screen</b> 1 Golden Agers-CR 1 Scrabble-L 1 Quilting-CE 1 Line Dancing-EX</p>	<p><b>12 VALENTINE'S LUNCHEON</b> <b>POT ROAST/GRAVY</b> 9:30 Grocery Shopping 10 Coffee &amp; Conversation-DR 10:30 Osteoporosis Exercise-EX 1 Knitting-L 1 Bridge-CE 1 Cribbage-CR 1 Poker-DR/Canasta-DR</p>
<p><b>15 PRESIDENT'S DAY HOLIDAY CENTER IS CLOSED</b></p> 	<p><b>16 STUFFED CABBAGE/SAUCE</b> <b>9-12 SHINE (by appt.)</b> <b>10-11 Brown Bag-CE</b> 10 Beginning Exercise-EX 10 Travel Club-C1 1 Bingo-CR 1 Needlecraft-CE 1 Movie-EX 6:15 Men's Night/Mah Jongg</p>	<p><b>17 BROCCOLI CHEESE QUICHE</b> 8 HIP-EX 9:30 Grocery Shopping <b>10 Book Club-C2</b> 10 Travel Club-C1 10:30 Osteoporosis Exercise-EX 1 Senior Poetry-C2 1 Pitch-CR/Mah Jongg -CE 1 Choralites-DR</p>	<p><b>18 KIELBASA &amp; PIEROGI</b> <b>10 Alzheimer's Support-C2</b> 10 Beginning Exercise-EX 10 Writing Group-CE 10 Travel Club-C1 <b>1 Get Going-C2</b> 1 Golden Agers-CR 1 Scrabble-L/Quilting-CE 1 Line Dancing-EX</p>	<p><b>19 CELEBRATE OREGON</b> <b>CHEESE RAVIOLI ALFREDO</b> 9:30 Grocery Shopping 10 Coffee &amp; Conversation-DR 10:30 Osteoporosis Exercise-EX <b>11:30 Rep. John Scibak</b> 1 Knitting-L 1 Bridge-CE 1 Cribbage-CR 1 Canasta/Poker-DR</p>
<p><b>22 LIVER &amp; ONIONS</b> <b>9:30 FOOT NURSE (by appt)</b> 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><b>23 OVEN BAKED CHICKEN</b> 9 Newsletter Collating-CE 10 Beginning Exercise-EX 10 Travel Club-C1 1 Bingo-CR 1 Movie-EX 1 Needlecraft-CE 6:15 Men's Night/Mah Jongg</p>	<p><b>24 MACARONI &amp; CHEESE</b> 8 HIP-EX 9:30 Grocery Shopping 10 Travel Club-C1 10:30 Osteoporosis Exercise-EX <b>11:15 Berkshire Hills Music-DR</b> 1 Pitch-CR 1 Mah Jongg -CE 1 Choralites-DR</p>	<p><b>25 ROAST TURKEY/GRAVY</b> 10 Beginning Exercise-EX 10 Writing-CE/Travel Club-C1 <b>10:30 Blood Pressure Screening w/Fire District #1—DR</b> 1 Golden Agers-CR/Scrabble-L 1 Quilting-CE 1 Line Dancing-EX</p>	<p><b>26 CHEESE LASAGNA/SAUCE</b> 9:30 Grocery Shopping 10 Coffee &amp; Conversation-DR 10:30 Osteoporosis Exercise-EX 1 Knitting-L 1 Bridge-CE 1 Cribbage-CR 1 Canasta-DR 1 Poker-DR</p>
 <p><b>IN TOWN TRANSPORTATION AVAILABLE MONDAY-FRIDAY FROM 9-3, BY APPOINTMENT ONLY.</b></p>		<p><b>FEBRUARY</b> <b>2010</b></p>		<p><b>ROOM KEY</b> 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>

## United States Census 2010

Why You Should Respond:

- It is Easy** With just 10 questions, it is easy to complete and return
- It is Safe** By law, the Census Bureau cannot share your answers with anyone
- It is Important**

Census data are used to determine U.S. Congressional apportionment as well as the distribution of federal funding. Federal, state and local policy-makers also use Census data to:

\*\*\*Implement the Supplemental Social Security Income and Social Security Disability Insurance Programs.

