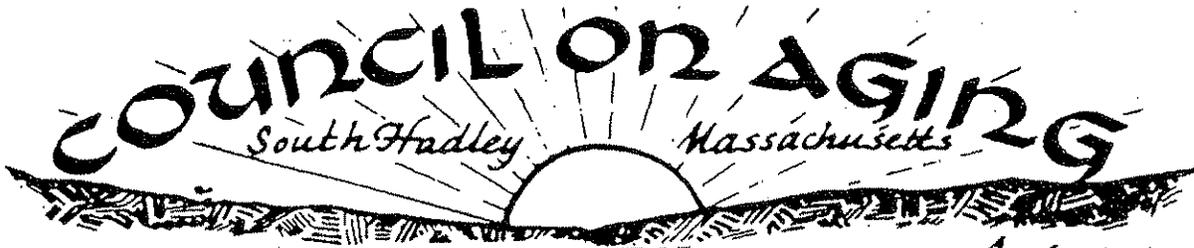


COUNCIL ON AGING

South Hadley Massachusetts



Director: Joanne Trybus

E-Mail: Councilonaging@

southhadley.org

45 Dayton Street

South Hadley, MA 01075-1924

Tel. 538-5042 Fax 532-8206

Asst. Director: Lisa Napiorkowski

The sun never sets on our Activities...

THE GOLDEN CHRONICLE

JULY—AUGUST 2010

Chairperson: M. Connie Laplante

Social Service Coordinator:

Angie Wright: awright@southhadley.org

Web: www.southhadley.org/pages/

SouthHadleyMA_COA

ANNUAL SUMMER PICNIC

THURSDAY, AUGUST 19TH

11:00 P.M. - 3 P.M.

SENIOR CENTER, 45 DAYTON ST.

CHOICE OF HOT DOG OR HAMBURGER

STATE YOUR CHOICE WHEN MAKING

RESERVATION

DAILY: Luncheons prepared at Senior Center, served 11:45 a.m. - 12:15 p.m. in Dining Room. Please reserve a day in advance. Reservations close at 9 a.m. each day. It is better to reserve your place and cancel 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 & charge of \$3.00 for all others. This program is for people 60 and over, however those under 60 can come as a volunteer or a guest of a senior. 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-SUMMER TRAVEL SCHEDULE



SUGGESTED DONATION: \$ 2.25
In addition there will be salads, corn and the usual fixings to make for a great picnic lunch. Please call 538-5042; reservations for the picnic will be taken beginning August 2nd, at 8 a.m., limited to 136. Bingo and prizes courtesy of the Friends of South Hadley Elderly after the meal. The picnic lunch will be served to hot meals clients on Wednesday, August 18th.

TRANSPORTATION CHANGES EFFECTIVE JULY 1ST
GROCERY SHOPPING RESUMES ON WEDNESDAY AND/OR FRIDAY SCHEDULE. ALSO FARES WILL INCREASE TO \$.75 EACH WAY TO SENIOR CENTER; \$1.25 EACH WAY WITHIN TOWN; \$3.00 EACH WAY TO NEIGHBORING COMMUNITIES (GRANBY, HOLYOKE, CHICOPEE, HADLEY AND \$6.00 EACH WAY BEYOND.

SUNDAY, JULY 15TH -MacHayden Theatre- Broadway musical **Chicago**. Lunch at the **White Stone Café** prior to the play. Cost: \$72.00 Call Susan Canedy, 536-2106.
TUES., JULY 27th-The Lobster Bake at The Gloucester House/guided tour of the medieval Hammond Castle. Cost: \$82.00 Call David Bellefeuille, 533-7724. **WED., AUG 11TH**-Lights of Casco Bay Scenic Lighthouse Cruise and Di-Millo's Floating Restaurant in Portland, Maine. Cost: \$84.00 Call Judy Fortier, 534-3598. **WED., AUG. 25TH** -Saratoga Raceway and Grandma's Restaurant. Cost \$68.00. Call Barbara Laramee, 536-8567. **SEPT. 8-9 (Wed. & Thurs.)** The Grape Escape, a 2-day Finger Lake Winery Tour. Includes 1-night hotel at the Ramada Inn Painted Post, NY. 1 Breakfast, 1 Lunch, 1 dinner, 3 Winery tours and tastings at local vineyards. Contact Sue Canedy, 536-2106 for pricing and complete details. **TUES., SEPT. 21** Bronx Zoo \$68. **MON. Oct 4**-Mohegan Sun/show \$61. **WED. July 21st** -2 p.m. Senior Center Dining Room—Bermuda Cruise May 2011 information session A \$5.00 non-refundable deposit is due on all non-casino trips. **NO REFUND** prior to 6 weeks of trip unless an emergency. A Travel Club Representative at So. Hadley Senior Center Wednesday and Thursday 10-11:30, flyers available.

