



# NOTES FROM THE DIRECTOR

As the fiscal year comes to a close I want to express my personal gratitude to everyone who has supported the South Hadley COA in anyway throughout the past year. During these interesting financial times your support is so important and necessary for our department to continue to provide services to elders and younger residents going through difficult times. I also want to thank all of the staff, volunteers and other Town employees for assisting in our "team work approach" that makes our senior center successful. Thank you to the Executive Office of Elder Affairs, Senator Stan Rosenberg, Representative John Scibak, Congressman Richard Neal and WestMass ElderCare for all of their support.

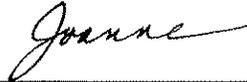
I also want to thank Shirley Martin and Sara Bach for the six years of volunteer service they have shared being members of the Council on Aging Board. Shirley served as Secretary and Sara as Vice Chair. You will be missed!

**PLEASE NOTE THAT OUR 90+ BIRTHDAY CELEBRATION WILL TAKE PLACE AT THE LUNCHEON ON WEDNESDAY, JUNE 23RD. SPACE WILL BE LIMITED SO CELEBRANTS SHOULD BE SURE TO MAKE THEIR RESERVATIONS IMMEDIATELY ON JUNE 7TH!**

Because it is extremely important to have a visible house number in case of an emergency, the South Hadley TRIAD has red, reflective house numbers that will be installed by their volunteers for a suggested donation of \$5.00. Call 538-5042 to register for one. It may save your life!!!! I also want to thank Hampshire County Sheriff Robert Garvey, Dave Fenton, Christy Geffin, Chief David Labrie, Claire Kane, Mary Sunderland, Officer Steve Fleming, Channel 15 and all of the members of the South Hadley TRIAD/S.A.L.T. Council for making the Identity Theft program a huge success!

As you will notice this edition of the newsletter is different. Unfortunately the Rizo duplicator needed parts to discover that Rizo is out of business. I want to thank Hitchcock Press, Inc. for helping out with short notice. They will also print next month's summer issue. The COA Board is reviewing options for future publications and will decide at the June meeting what will be best for our COA. No one likes change, but challenges come up and this is definitely a major decision that will impact the newsletter process. I want to personally thank Patrick Labonte for his faithful volunteer service for the last 9+ years printing the newsletter every month, in addition to the Senior Net instruction books.

Enjoy the beautiful month of June!



## **"WHEN TO WORRY ABOUT FORGETTING"**

**TUESDAY, JUNE 8TH—10 A.M. in Card Room**

**By Ingrid Pfohl, RNC –Health Services Director  
Loomis Communities**

Ingrid has been employed at Loomis Village for 7 years and before that 15 years in home care as a field nurse and a clinical supervisor. She is a Women's Health nurse practitioner.

**SPECIAL THANKS TO:** The South Hadley Senior Travel Club, The Friends of South Hadley Elderly, Inc., HIP, The South Hadley Women's Club and many generous community donations for the funds used to purchase the new ice machine.

**\*\*To Church World Service and the participants of the Granby/South Hadley CROP Hunger Walk for the very generous donation of \$658.75 that was deposited into the Nutrition Account.**

**\*\*To HIP for the recent donation of \$200 for the Nutrition Account (Ice Machine)**

**\*\*To the South Hadley Women's Club for the recent donation of \$200 for the Nutrition Account**

## **THE FRIENDS OF BUTTERY BROOK PARK NEED YOUR HELP!**

Have you been to Buttery Brook Park recently? The Friends of Buttery Brook Park and the DPW Parks Department have made some significant improvements over the past couple of years. There is now a new playground area that features two new playscapes and a large sandbox with excavators. Future improvements include the expansion of the playscape for the 5 to 12 year old kids, the installation of swing sets, and the creation of a green space where the skatepark used to be located.

These improvements (and any future ones) were made possible through fundraising by the Friends. The major fundraiser is the Cruise Nights that are held on Friday nights, starting at the end of May and ending in the middle of September.

We desperately need volunteers to help support this event! Even if you are not available on Friday nights, there are other ways you can help (i.e. shopping for the food that is served at Cruise Nights, picking up the trophies, etc.). If you are interested in helping out in any way, please call Jim Reidy, DPW Superintendent, at **538-5033** or e-mail: [friendsofbutterybrook@yahoo.com](mailto:friendsofbutterybrook@yahoo.com).