\*\*\*Plan programs for seniors living alone.

\*\*\*Apply for grants to help seniors caring for their grandchildren.

\*\*\*Create facilities and services for people with disabilities.

### DID YOU KNOW?

\*\*858,939 people 65 and older live in Massachusetts, 13.3% of the total population.

\*\*15% of people age 65 and older in Massachusetts are in the labor force.

\*\*Almost 30,000 grandparents in Massachusetts are responsible for their grandchildren.

**REMEMBER:** Census Bureau employees are sworn to secrecy for life and are the only people who will see your response to the Census questionnaire. Employees face a maximum of 5 years in jail and up to a \$250,000 fine if they violate this oath. No one can connect your answers with your name or address.

Above information from the U.S. Census Bureau Boston Regional Census Center.

### THE CENSUS: A SNAPSHOT

**WHAT:** The census is a count of everyone in the United States.

**WHO:** Everyone in the United States must be counted — both citizens and noncitizens.

**WHY:** The U.S. Constitution requires a national census once every 10 years for the purpose of reapportioning the U.S. House of Representatives. In addition, census data play a part in guiding funding for essential community services and other important programs.

**WHEN:** Households will receive a census form in March 2010 either by U.S. mail or by hand delivery.

Note: Census workers can be identified by a census badge and bag. One person should complete the form on behalf of every person in the residence, including relatives and nonrelatives. Questionnaire Assistance Centers will be available to assist those unable to read or understand the form.

## CHRISTMAS BASKETS 2009

The final phase of the Christmas Basket Program for 2009 has been completed. Nineteen households have received a \$50 credit on their electric bill.

Many grateful recipients have sent cards and notes thanking the COA and the community for the wonderful groceries or the gift cards to the local supermarkets.

In the spring, as in past years, names of those on fuel assistance will be sent to South Hadley Electric for another \$50 credit on their electric bill courtesy of the many generous donations to the "Lights On" fund.

Thank you to everyone who made this year's program a huge success. It was a year of transition and change and only two people out of about 130 expressed confusion on how their option was handled, not bad!

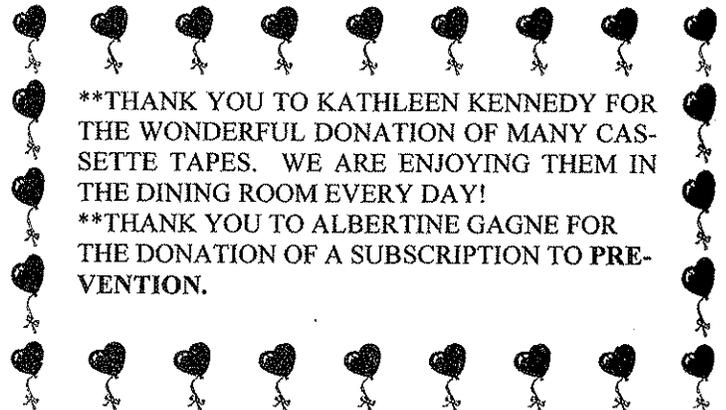
Here are some of the nice comments made in notes:

"Thank you all so very much for the gift certificates for Christmas. They came at a good time. Thank you to all the kind, caring people of South Hadley." "Thank you so much for all the food you gave us. It was a great gift and made our holiday more joyous." "This is to express our appreciation to the businesses and good citizens of S. Hadley for their generosity of our gift certificates. They were put to good use. We can't thank you enough." "Thank you very much for the gift certificates, I really appreciate receiving them. Food is so expensive. They will come in handy." "Just a few words on paper to express my deepest gratitude for the gift certificate. Without doubt it was the best Christmas gift under the tree. Please extend my heartfelt thank you to all those who made this gift possible." "Thank you for the gift cards. They will be used to buy food that might not be obtained without them." "Thank you so much for your thoughtfulness and generosity this Christmas. In tough times like this I am so grateful to live in a community as ours!" "Our family thanks you and all the generous South Hadley donors who gave us the gift cards. It was a very welcomed gift used for Christmas and other groceries. Thank you for your generosity and programs to help our and other South Hadley families."