**WELCOME TO THOSE
OF YOU TURNING 60
THIS YEAR!**

**HAPPY
FOURTH
OF JULY!**



NOTE: THIS IS A TWO- MONTH ISSUE-SAVE FOR AUGUST

NOTES FROM THE DIRECTOR

Welcome to the individuals receiving this newsletter for the first time. Each year the COA asks for a list of residents who will turn 60 during the year and adds their name to the mailing list. I do hope you all find the information interesting and helpful. This year there are 229 residents turning 60. If one visits the senior center and talks with people in their nineties, who are still active volunteers or enjoying programs and activities, it is possible to believe that the best is yet to come for those of us who are still working. Retirement is a time to learn new things, become more creative and enjoy life without watching a clock. This issue provides general information about the various services, activities and programs at the Senior Center. It is a two-month issue. July is the only month we all take a break from publishing/printing a newsletter. If by chance you receive more than one copy of this edition, or do not want it, please let us know.

The staff is always open to suggestion regarding new activities. Please let us know what you would like to have available to you. Sometimes programs are scheduled for early evening so that the working seniors and their family members may attend. Some of our activities stop for the summer months so come September you will see many more programs listed.

As many of you probably know, the COA is overseen by a Board made of 11 members. Their names and official titles will appear in the September newsletter.

Enjoy your summer and feel free to visit the air-conditioned senior center anytime. Remember your tax dollars help to support the Center. For many it is truly a home away from home, a statement how comfortable one can be at the center.



HOME DELIVERED MEALS ARE AVAILABLE FOR THOSE NEEDING A LITTLE "TLC" AND/OR HELP AFTER AN ILLNESS OR A SURGERY. CALL 538-9020 AND ASK FOR INTAKE AND REFERRAL IF YOU BELIEVE YOU MIGHT BENEFIT FROM A NUTRITIOUS, HOT- LUNCHEON DELIVERED TO YOUR DOOR.

FUEL ASSISTANCE

Although no one wants to think about winter and heating in the middle of the summer, if you are a current client of the fuel assistance program, most of the re-certifications are mailed out in August and September. If you need assistance with filling out the application, call Angela Wright. If you choose to file the application on your own, be sure to make copies of every document you enclose. Prepare for your application by keeping records of all income and pertinent expenses because you will need to make copies to enclose. Usually the income guidelines for the new year are posted in September. If you have never received fuel assistance, watch the September newsletter to learn when you will be able to call and make appointments with Angie to prepare an application.

SPECIAL THANKS TO:

*The Friends of South Hadley Elderly for their very generous donation of a new Xerox copier to use for printing the monthly newsletter. By staying with this method of printing, advertising remains affordable for local businesses and last minute additions may be accepted from within the community. Thanks again for this VERY GENEROUS DONATION!



*To Shirley Martin for serving on the COA Board for six years and serving as Secretary. Your commitment and dedication is sincerely appreciated.

*To Sara Bach for serving on the COA Board for the past six years and serving as Vice-Chair. Your time and energy is sincerely appreciated.

*To Carey's for the donations of beautiful flowers throughout the year, especially for the monthly birthdays.

*To Big Y for the assorted breads and pastries donated twice a week.

*To Betty Perreault (wife of the late Roger Perreault) and family for the beautiful wooden cribbage bench (table) with pegs.

As fiscal year 2010 comes to an end, special thanks go to the Town of South Hadley; Massachusetts Executive Office Of Elder Affairs; WestMass ElderCare, Inc.; Friends of South Hadley Elderly, Inc.; Senator Stanley Rosenberg; Representative John Scibak; the families who name the COA for memorial donations and the many individuals in the community who help to support the South Hadley COA.