Thank you for any help you can provide.

**BEWARE THE GRANNY SCAM!** "Grandma I need money!" According to AARP in 2009 Grandparents sent \$4.5 million after being victimized this way. The latest scam has a imposter asking to have money wired. How can you protect yourself? 1) If the caller says it's your grandchild, ask "which one"? 2) Hang up and call your family to confirm your grandchild's location. 3) Tell the caller you will return the call at his or her home or cell phone. 4) Never provide any of your banking or credit card information. 5) NEVER WIRE MONEY!!!! If you think it is a suspicious call, call your local police department or the Northwestern District Attorney's office, Consumer Protection (413)586-9225 or TRIAD (413)586-9225. Visit Federal Trade Commission or AARP website to learn more: [ftc.gov](http://ftc.gov) or [AARP.org](http://AARP.org) (search scams)

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

**\*\*MANY PROGRAMS AND ACTIVITIES STOP FOR THE SUMMER. PLEASE LOOK AT THE CALENDAR.**

**\*\*WESTMASS ELDERCARE PICNIC WILL BE HELD AT THE ELK'S PAVILION IN WEST SPRINGFIELD ON WEDNESDAY, JULY 7TH.**

# Angie's

## NEWS & NOTES

### *Depression in Late Life: Not a Natural Part of Aging*

Depressive disorder is not a normal part of aging. Emotional experiences of sadness, grief, response to loss, and temporary "blue" moods are normal. Persistent depression that interferes significantly with ability to function is not.

Depression is a serious illness affecting approximately 15 out of every 100 adults over the age of 65 in the United States. When depression occurs late in life, it sometimes can be a relapse of an earlier depression. But when it occurs for the first time in older adults, it usually is brought on by another medical illness. The risk of depression in the elderly increases with other illnesses and when ability to function becomes limited.

Recognizing depression in the elderly is not always easy. It is often difficult for the depressed older adult to describe how he or she is feeling. In addition, the current population of older Americans came of age at a time when depression was not understood to be a biological disorder and medical illness. Therefore, some elderly fear being labeled "crazy," or worry that their illness will be seen as a character weakness.

In fact, depression can happen to anyone. As the brain and body age, a number of natural bio-chemical changes begin to take place. Changes as the result of aging, medical illnesses or genetics may put the older adult at a greater risk for developing depression.

The depressed person or their family members may think that a change in mood or behavior is simply "a passing mood," and the person should just "snap out of it." But someone suffering from depression cannot just "get over it."

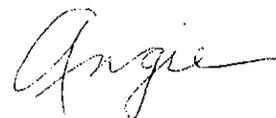
Furthermore, health professionals may mistakenly think that persistent depression is an acceptable response to other serious illnesses and the social and financial hardship that often accompany aging—an attitude often shared by older people themselves. This contributes to low rates of diagnosis and treatment in older adults.

Depression can and should be treated when it occurs at the same time as other medical illnesses. Untreated, depression can delay recovery, worsen the outcome of other illnesses, lead to disability, premature death and suicide.

### DEPRESSION IS TREATABLE

Most depressed elderly people can improve dramatically from treatment. There are highly effective treatments for depression in late life. Common treatments prescribed by physicians include psychotherapy and anti-depressant medications.

The reality is that elders with mental health problems *do* get better with appropriate treatment and support. Healthy aging includes good mental health!



