

COUNCIL ON AGING

South Hadley Massachusetts



The sun never sets on our Activities...

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 southhadley.org
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Chairperson: M. Connie Laplante

Social Services Coordinator:
 Angie Wright
 E-Mail: awright@southhadley.org

MARCH 2010

ST. PATRICK'S DAY LUNCH & CONCERT

WEDNESDAY, MARCH 17TH
SUGGESTED DONATION \$2.25

Come and celebrate the holiday with us. The entrée is corned beef and cabbage. A Colleen and court will be chosen via raffle shortly after lunch. Entertainment at 12:45 p.m. by the Choralites who will sing some wonderful holiday music. Reservations will be taken beginning on Friday, February 27th at 8 a.m. Call 538-5042 or stop by the office. Please do not leave a message.

CANDIDATES LUNCHEON

On Wednesday, March 31st at 11:15 a.m. come and meet the candidates for the various Town positions. The candidates will be invited to come and speak, if they wish, as well as mingle with the luncheon participants. The menu that day is Macaroni & Cheese, stewed tomatoes, Romano beans, whole grain bread, pineapple. Reservations must be made by 9 a.m. that morning. The Town Elections will be held on Monday, April 5th from 9 a.m. until 7 p.m. If you need a ride to vote call 538-5042. The cost of transportation for voting is paid by the Friends of South Hadley Elderly, Inc.

NOTE: DAYLIGHT-SAVINGS TIME BEGINS EARLY THIS YEAR. REMEMBER TO MOVE YOUR CLOCKS ONE HOUR FORWARD ON SUNDAY, MARCH 14TH.

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.



South Hadley Senior Travel Club TRIPS FOR 2010

Thursday, April 15th-OK, OK, we're ready to tell you but don't tell King Ward on us. Our Mystery Tour "Are we There Yet?" is going to the Newport Playhouse in Newport, RI. You will be entertained with a great cabaret show while enjoying a fabulous buffet. This will be followed by a play full of laughs. Cost is \$82.00. Call Sue Canedy at 536-2106 for reservations. Wednesday, April 28th-Foxwoods. Cost \$20.00, includes transportation, casino package and gratuity. Payment due upon reservation. Call Dave Bellefeuille at 533-7724 or Barbara Laramee at 536-8567. Thursday, May 4th-New offering-Culinary Institute of American and FDR's library and museum at Hyde Park, cost \$83. Call Sue Canedy, 536-2106. Tuesday, May 18th-Boston Duck Tour, cost \$86. Call Barbara Laramee at 536-8567. A \$5.00 non-refundable deposit is due on all non-casino trips. All final payments are due 6 weeks prior to all trips. We are not responsible for any injuries on our trips. No refund prior to one month of trips unless it is an emergency. A Travel Club Representative is at the So. Hadley Senior Center Tuesday, Wednesday and Thursday between 10:00-11:30. Flyers with complete details for each trip are located in the Senior Center entryway.

COA BOARD MEMBERS NEEDED TO FILL VACANCIES. If you are interested in being part of the board which oversees the operations of the Council on Aging, stop by the office and pick up an application. Meetings are held on the second Monday of each month at 4 p.m. at the senior center. Any resident 18 and over may serve on the board. Members help to plan for services and programs to insure the wellbeing of those 60 and over. If you would like more information, call Joanne Trybus, Director at 538-5042, Ext. 204.

NOTES FROM THE DIRECTOR

Before long the clocks will jump ahead and spring arrives with crocus blooms and warmer weather. I wish to express sincere gratitude to Marc Gaudreau and Wendy Story for supporting the Valentine's Day event by bringing a beautiful and delicious cake. Marc presented his annual slide show and highlighted 2009 events. I also thank the many other volunteers and staff who assisted in making this a happy day.

The Friends of South Hadley Elderly, Inc., coordinated by Connie Clancy, sent bouquets of red carnations and green fern to the home-delivered meals clients via their drivers. Through the Anna Mae Parker Memorial, HMOW clients also received a scratch ticket and some Hershey kisses.

Reservations for the St. Patrick's luncheon begin the last Friday of February. Although there is always a waiting list, I encourage people to add their name because due to cancellations, inevitably most people are called.