TRANSPORTATION IS PROVIDED BY THE EXECUTIVE OFFICE OF ELDER AFFAIRS, TOWN OF SOUTH HADLEY, AND DONATIONS.

LIFT ASSIST

If you fall at home and need assistance getting back up, hopefully you will be near a phone and may call 538-7111 for a "lift assist" by firemen from Fire District #1. Of course, if you live alone and falling might be an issue, there is no safer method for reassurance than some type of lifeline equipment worn around the neck or wrist. Call Angie (538-5042, ext. 206) for more information.

WMEC PICNIC WILL BE HELD JULY 7TH AT THE WEST SPRINGFIELD/AGAWAM ELKS PAVILION. TICKETS ARE AVAILABLE IN OFFICE, SUGGESTED DONATION \$5.

Angie's

NEWS & NOTES

WELCOME!

Greetings to all! I extend a warm welcome and congratulations to everyone in South Hadley who has turned 60 this year and to those who will do so in the coming months.

As Social Service Coordinator, I want to let all seniors know about the many programs here at the Council that may be of interest and/or that may benefit you. I can assist in determining qualifying income for many programs, as well as helping to fill out applications for Medicare, MassHealth/Medicaid, "Extra Help," MassHealth Buy-In, Fuel Assistance, SNAP (formerly called Food Stamps) and the Brown Bag: Food for Elders Program.

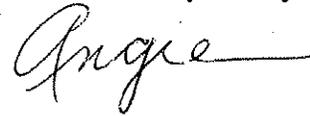
A referral for services through WestMass Eldercare (our area agency on aging) such as Meals on Wheels, home care and personal care can be made.

Information regarding Western Mass Legal Services and H.E.L.P. (Hampshire Elder Law Program), a new public service administered by the Hampshire County Bar Association to meet the civil legal needs of low-income elders is also available.

And did you know that South Hadley's TRIAD/ Emergency Preparedness for Seniors Program, a partnership involving senior citizens, law enforcement, the Council on Aging, clergy, visiting nurses, etc., sponsors a wonderful program free to seniors over 60 years of age and persons with disabilities? Are You OK?® is a free computerized telephone call reassurance program operated from the South Hadley Police Department. Each day at a pre-arranged time Are You OK?® automatically makes these computerized calls bringing a sense of comfort into every subscriber's home.

You may also wish to have information regarding emergency response equipment, a pendant worn around the neck or a wrist device to summon immediate help when needed. In addition, Safelink, a life-line program, provides qualifying customers with a free wireless handset (cell phone) and 80 minutes every month at no cost.

I also serve as your source for information and referral regarding area elder services. If I don't have the answer I will surely find someone who does. Appointments, whether in my inviting office here at the Council or in the comfort of your home, are always confidential. So please don't hesitate to take me up on my offer.



Angie Wright
Social Service Coordinator

VOLUNTEER OPPORTUNITY

Often we have seniors in South Hadley who are no longer driving and have no one available to take them to medical appointments, pick up prescriptions, etc. If you have the time to volunteer, even occasionally, and have a reliable vehicle, please consider giving Angie Wright a call at (413) 538-5042, extension 206 for more information.

SPECIAL EVENT

A "Stroke" of Bad Luck? Understanding
Cerebral Vascular Accidents

Tuesday, July 13th at 10:00am

Presented by health care expert Sharon Ashton, Admissions Director/Marketing Director of Renaissance Manor of Westfield. Sharon has been a public speaker on health care topics for over 20 years and a nurse for more than 25 years. It will be time well spent!