Social Service Coordinator

*Geriatric Mental Health Foundation  
National Institute of Mental Health*

## 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. JUNE 2010 MENU

- 1) BAKED CHICKEN W/GRAVY, Confetti Rice, Italian Bread, Spinach, Apricots or Diet Apricots.  
Tossed Salad: Congregate
- 2) MACARONI & CHEESE, Stewed Tomatoes, Green Beans, Whole Wheat Bread, Peaches or Diet Peaches.
- 3) COLD PLATE: Ham Salad, Potato Salad, Cucumber & Onion Salad, Roll, Brownies or Diet Brownies.
- 4) BROCCOLI QUICHE, Scalloped Potatoes, Mixed Vegetables, Multi-Grain Bread, Mandarin Oranges or Diet Mandarin Oranges.
- 7) CHICKEN MARSALA W/MUSHROOMS, Egg Noodles, Stewed Tomatoes, Pears or Diet Pears
- 8) **BIRTHDAY/ANNIVERSARY, POT ROAST W/SAUCE**, Oven-Browned Potatoes, Yellow Squash, Roll, Cake or Diet Cake.
- 9) STUFFED CABBAGE, Mashed Potatoes, Carrots, Rye Bread, Pineapple or Diet Pineapple.
- 10) CHICKEN PATTY W/GRAVY, Potato Puffs, Corn, Oatmeal Bread, Tropical Fruit or Diet Tropical Fruit.
- 11) CHEESE LASAGNA W/SAUCE, Broccoli, Garlic Bread, Cookies or Diet Cookies.
- 14) COLD PLATE: Turkey Salad, Pasta Salad, Carrot/Raisin Salad, Whole-Grain Roll, Oranges
- 15) SHEPARD'S PIE, Mashed Potatoes, Corn, Roll, Pineapple or Diet Pineapple.
- 16) CHICKEN NUGGETS W/SAUCE, Baked Potato, Corn Cobbets, Whole Wheat Bread, Pudding or Diet Pudding.
- 17) HAM W/PINEAPPLE SAUCE, Mashed Potatoes, Mixed Vegetables, Orange Juice, Pears or Diet Pears.
- 18) **CELEBRATE OKLAHOMA, ROSEMARY ROASTED CHICKEN**, Wild Rice, Carrots, Biscuits, Spice Cake or Diet Spice Cake.
- 21) OVEN FRIED CHICKEN, Roasted Potatoes, Rata-touille, Multi-Grain Bread, Peaches or Diet Peaches.
- 22) SWEDISH MEATBALLS, Egg Noodles, Spinach, Roll, Tropical Fruit or Diet Tropical Fruit.
- 23) 90+ BIRTHDAY PARTY, Baked Stuffed Haddock, Rice Pilaf, French Cut Green Beans, Orange Juice, Rye Bread, Cake and Diet Cake.
- 24) SALISBURY STEAKS W/GRAVY, Mashed Potatoes, Carrots, Biscuits, Pineapple or Diet Pineapple.
- 25) BREADED POLLOCK, Egg Noodles, California Blend-Vegetables, Rice Pudding or Diet Rice Pudding.
- 28) LIVER & ONIONS, Mashed Potatoes, Broccoli & Cauliflower, Whole Grain Bread, Pears or Diet Pears.
- 29) MILD BEEF CHILI, Rice, Wax Beans, Biscuit, Orange Juice Jell-O w/Topping or Diet Jell-O w/Topping.
- 30) TUNA SALAD, Macaroni Salad, 3-Bean Salad, Whole Wheat Bread, Plums.

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.

## YOUR BODY CELL'S BEST FRIEND

### THE ANTIOXIDANT

By Alyson G. Gordon  
UMass Dietetic Intern, WMEC

Antioxidants are your body cell's protectors. Cells need protecting because oxygen, although essential for maintaining life, creates damaging byproducts. These byproducts, called free radicals, cause cell damage that may lead to heart disease, cancer, cataracts, and weakening of the immune system. Common sources of free radicals include cigarette smoke, pollution, pesticides, herbicides, over exposure to the sun, and automobile exhaust. To prevent the damaging effects of free radicals, antioxidants come to the rescue. Some antioxidants control free radicals, some transform them into less harmful compounds, and some repair the damaged cell itself. Three antioxidants found in food include vitamin C, vitamin E, and beta-carotene.

We can't avoid all of the sources of free radicals, but we can eat foods to protect us from their damaging effects. The best way to get antioxidants is to eat vitamin-rich foods. A person can be shortchanged by relying on supplements, because supplements may lack other beneficial compounds found in foods.

Here is a chance to see if your daily diet includes at least one food from each antioxidant food group. If not, you may select your favorite antioxidant-rich food from the lists below to add to your daily diet! Enjoy!