As the ground begins to thaw please keep in mind the importance of having a visible house number. The TRIAD house number sign makes it much easier to find a house, especially in the dark. Seconds count in an emergency situation so please help make finding your home easier for emergency personnel. Please consider having a TRIAD volunteer install a number this spring. Call the COA at 538-5042 and put your name on the list. A very small donation of \$5 is requested to help defray the cost of the post and number sign. All time involved is donated. Thank you to the volunteers who provide residents with the house numbers.

Beginning April 21st another 6-week session of the Cooley Dickinson Hospital VNA & Hospice will take place at our senior center. Because it is limited to 20 participants, you should register soon for this great educational program. There is no charge to attend. Falls are the leading cause of hospitalization and potential disability.

In the last couple of weeks we learned that residents of South Hadley, Chicopee and Holyoke are able to call the Holyoke Medical Center at 534-2607 and request transportation to the Center or a physician's office within that complex. This may be helpful to many of you who need a ride and worth a telephone call for more information.

Last month I included a great deal of information concerning the U.S. 2010 Census. The forms will arrive in March. Again, please take the time to complete the census form because the information will inevitably be helpful to seniors and the senior center. If you need assistance with the form, staff members will be delighted to help! I recommend calling ahead to be assured of our availability and come in with your 2010 Census Form and we'll help you answer the questions.

I look forward to seeing you at the senior center at one of the activities!



Joanne

SPECIAL THANKS TO:

**COMCAST for reducing the cost of the monthly internet connection fee. Through this courtesy the cost of Senior Net classes will not increase as planned.

**Doris Longpre, Jim Backus and Pat & Tom Costello for the coat racks. Now we have coat racks where we need them!

**Lionel and Theresa Brindamour for their very generous donation of \$150 to the "Lights On" fund!

**Lena Bernstein who knits approximately 5-10 multi-color hats every week and donates them to the senior center. If you know anyone in need please see Angie, Anne or Joanne.

**Fire District # 1 Chief Judd for allowing his paramedics and EMT's to visit the senior center once a month to do a blood pressure clinic. I also want to thank them for the speedy response to emergencies and their kind, courteous and professional manner when dealing with the elders during emergencies at the Center.

NO FALLS INSURANCE

Tips from the Executive Office of Elder Affairs

INDOOR:

- *Keep floors clean, clear and dry
- *Make sure areas are well lit
- *Keep things within easy reach

OUTDOOR:

- *Keep your steps and walkways free of snow/ice and moisture
- *Stay away from ice
- *Keep railings free of moisture and ice

For now, please do not bring in any medical equipment that you are no longer using. Fortunately there have been less requests and there is no storage space!

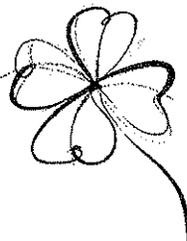
Are you at least 60 and have a problem with your in-home caregiving services?

Do you know someone who does?

If so, please call us!

1-800-243-4636

(1-800-AGE-INFO)



Angie's

NEWS & NOTES

Prescription drug costs are front and center in the health-care debate. Seniors know very well why this is. They see prices for their medications skyrocketing. To help you and your family cope with rising drug costs, I'd like to let you know about some helpful resources.

Today, Medicare beneficiaries have prescription-drug coverage. This is a good thing; however, the coverage is not complete. This year, millions of Medicare Part D beneficiaries risk falling into a drug-coverage gap known as the "doughnut hole."

But there is some help. Here are a few resources worth knowing about if you want to help you and your loved ones save on prescription drugs.

Talk to a Real Person!

I can't say enough wonderful things about the Shine Program (Serving the Health Information Needs of Elders). The SHINE Program provides free and unbiased health information, counseling, and assistance to Medicare beneficiaries of all ages and their caregivers. The SHINE counselors help older people (and younger disabled Medicare beneficiaries) understand their Medicare benefits and other health insurance options, including Medicare A&B covered services, prescription drug options, Medigap insurance plans, Medicaid, and free or reduced cost health care programs.

If you would like to schedule an appointment with a SHINE counselor please call the Council on Aging at: 538-5042.