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. JULY 2010 MENU

- 1) OVEN ROASTED CHICKEN, Baked Potato, Vegetable Medley, Whole Wheat Bread, Mixed Fruit or Diet Mixed Fruit.
- 2) LEMON PEPPER POLLOCK, Rice Pilaf, Brussels Sprouts, Cornbread, Tapioca Pudding or Diet Tapioca Pudding.
- 5) **CLOSED—INDEPENDENCE DAY HOLIDAY**
- 6) **BIRTHDAY/ANNIVERSARY - ROASTED PORK LOIN**, Oven Roasted Potatoes, Mixed Vegetables, Roll, Cake or Diet Cake.
- 7) FRENCH MEAT PIE W/GRAVY, Noodles, Spinach, Multi-Grain Bread, Pears or Diet Pears,
- 8) SWEET & SOUR CHICKEN, Sweet Potatoes, Broccoli Florets, Peaches or Diet Peaches.
- 9) FIESTA POLLOCK, Confetti Rice, Green Beans, Cranberry Juice, Oatmeal Bread, Pie or Diet Pie.
- 12) SHEPHERD'S PIE W/GRAVY, Green Beans, Biscuit, Mandarin Oranges or Diet Mandarin Oranges.
- 13) COLD PLATE: Turkey Salad, Macaroni Salad, Lettuce/Tomato, Three Bean Salad, Orange Juice, Roll, Plum.
- 14) MACARONI & CHEESE, Stewed Tomatoes, Peas, Rye Bread, Brownies or Diet Brownies.
- 15) BEEF STEW WITH POTATOES, Mixed Vegetables Blend, Roll, Tropical Fruit or Diet Tropical Fruit.
- 16) **CELEBRATE "KANSAS" - BBQ CHICKEN**, Au Gratin Potatoes, Cream Corn, Whole Wheat Bread, Peach Crisp w/Topping or Diet Peach Crisp w/Topping.
- 19) STUFF SHELLS W/SAUCE, Carrots, Italian Bread, Orange Juice, Fruit Crisp or Diet Fruit Crisp.
- 20) MILD BEEF CHILI, Rice, Wax Beans, Cornbread, Pineapple or Diet Pineapple.
- 21) VEAL PATTY WITH GRAVY, Egg Noodles, Corn, Whole Grain Wheat Bread, Tropical Fruit or Diet Tropical Fruit.
- 22) ROASTED TURKEY W/GRAVY, Mashed Potatoes, Peas & Mushrooms, Peaches or Diet Peaches.
- 23) POLLOCK W/CHEESE, Rice, Spinach, Butterscotch Pudding or Diet Butterscotch Pudding.
- 26) BAKED HAM W/RAISIN SAUCE, Sweet Potatoes, Broccoli, Whole Grain Bread, Jell-O or Diet Jell-O, (HIGH SODIUM MEAL).
- 27) BBQ CHICKEN, Mashed Potatoes, Corn Cobbets, Apricots or Diet Apricots.
- 28) COLD PLATE: Egg Salad, Pasta Salad, Pickled Beets, Fresh Fruit/Melon.
- 29) SWEDISH MEATBALLS W/GRAVY, Egg Noodles, Carrots & Cauliflower, Roll, Cake & Diet Cake.
- 30) BREADED POLLOCK LOINS, Rice Pilaf, Brussels Sprouts, Whole Wheat Bread, Pineapple or Diet Pineapple.