#### VITAMIN C-RICH FOODS:

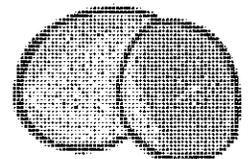
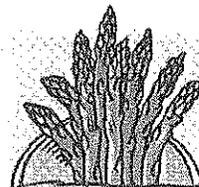
Asparagus, Broccoli, Brussels Sprouts, Cantaloupe, Kiwi, 100% Cranberry Juice, Papaya, 100% Orange Juice, Orange, Sweet Red Pepper, Baked Potato, Spinach, Strawberries.

#### VITAMIN E-RICH FOODS:

Almonds, Fortified Cereals, Hazelnuts, Spinach, Sweet Potato, Sunflower Seeds, Vegetable Oils, Wheat Germ.

#### BETA CAROTENE-RICH FOODS:

Cantaloupe, Carrots, Collard Greens, Kale, Mango, Mixed Vegetables, Mustard Greens, Peas and Carrots, Pumpkin, Spinach, Butternut Squash, Sweet Potato, Swiss Chard.



## IN MEMORIAM

### IN MEMORY OF:

### FROM:

#### NUTRITION ACCOUNT:

EDITH HALKET	Lynn Bertram
SANDY JASNAU	Marilyn Skill
JIM PAOLUCCI	Fran Mytkowicz

#### SERVICES ACCOUNT:

RITA LAPOINTE-CURRIER	Doris Pichette
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#### SENIOR NET:

RITA LAPOINTE-CURRIER	Kay Fleming
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#### MINI-BUS FUTURE PURCHASE ACCT:

CHRISTINE KESSELMAN	Roberta and Neshan Daglian
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#### NECESSITIES ACCOUNT:

MARTHA MORRIONE	The Canasta Group
MARY KULIK	Marilyn Pasternak

#### NEWSLETTER ACCOUNT:

TONY MOTYKA	Tuesday Night Pitch Players
ESTHER LENNON	Dolly & Harry Crossland
ROSE PHANEUF	Gloria LaBonte
RITA MAHONEY	Nancy & Dennis Swartwout Joanne & Steven Manzi

#### MOTHER'S GARDEN:

RITA LAPOINTE-CURRIER	Red Hat Society- at the COA
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#### TRANSPORTION ACCT:

CHRISTINE KESSELMAN	Mary Jane Follett
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#### MINI-BUS MAINTENANCE ACCT:

VIOLA SENUTA	Dolly & Harry Crossland
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#### SUBSIDIZED SR. TRANSPORTATION:

EDWARD WARZENSKI	Stella Warzenski
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## DONATIONS RECEIVED SINCE SEPTEMBER 2009:

ACTIVITY GIFT/EMERGENCY FUND: Elinor Fesko, South Hadley Senior Travel Club, Irene & Thomas Tetlow ; ACTIVITY GIFT/NECESSITIES: Harry B. Wolfe, Edward O'Boyle, John J. Howes, Frances O'Connell, Robert Daniels, Victor Weinblatt, Ethel & James Sears; ACTIVITY GIFT/NUTRITION: Ken & Jean Ellis, South Hadley Women's Club, HIP (donation for Ice Machine); ACTIVITY GIFT/TRANSPORTATION: Mary Sunderland, Roland & Nancy Drapeau; MINI-BUS MAINTENANCE: American Legion Post #260; NEWSLETTER: Roger & Beverly Knapp, Cindy Desrosiers, Nora Meyer, Joanne Kluzza, Richard & Kathryn Kirby, Doris Longpre, Paul & Carolyn Henneman, Doris Bick, Catherine Devins, Grace Kelly, Janet Gardella, Hedwidge MacGrath, Edward & Kathleen Kopec, Beverly Lecca, Jacqueline Stapley, Armand Duquette, Kenneth & Jean Ellis, Gloria Simpson, Barbara Hunter, Francis Dawnorowicz, Robert & Ruth Lynch, Judy Fortier, James & Jeanne Swindell, Theodore & Lorraine Grant, Richard & Janet Rudolph, Alice McGuire, Donald Boissonault, Cecile Stuntz, Laura & Donald Gauthier, Claire Hebert, William & Theresa Boisjolie, Bernard & Barbara Danek, Marilyn Scotte, Alice Pont, Barbara Stark, Fran Resler, Shirley & Joseph Burdzy, Josephine Grycel, Dorothy & Donald St. Pierre, Helen Willemain, Warren Bock, Krystyna Sulek, Shirley Jodoin, Marlene Perkins, Doris Tanguay Lorraine Knowles, Elinor Fesko, Richard & Marguerite Lacoste, Marilyn Pasternak, William & Theresa Deslippe, Betsey Dieters, Frances Mytkowicz, Lillian Riley, Mona Roberts, Florence Gallivan, Kathy Gallivan, Helga Loeffler, Lillian Leviton, Lorraine Lavallee, Barbara Ayers, Mr. & Mrs. Tony Parentela, Janie Brochu, Shirley Scanlon, Paul & Mary Shoemaker, Bruce Docherty; NUTRITION: South Hadley Women's Club, Carol Craig, Wendell & Cecile Clark, Francis Cyr, Catherine & Donald Quinn, HIP, June Beattie, Estate of Joseph Jez, South Hadley Women's Club Bowling League, Chester Pupek, Carl Popielarz, Anthony & Rosa Lee Motyka, Richard Robin, Carlene & Roland Allard, Linda Butler, Judy Fortier, Joan & Jean Griffin; SENIOR NET: William & Jean Dean; SERVICES: Stella Cariveau, Anonymous\*; SHOPPING ASSISTANCE: Anonymous\*; LIGHTS ON: Helen Kendall, Ellen Lebrecque, Doris Bick, Gwen Glass & Mary Tuttle, Floyd & Dorothy Downey, Dennis & Dorothea Ashworth, James & Shirley Eisenstock, Helen Deshaies, Gary Steigerwalt & Dana Muller, Robert Schwartz, Lionel & Theresa Brindamour, Elinor Fesko, Mr. & Mrs. Tony Parentela, Daniel & Shirley Jodoin; BUILDING GIFT: Bruce Gelinas; CHRISTMAS BASKETS/FUEL: Mary Abbey, Donna & Leo Asselin, Susan Smith, HIP, Ecumenical Group of Granby, Holyoke & South Hadley, South Hadley/Granby Chamber of Commerce, South Hadley Lions Club, Walter Mercier & Carole Peloquin, Geraldine & Edward Bennett, Helen Kendall, Walter & Dorothy Skibel, Tom Tetlow, Mr. & Mrs. Robert Engelson, Joseph Paul, Ruth Wiesel, Richard & Cecile Girard, Joan & James O'Connor, Congregational Church of South Hadley Falls, Hugh & Barbara Hutton, Carla Rosskothan, Rosemary & Paul Foerster, John Boyd, Bruce MacCullough, Center Redevelopment Corp., Frances Mytkowicz, Enid Clark, Lynn Bertram, George & Mary Hognoski, Elinor Burnett, Wayne & Marilyn Gass, Virginia & George Benoit, Kathy Gallivan, Elizabeth Savard, Philip & Carol Boivin, First Congregational Church Cookie Sale, David & Anne Margot Nasjleti, Francis Cyr, Judy Fortier, Marlene Perkins, Anonymous donations\* South Hadley High School Student Council— Food Drive, Selectboard Members: Carlene Hamlin, Marilyn Ishler, John Hine, Gregory Sheehan, Robert Judge.