After reading the many cards and notes, I realize the reason for the season is so defined by the South Hadley Christmas Basket Program that is a success due to so many people working together to help others. Thank you again for all that you did to help the program whether you donated food, money or time. You brightened the holidays for more than 100 families.



Thanks



## IN MEMORIAM

### IN MEMORY OF:

### FROM:

#### NUTRITION ACCOUNT:

GEORGE APGAR Tom & Carol Deren

MARY NOLEN Joanne Marcotte  
So. Hadley Golden Agers Club  
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DECEASED "LOVED ONES" William & Jan Oehler

MARY NOLEN Ed Mello

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## IN MEMORIAM

### IN MEMORY OF:

### FROM:

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#### CHRISTMAS BASKETS:

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#### SENIOR NET:

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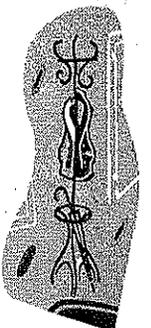
#### "LIGHTS ON":

YVETTE BLANEY Alice Pont

THE NEXT BEREAVEMENT GROUP WILL BEGIN IN MARCH. INDIVIDUALS WHO HAVE LOST A LOVED ONE IN THE LAST YEAR WILL BE RECEIVING A LETTER FROM ANGIE WRIGHT, SOCIAL SERVICE COORDINATOR AT OUR COA. THE GROUP WILL BE FACILITATED BY A SOCIAL WORKER FROM HAWTHORN SERVICES FAMILIAR WITH THE GRIEVING PROCESS. IT IS AN OPPORTUNITY TO MEET WITH OTHERS WHO CAN UNDERSTAND THE MANY ASPECTS OF LOSING SOMEONE. IF YOU DO NOT RECEIVE A LETTER AND ARE INTERESTED IN ATTENDING THIS GROUP, PLEASE CONTACT ANGIE AT 538-5042, EXT 206.

#### WISH LIST ITEM

IF ANYONE HAS A SMALL COAT RACK (I.E. ONE THAT WOULD BE USED IN AN ENTRY WAY IN A HOME) THAT IS NO LONGER BEING USED AND YOU ARE WILLING TO DONATE IT TO THE SOUTH HADLEY SENIOR CENTER, PLEASE CALL LISA OR JOANNE AT 538-5042.



**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        |
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| <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.

**THANK YOU FROM ELINOR WHITE**

Thank you!!!

This is a very late thank you. My Mother said, "Any thank you is never too late."

A heartfelt thank you to Joanne, the staff and Council Members for making my retirement party a Grand Finale. I so appreciate your planning and kind efforts. You gave me an afternoon I will always remember.

Thank you to my precious friends for honoring my retirement. To everyone who attended my party, I hope, I spoke to you, if only briefly. I was overwhelmed by so many well wishers.

I'm grateful for all your phone calls, messages and notes of appreciation and the blessings for my future. Each one made me feel humble, with your caring words. I was just doing my job and you thought I was some kind of a miracle worker. Your hugs, handshakes, gifts and monetary gifts will be cherished.

As a retiree, I've been busy but I have missed the daily contact with you. My daughter and I have a trip to Scottsdale planned for February and then the knee repair.

Like me, my horse hates the snowy cold weather. She hates it so much, a few days I've wondered if she has a mule in her family tree or maybe I have similar family traits. Looking forward to spring!

I'm sure while traveling on new roads, our paths shall meet again. I hope so. Until then I hope you will think of me fondly, as I definitely will of you.