WESTMASS ELDERCARE, INC. AUGUST 2010 MENU

- 2) CHICKEN NUGGETS, Potato Puffs, Summer Blend Vegetables, Roll, Fruit Cocktail or Diet Fruit Cocktail.
- 3) SWEET & SOUR PORK, Rice Pilaf, Green Beans, Biscuit, Cranberry Juice, Cookies & Diet Cookies.
- 4) MEATLOAF W/GRAVY, Mashed Potatoes, Corn, Rye Bread, Fresh Fruit/Apples.
- 5) TARRAGON CHICKEN, Confetti Rice, Broccoli, Cranberry Sauce, Oatmeal Bread, Pudding & Diet Pudding.
- 6) BREADED POLLOCK LOINS, Au Gratin Potatoes, Spinach, Multi-Grain Bread, Pears or Diet Pears.
- 9) POT LUCK, Tropical Fruit or Diet Tropical Fruit.
- 10) **BIRTHDAY/ANNIVERSARY - CHICKEN PARMESAN W/PASTA**, Peas & Carrots, Orange Juice, Garlic Bread, Cake or Diet Cake, Tossed Salad: Congregate.
- 11) COLD PLATE: Tuna Salad, Macaroni Salad, Three Bean Salad, Whole Grain Roll, Pineapple or Diet Pineapple.
- 12) ROAST TURKEY W/GRAVY, Mashed Potatoes, Corn, Cranberry Sauce, Apricots or Diet Apricots.
- 13) TUNA & NOODLE CASSEROLE, Mixed Vegetables, Cranberry Juice, Roll, Bread Pudding or Diet Bread Pudding.
- 16) OVEN FRIED CHICKEN, Roasted Potatoes, Ratatouille, White Bread, Brownies or Diet Brownies.
- 17) SPAGHETTI W/MEATBALLS, Mixed Vegetables, Garlic Bread, Pineapple or Diet Pineapple.
- 18) HAM W/PINEAPPLE SAUCE*, Sweet Potato, Beets, Rye Bread, Mandarin Oranges or Diet Mandarin Oranges (HIGHER SODIUM MEAL) — *(Picnic Lunch for HMOW)
- 19) PICNIC DAY* - HAMBURGERS & HOT DOGS, Baked Beans, Corn on the Cob, Cold Slaw, Rolls, Potato Chips, Watermelon & Ice Cream.*(Ham w/Pineapple for HMOW)
- 20) POLLOCK FILLETS, Rice, Spinach, Wheat Bread, Mixed Fruit or Diet Mixed Fruit.
- 23) COLD PLATE: Egg Salad, Potato Salad, Carrot & Raisin Salad, Roll, Jell-O or Diet Jell-O.
- 24) STUFFED CABBAGE W/SAUCE, Mashed Potato, Wax Beans, Rye Bread, Pears or Diet Pears.
- 25) SHEPHERD'S PIE, Carrots, Biscuit, Pineapple or Diet Pineapple.
- 26) OVEN BAKED CHICKEN W/GRAVY, Rice Pilaf, Succotash, Whole Grain Bread, Tropical Fruit or Diet Tropical Fruit.
- 27) **CELEBRATE "ARKANSAS" - APRICOT GLAZED PORK**, Egg Noodles, Spinach, Biscuits, Spice Cake or Diet Spice Cake.
- 30) LIVER & ONIONS, Mashed Potatoes, Green Beans & Tomatoes, Multi-Grain Bread, Peaches or Diet Peaches.
- 31) STUFFED SHELLS W/SAUCE, Broccoli, Garlic Bread, Chocolate Pudding or Diet Chocolate 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.



*Happy
Summer!*



IN MEMORIAM

IN MEMORY OF:

FROM:

NUTRITION ACCOUNT:

MARY MYKYTIUK	Helen Willemain
PENNY MYKYTIUK	Helen Willemain
KATHLEEN M. LAFOND	Patricia O'Connor Renee Orzechowski and Diane McCarthy
ANNA KRAJNAK	Irene Gondek
JERRY GAUDETTE	Yvonne Gaudette

LIGHTS ON:

DR. CHRISTOPHER O'CONNOR	Gail & Kevin Fitzgerald
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NECESSITIES ACCOUNT:

JACK RYAN	Lucille Ryan
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NEWSLETTER ACCOUNT:

MICHAEL LAMBERT	Shirley Martin
CHRISTINE KESSLEMAN	Lois L'Esperance
SHIRLEY LAFOND	Doris Pichette
WILLIAM A. DENIS, II	SH Cribbage Sunshine Club
RITA LAPOINTE-CURRIER	Claire & Bill Bielanski
LOU CONTI	Claire & Bill Bielanski
KENNETH GUILBAULT	Claire & Bill Bielanski

MOTHER'S GARDEN:

RITA LAPOINTE-CURRIER	Yvonne Gaudette
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SHOPPING ASSISTANCE

CATHERINE DADMUN	Roberta & Neshan Daglian
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SENIOR NET:

RITA LAPOINTE-CURRIER	So. Hadley SeniorNet Sunshine Group *
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*Correction from June 2010 newsletter -c/o Kay Fleming

IN MEMORIAM

IN MEMORY OF:

FROM:

MINI-BUS MAINTENANCE ACCT:

WILLIAM A. DENIS, II	Lathrop Village and Newton Manor Tenants Association
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TRANSPORTATION ACCOUNT:

PAUL GRENIER	Lathrop Village and Newton Manor Tenants Association
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HYDRATION

*By Chris Brown
Nutritionist WMEC*

Keeping your body hydrated is very important. An adequate amount of fluid intake (~10 cups per day) eases digestion, regulates body temperature, and keeps skin healthy. Hydration is especially important throughout the summer season. Many elders tend to increase their activity in the summer. Activities such as walking, cleaning and gardening may both increase energy and decrease muscular pains as well as reduce and control weight by burning calories. An increase in activity and high humidity associated with the summer months makes water consumption even more necessary to prevent dehydration.