\*Anonymous Donations

*Thank You* 

<p><b>IN TOWN TRANSPORTATION AVAILABLE MONDAY-FRIDAY FROM 9-3, BY APPOINTMENT ONLY.</b></p> 	<p><b>1 BAKED CHICKEN/GRAVY</b>  <b>9-12 SHINE (by appointment)</b>  1 Movie-EX  1 Bingo-CR  1 Needlecraft-CE  6:15 Men's Night/Mah Jongg</p>	<p><b>2 MACARONI &amp; CHEESE</b>  8 HIP-EX  10 Travel Club-C1  10:30 Osteoporosis Exercise-EX  1 Mah Jongg -CE  1 Pitch-CR  1 Senior Poetry-C2</p>	<p><b>3 COLD HAM SALAD PLATE</b>  10 Alzheimer's Support-C2  10 Travel Club-C1  1 Golden Agers-CR  1 Scrabble-L  1 Quilting-CE</p>	<p><b>4 BROCCOLI QUICHE</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>7 CHICKEN MARSALA</b>  10 Music Appreciation-CE  11 Tai Chi-EX  <b>1 Red Hat Society-CR</b>  1 Poker-DR  1 Pinochle-DR  1 Canasta-DR</p>	<p><b>8 BIRTHDAY/ANNIVERSARY POT ROAST/GRAVY</b>  <b>S.H. Travel Club Trip</b>  <b>10 Ingrid Pfohl, RNC-"When To Worry about Forgetting"-CR</b>  1 Bingo-CR  1 Movie-EX  1 Needlecraft-CE  6:15 Men's Night/Mah Jongg</p>	<p><b>9 STUFFED CABBAGE</b>  8 HIP-EX  10 Travel Club-C1  10:30 Osteoporosis Exercise-EX  1 Mah Jongg -CE  1 Pitch-CR</p>	<p><b>10 CHICKEN PATTY/GRAVY</b>  10 Veteran's Group-CR  11 Travel Club-C1  <b>12:30-2 Blood Press. Screen-C2</b>  1 Golden Agers-CR  1 Scrabble-L  1 Quilting-CE</p>	<p><b>11 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 Poker-DR  1 Canasta-DR</p>
<p><b>14 TURKEY SALAD PLATE</b>  <b>9:30 FOOT NURSE (by appt)</b>  11 Tai Chi-EX  1 Poker-DR  1 Pinochle-DR  1 Canasta-DR  <b>4 COA Board Meeting-C2</b></p>	<p><b>15 SHEPHERD'S PIE</b>  <b>9-12 SHINE (by appt.)</b>  <b>10 Lo-Vision Support-C2</b>  <b>10-11 Brown Bag-CE</b>  1 Bingo-CR  1 Movie-EX  1 Needlecraft-CE  6:15 Men's Night/Mah Jongg</p>	<p><b>16 CHICKEN NUGGETS/SAUCE</b>  8 HIP-EX  10 Travel Club-C1  10:30 Osteoporosis Exercise-EX  1 Mah Jongg -CE  1 Pitch-CR  1 Senior Poetry-C2</p>	<p><b>17 HAM/PINEAPPLE SAUCE</b>  10 Travel Club-C1  <b>1 Get Going-C2</b>  1 Golden Agers-CR  1 Scrabble-L  1 Quilting-CE</p>	<p><b>18 CELEBRATE OKLAHOMA ROSEMARY CHICKEN</b>  9:30 Grocery Shopping  10 Coffee &amp; Conversation-DR  10:30 Osteoporosis Exercise-EX  <b>11:30 Rep. John Scibak-DR</b>  1 Knitting-L  1 Bridge-CE  1 Cribbage-CR  1 Canasta-DR/ Poker-DR</p> 
<p><b>21 OVEN FRIED CHICKEN</b>  11 Tai Chi-EX  1 Poker-DR  1 Pinochle-DR  1 Canasta-DR  1 Monday Cribbage-CR</p>	<p><b>22 SWEDISH MEATBALLS</b>  1 Bingo-CR  1 Movie-EX  1 Needlecraft-CE  6:15 Men's Night/Mah Jongg</p>	<p><b>23 90+ BIRTHDAY LUNCHEON BAKED STUFFED HADDOCK</b>  8 HIP-EX  10 Travel Club-C1  10:30 Osteoporosis Exercise-EX  1 Pitch-CR  1 Mah Jongg -CE</p> 	<p><b>24 SALISBURY STEAKS/GRAVY</b>  10 Travel Club-C1  <b>10:30 Blood Pressure Screening w/Fire District #1-DR</b>  1 Golden Agers-CR  1 Scrabble-L  1 Quilting-CE</p>	<p><b>25 BREADED POLLOCK</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>28 LIVER &amp; ONIONS</b>  <b>9:30 FOOT NURSE (by appt)</b>  11 Tai Chi-EX  1 Poker-DR  1 Pinochle-DR  1 Canasta-DR</p>	<p><b>29 MILD BEEF CHILI</b>  <b>S.H. Travel Club Trip</b>  <b>9 Newsletter Collating-CE</b>  1 Bingo-CR  1 Movie-EX  1 Needlecraft-CE  6:15 Men's Night/Mah Jongg</p>	<p><b>30 COLD TUNA SALAD PLATE</b>  8 HIP-EX  10 Travel Club-C1  10:30 Osteoporosis Exercise-EX  1 Pitch-CR  1 Mah Jongg -CE</p>	<p style="text-align: center;"><b>JUNE</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>	