You have been my teachers in life.

Your Friend,

*Elinor A. White*

**WELCOME TO ANGELA!**

I hope you find as many pleasures and friends in your new position as I have enjoyed.

If you smile and are patient, I'm sure you will quickly gain their confidence. South Hadley is blessed with wonderful, caring seniors.

Good Luck, I wish you well.

Elinor

**FRIENDS OF THE SOUTH HADLEY ELDERLY, INC.**

Just a friendly reminder that dues are now due and payable as of January 1, 2010. Please consider paying your dues (\$5.00) if you were a member last year or you can join as a new member this year. It is dues, memorials and donations that makes it possible for us to continue to fund special parties, meals and other needs not available in the Town budget. THANK YOU to all who have already paid their dues, made a donation or requested a memorial.

**Important Reminder**

Now that we are into the Winter season there is a possibility that, due to inclement weather, lunch, meetings, classes and programs may be cancelled. In the event of a winter storm, please watch Channel 22, Channel 40 or Channel 3. If WestMass ElderCare cancels meal delivery, South Hadley usually does the same.

## ANNE'S NEWS

Although February is the shortest and coldest month of the year, the Senior Center will be busy and warm. To begin the month we will hold our February Birthday and Anniversary Luncheon on Tuesday the 3<sup>rd</sup>. Anyone with a birthday or anniversary in February is welcome to be our guest for lunch, and enjoy the company of some wonderful people. We ask that you call in advance, prior to 9:00 a.m. that day, so that we are prepared for your celebration.

On Friday the 12<sup>th</sup> we will hold our Valentine's Day Luncheon. This is such a special event. Mark Gaudreau of Beers and Story Funeral Home presents a DVD of all our events of the past year, a wonderful way of remembering friends and good times. We will have a delicious meal and cake, also provided by the generosity of Beers and Story.

On Friday the 19<sup>th</sup> we will be "Celebrating Oregon" by eating a meal which is traditional in that state and a presentation of interesting facts and trivia by one of our very active volunteers. You won't want to miss it!

On Wednesday the 10<sup>th</sup> and 24<sup>th</sup> ensembles from Berkshire Hills Music Academy will perform at 11:15 a.m. in the Dining Room. If you haven't heard them before, and love quality music and young people, this would be a great day to join us for lunch! You won't believe their talent!

I hope one or all of these activities bring you to our Senior Center. If you are new or need a connection please feel free to call me. I would be happy to introduce you to other lunch guests, give you a tour, or bring you to an activity you'd like to try.

Another area you might be interested in is volunteering. We have a wide variety of opportunities. Some are once a month and some can be several times a week. We even have substitute positions for someone who doesn't want a regular position, but wants to help when a need comes up. I can meet with you to explain the application process and the possibilities. We have over 200 volunteers at the South Hadley Council on Aging. In December they gave 1,470 hours of service. So, you see, they make this place tick!

Come try us out! I hope to see YOU in February!



South Hadley Council on Aging  
**SeniorNet**  
Computer Learning Center

Address: 44 Dayton Street  
South Hadley  
Telephone: 533-6889  
Coordinator: Irene Bernstein



**DIGITAL CAMERA WORKSHOP:** February 10 at 10:00 a.m. SeniorNet is offering a Digital Camera Workshop open to all. The instructor, Takashi Ichihara, asks that if you have a camera, bring it with you. This workshop will be an opportunity to learn about the best ways to take pictures as well as methods to improve your pictures. Please call 533-6889 to let us know you plan to attend.

We are also scheduling the next classes. Courses that may be offered.

**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.

**QUICKEN:** A computer program to manage your personal finances.

**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.

**GRAPHICS:** Shows you how to design your own cards, format newsletters, and modify flyers.

**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.

With the exception of Fundamentals, classes meet twice a week for 4 weeks. Fundamentals meets twice a week for 2 weeks. 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. Call us at 533-6889 and leave a message. We'll call you right back.

**South Hadley Council On Aging**  
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