Drinking 8-12 cups of fluids, such as water, tea, soup, fruits such as watermelon a day, prevents dehydration and helps quench summer thirst.

If you wish to add some variety to your day try some of these hydration ideas:

- Try fruit juice mixed with seltzer water
- Drop a lime/lemon/honey/mint leaf into your glass of water
- Mix fruit and ice in the blender for a smoothie
- Freeze fruit juice into ice cubes and add to a glass of water or juice



COA PROGRAMS & SERVICES

FORMS, ETC. AVAILABLE AT THE

SENIOR CENTER

There are many forms which we have at the Senior Center to assist you. Unless a price is stated, it is free. Many other places would charge you, so take advantage of what we have to offer.

- Homestead Protection forms are available for those 62+ and disabled persons of any age (\$500,000/person) and an individual under 62 for \$500,000 on the home. There is a \$35.00 filing fee payable to the Registry of Deeds. These protect you from losing your home due to a lawsuit. You must be the owner of the home to file a homestead.
- Health Care Proxy is available for you to choose your health care agent and treatment. There are many choices in life support; it is important that your family know your wishes.
- Cable Discount forms are available for those 63+, providing a 2% reduction on basic service. You will need to bring your driver's license or birth certificate and a utility bill or tax bill as copies of these must be included with the application.
- FILE OF LIFE is a magnetic holder which holds emergency & medical information (keep updated). Put one on your refrigerator and the label on your main door so emergency technicians know you have one. Available in wallet form also. Replacement inserts are also available.

Many programs and services are available at the Senior Center. If you are looking for information on Volunteer opportunities or a tour of the building, please call Anne O'Connor at 538-5042, Ext. 205. If you require assistance with forms, Prescription Advantage (a Massachusetts support program for Medicare Part D), applications for Brown Bag or Fuel Assistance, personalized transportation service, chores, information on the various support groups, shopping assistance (when you are unable to shop and have no one to help), food stamps, home care assistance or general information about nursing homes or rehab facilities, please call Angie Wright at 538-5042, Ext. 206. For minibus transportation questions, call Lisa Napiorkowski at 538-5042, Ext. 203. A full list of staff is shown on Page 8. In our library we have lots of books, some of them are large print. There is a puzzle table with two puzzles going at most times. Puzzles are available to take home. There are coupon boxes where we keep the many coupons that our volunteers clip sort and file. There are magazines and local newspapers.

We collect eye glasses for the Lions Club and Campbell Soup labels (and other company products) for Plains & Mosier Schools and tabs from cans for the Shriners.

There is a billiards room open from 8-4:30, a Peek and Poke rack with free clothing (we are always looking for current and clean clothing) and the rule is if it fits, it's yours. In addition, there is a free table in the lower hall that people really enjoy. If you have items that are still usable (no broken, dirty or impractical items please) bring them to the free table or come and look at what we have available.

NEWSLETTER DONATIONS ACCEPTED

Another fiscal year begins on July 1st for the newsletter gift account. South Hadley continues to be one of the few remaining communities where newsletters are mailed to individual homes, free of charge. It is only through the generous donations of the businesses that place ads, the support of the Executive Office of Elder Affairs, volunteer assistance and the many generous donations throughout the year that the free mailing is made possible. People who live out of town must pay \$6.00 per year to cover the mailing expenses. Patrick Labonte donates 8 hours or more of his time every month to print the publication. This teamwork approach demonstrates that many hands working together do make light work and an economical service. Please accept our sincere gratitude for your donations for the newsletter. If you have no interest in the newsletter, please notify us so we can take your name off of the mailing list.

Joanne

VOLUNTEER OPPORTUNITIES-if you are interested, we have many ways you can spend some quality time helping the Council on Aging. We have friendly visitors, nutrition volunteers, newsletter volunteers, craft instructors, data entry people, decorators, office volunteers and many other various slots you can fill if you would like to share some of your time. Call Anne at 538-5042, Ext. 205.

EDUCATION PROGRAMS- we try to have at least one program monthly. The subject varies but we are always looking for new ideas.

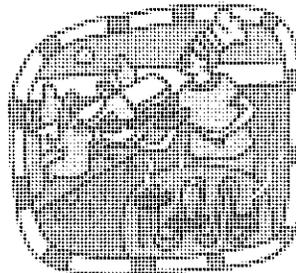
HEALTH EQUIPMENT-for loan for 3 months, no charge.