## ANNE'S NEWS

I would like to start my column with a big "Thank You" to the people and companies that donated gifts for the Volunteer Appreciation Event we had in April. They are Gail Laprade, Rockridge Retirement Community, The Arbors of Chicopee, RSVP of Hampshire and Franklin Counties, Renaissance Manor of Holyoke, The Friends of the South Hadley Elderly, Inc. and one anonymous donor. The free raffle gifts added a special extra to our night and I really appreciate the support of these donors! If you received an invitation to the event and were unable to attend, I have a gift for you in my office. Please stop in to pick it up.

June begins our summer routine. Some of our activities take time off, so please check the calendar for an accurate schedule. Although some groups may "take a vacation" please remember that we are still here offering a cool, air conditioned building, a delicious lunch and a great place to socialize. I love to walk in the Library and see people reading a magazine or newspaper after having a cup of coffee in the Dining Room. It just feels right!

On Wednesday, June 23<sup>rd</sup> we will honor all of you having a birthday of 90 or more years. This year our celebration will be held at lunch. We will be serving Baked Stuffed Haddock, and we'll have birthday cake, presents and a lot of fun. Please call to make your reservation. You may also invite one guest if you would like.

Recently someone found a set of keys and they were brought to the lost and found. If you have lost an item such as keys or glasses you may want to check in the office. When people retrace their steps they might not think of the Senior Center. It might save you from purchasing a replacement.

I'd like to welcome Karen and Charlotte Shea back to volunteering. Charlotte is working in Brown Bag and Karen is assisting with the monthly Birthday/Anniversary party. We are happy to have them back. The entire volunteer force documented 1,757 hours for April. Although that is an awesome amount, I am sure it is not all of the hours that you do. Please try to write all your hours on the board, it helps in so many ways. If you cannot get here or just plain forget, call me by the end of the month and I can add them. Thank you so much for your faithfulness,

*Anne*

South Hadley Council on Aging

**SeniorNet**  
Computer Learning Center



Address: 45 Dayton Street

South Hadley

Telephone: 533-6889

Coordinator: Irene Bernstein

SeniorNet has decided to take the summer to explore the possibility of establishing workshops on a variety of topics. These would be offered this fall. The workshops would last for one or two sessions. Subjects could include:

**Credit Reports**

**On line Banking.**

**Games**

**Buying and Using Flash Drives**

**Social Networking**

**Check Book Properties and Reconciliation**

**Museum Tour Workshop**

**Organizing and Editing Photos Using Picasa**

**Greeting Cards**

**Quicken**

**Email**

**Buying and Selling on the Internet – E-bay, Craig's List, Angie's List**

If you have an interest in one or more of these topics, call us at 533-6889.

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.

### **FRAUD ALERT!**

#### **THE "DONUT HOLE" REBATE**

ANY MEDICARE BENEFICIARY WHO REACHES THE DONUT HOLE IS AUTOMATICALLY ELIGIBLE TO RECEIVE A REBATE OF \$250. THE ELDER'S DRUG PLAN WILL CONTACT CMS DIRECTLY WHEN THIS THRESHOLD IS REACHED; CMS WILL ISSUE THE \$250 CHECK DIRECTLY TO THE SENIOR DURING THE NEXT QUARTER.

**THERE IS NO APPLICATION PROCESS; THERE ARE NO PHONE CALLS ASSOCIATED WITH THE ISSUANCE OF THIS CHECK! ANY CONTACT/S, OR ATTEMPTED CONTACTS, SHOULD BE IMMEDIATELY REPORTED TO CMS (1-800-MEDICARE; 1-800-633-4227) AND LOCAL POLICE. THANK YOU.**

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

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