JULY ACTIVITIES

- 7/1 No Alzheimer's Meeting
7/5 Independence Day Holiday
7/6 Birthday/Anniversary Luncheon
7/8 Friends Meeting-1 pm-DR
Blood Pressure Screening with
Nurse-12:30-2 pm
7/12 Foot Nurse-9:30 (by appoint.)
COA Board Meeting-4 pm
7/13 SHINE-9-12- (by appointment)
"Stroke of Bad Luck?" -10 am-CR
Understanding Cerebral Vascular
Incidents by Sharon Ashton, LPN
7/16 Celebrate Kansas Luncheon
Rep. John Scibak-11:30 am
7/18-Sunday-Senior Travel Club Trip to
"Chicago" at MacHaydn Theatre
7/19 Monday Cribbage-1 pm
7/20 SHINE-9-12 (by appointment)
Brown Bag-10-11 am
"Fats-Good or Bad"-11:15 am-DR
By Christine Brown, Nutritionist
7/21 Travel Club Presentation on
Bermuda Cruise 2011-2 pm-DR
7/26 Friends Ice Cream Social-1 pm
Richard Clark performing
"And Now.... Mark Twain"
7/27 Senior Travel Club Trip to
Gloucester House
7/29 Blood Pressure Screening with
Fire District #1-10:30 am-DR

AUGUST ACTIVITIES

- 8/3 SHINE-9-12 (by appointment)
8/5 Alzheimer's Support Group-10 am
8/9 Foot Nurse-9:30 am (by appoint.)
8/10 Birthday/Anniversary Luncheon
8/11 Senior Travel Club Trip to
Casco Bay
8/12 Blood Pressure Screening with
Nurse-12:30-2 pm
8/16 Monday Cribbage-1 pm
8/17 SHINE-9-12 (by appointment)
Brown Bag-10-11 am
Lo-Vision Support Group-10 am
8/19 Senior Center Picnic Luncheon
8/20 Rep. John Scibak-11:30 am
8/23 Foot Nurse-9:30 am (by appoint.)
8/24 Newsletter Collating-9 am
8/25 Senior Travel Club Trip to
Saratoga Race Track
8/26 Blood Pressure Screening with
Fire District #1-10:30 am-DR
8/27 Celebrate Arkansas Luncheon
8/31 SHINE-9-12 (by appointment)



DAILY ACTIVITIES

MONDAY-FRIDAY

8-4:30 Billiards

MONDAY

- | Poker
- | Pinochle
- | Canasta

TUESDAY

- | Movie
 - | Bingo
 - | Needlecraft
- 6:15 Men's Night/Mah Jongg

WEDNESDAY

- 8 HIP
- 10 Travel Club
- 10:30 Osteoporosis Exercise
- | Mah Jongg
- | Pitch

THURSDAY

- 10 Travel Club
- | Scrabble
- | Quilting

FRIDAY

- 9:30 Grocery Shopping
- 10 Coffee & Conversation
- 10:30 Osteoporosis Exercise
- | Knitting
- | Bridge
- | Cribbage
- | Canasta and Poker

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: _____ ADDRESS: _____

Contribution in memory/honor of: _____

Please send Acknowledgement to: (kindly indicate name, address & relationship):

<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"/> Emergency Fund	<input type="checkbox"/> Shopping Assistance
<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 Make Check Payable To: South Hadley Council on Aging, 45 Dayton Street, South Hadley, MA 01075.
Contributions are tax deductible.

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.

SOUTH HADLEY COA STAFF:

Director: Joanne Trybus

Assistant Director: Lisa Napiorkowski

Social Services Coordinator: Angela Wright

Activity/Volunteer Coordinator: Anne O'Connor

Food Service Coordinator: Billy Poe

Senior Clerk: Kathy Gallivan

Assistant Cook: Wayne Walton

Hot Meals Coordinator: Liz Methot

Office Senior Aide: Muriel Hunter

Custodian: Bob Methot

Minibus Driver: Richard Carrigan

Substitute Minibus Drivers: Francis Wagner

Richard Kirby, Albert Guyotte, Roger Duval

Hot Meals Drivers: George Perreault

Sub Meals Drivers: Alice Pont, Sal Canata,

Nancy Blodgett

Albert Guyotte, Bob Blodgett, Kathy Lamontagne,

Francis Cyr

Richard Belanger, Roger Cote, Milt Kidder

Sub Cook: Howard Kirkpartrick

Shopper: Anita Stefanik

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Senior Net Coordinator: Irene Bernstein

Advisory Council: Roland Roberts,

Travel Club President: David Bellefeuille

Donna Robideau, Betsy Bergen

"Friends" President: Kay Washburn

ANNE'S NEWS

Summer is officially here and I hope you are enjoying some relaxation, fun with family, and the beautiful weather. We are enjoying the WONDERFUL air conditioning here at the Senior Center and invite you to do the same. Many activities are still going on and a few special ones which I will elaborate on.

On July 26th we have a real treat for you! It is our annual Friends Ice Cream Social, so the first treat is a delicious ice cream sundae provided by the Friends of the South Hadley Elderly, Inc. The second treat is a dramatic performance by professional actor Richard Clark. He will bring us his remarkable rendition of "And Now Mark Twain" made possible by funds from the South Hadley Cultural Society. I have had the privilege of seeing this performance and I urge you to sign up, you won't want to miss it!

On August 19th we will have our Senior Center Picnic Lunch. It will include real, outdoor barbequed hamburgers or hotdogs and all the sides and fixings. Last year we had a full house and Rep. Scibak even brought along some "ants" (plastic, of course).

On July 6th and August 10th we will have our monthly Birthday and Anniversary Parties. Please call the office if you will be celebrating either month so you can be our guests for this special lunch.

On July 16th we will Celebrate Kansas and on August 27th Arkansas. There will be facts and trivia about the state and a themed luncheon to enjoy.

If you are new to town or newly 60 I invite you to call me for a Center tour. I would love to explain all the activity and volunteer choices we offer and help you to feel welcome. If you would like to stay for lunch I would love to introduce you to some wonderful people who would make you feel like part of the "family".

During the summer many folks like to take vacations or just a hiatus from their volunteer work. We have found that we are in need of a larger substitute group for our Nutrition Program. The volunteers in this area set the tables with napkins, silverware, waters, coffee and condiments. They may serve some of our seniors who need assistance and assist with the serving line. They also help with clearing off and cleaning the tables at the end of the meal. If you feel you would like to help in this area, please call me.

In May our volunteers logged in 1,833 hours. They make our programs possible! I'd like to welcome 2 new volunteers to our team-they are Priscilla Carter who is helping in our Mother's Garden and Mary Anne Kirkpatrick who will be helping in our Dining Room. We are so grateful to have you!

Enjoy your summer and stay safe and healthy!

South Hadley Council on Aging
SeniorNet
Computer Learning Center



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

SeniorNet is taking the summer to explore the possibility of establishing workshops on a variety of topics. The workshops will run for one or two sessions. We plan to offer the workshops this fall. If there is a particular topic you would like to explore call us at 533-6889 and leave a message. We will get back to let you know the topics.

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.

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.

FRIENDS OF SOUTH HADLEY, ELDERLY, INC.

This group is the booster association of the Council on Aging. These volunteers host fund-raisers to help provide the extras. The "Friends" purchased the COA van and recently a NEW COPIER TO CONTINUE THE IN-HOUSE PRINTING OF THE NEWSLETTER THEREFORE KEEPING ADVERTISING AFFORDABLE FOR LOCAL BUSINESSES. Their next meeting will be Thursday, July 8th at 1 p.m. in the dining room. Dues are \$5.00. Membership is open to residents and non-residents of all ages. If you are interested in learning more about the Friends, come to the next meeting.

The "Friends" will be hosting their annual Ice Cream Social on Monday, July 26th in our dining room at 1 p.m. Entertainment by RICHARD CLARK (MARK TWAIN IMPERSONATOR) COURTESY OF SOUTH HADLEY CULTURAL COUNCIL. THE EVENT IS OPEN TO ALL MEMBERS OF THE SOUTH HADLEY FRIENDS GROUP. CALL 538-5042 AND MAKE YOUR RESERVATION. PLEASE LET THE RECEPTIONIST KNOW IF YOU WANT STRAWBERRY, BUTTER-SCOTCH OR CHOCOLATE TOPPING.

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 45 Dayton Street
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