SPECIAL EVENT: DURHAM CALDWELL

Thursday, March 18 12:30pm

Durham Caldwell was News Director at Channel 40 from 1962 to 1988. His new book, *Tumultuous Affairs: Uncertain Politics and Unlikely Romance During a Turbulent Time, 1964-1975* is a fictionalized account of the City of Riverbridge and will sound familiar to those from the Springfield area. Please join us.

AARP'S New Doughnut Hole Calculator

This is a great new resource. With this calculator, you can find out whether or not there are less expensive drugs that could help you save money. The system ensures privacy; no information is ever saved. You just receive information on the best, lowest-cost, safest, and most effective medications. All you have to do is type in the drugs you are taking and your zip code. That is as personal as it gets. And you can do this all online from the comfort of your home.

You will end up with some great information, including a chart showing your likely drug costs under your plan, month by month throughout the year. You will also see a projection of when you might hit the doughnut hole and how much it would cost. Give it a try at: aarp.org/doughnuthole.

Low-Income Medicare Beneficiaries May Receive Extra Help Paying for Drugs

A new law, effective Jan. 1st, relaxes eligibility requirements for Medicare's Extra Help Program, which provides substantial benefits to low-income people enrolled in the Medicare Part D drug coverage program. It will let some beneficiaries qualify for Extra Help for the first time, and may allow others to receive a higher level of assistance than before. To qualify, Medicare beneficiaries can have no more than a certain level of financial assets: \$12,510 for an individual or \$25,010 for a married couple, not including the value of a house, car or other personal possessions. Currently, annual income cannot exceed \$16,245 for an individual or \$21,855 for a married couple.

And now, the value of any life insurance policy or any financial assistance from friends or family members to pay bills will no longer count toward a beneficiary's total resources or income.

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. MARCH 2010 MENU

- 1) AMERICAN CHOP SUEY, Spinach, Roll, Peaches or Diet Peaches.
- 2) VEAL PATTY W/GRAVY, Mashed Potatoes, Mixed Vegetables, Whole Wheat Bread, Brownies or Diet Brownies.
- 3) BAKED HAM W/PINEAPPLE, Brown Rice, Succotash, Whole-Grained Bread, Mandarin Oranges or Diet Mandarin Oranges.
- 4) SWEET & SOUR CHICKEN, Egg Noodles, Squash Blend, Orange Juice, Rice Pudding or Diet Rice Pudding.
- 5) BAKED STUFFED SHELLS W/SAUCE, Broccoli/Cauliflower, Garlic Bread, Fruit and Diet Fruit.
- 8) STUFFED PEPPERS W/SAUCE, Confetti Rice, Green Beans, Cornbread, Tropical Fruit or Diet Tropical Fruit.
- 9) BIRTHDAY/ANNIVERSARY, FRENCH MEAT PIE W/Gravy, Scalloped Potatoes, California Blend Vegetables, Cake or Diet Cake.
- (10) OVEN BAKED CHICKEN W/GRAVY, Red Potatoes, Corn, Whole Wheat Bread, Apricots and Diet Apricots.
- (11) ROAST PORK W/GRAVY, Mashed Potatoes, Wax Beans, Whole Grain Roll, Cookies & Diet Cookies.
- (12) POLLOCK & CHEESE FILETS, Rice Pilaf, Spinach, Roll, Peaches & Diet Peaches.
- (15) BAKED HAM & NOODLE CASSEROLE, Green Beans, Oatmeal Bread, Pineapple or Diet Pineapple.
- (16) GROUND BEEF STROGANOFF, Noodles, Broccoli, Multi-Grain Bread, Pears & Diet Pears.
- (17) ST. PATRICK'S DAY LUNCHEON, CORNED BEEF & CABBAGE, Boiled Potatoes, Carrots, Soda Bread, Cake w/Mint Frosting or Diet Cake.
- (18) CHICKEN PATTIES W/GRAVY, Mashed Potatoes, Brussels Sprouts, Rye Bread, Mixed Fruit or Diet Mixed Fruit.
- (19) FIESTA POLLOCK, Rice, Peas & Carrots, Roll, Orange Juice, Tapioca Pudding or Diet Tapioca Pudding.
- (22) CELEBRATE NEW MEXICO, Chili Con Carne, White Rice, New Mexican Corn, Orange Juice, Wheat Bread, Fruit Turnover or Diet Fruit Turnover.
- (23) BBQ CHICKEN, Au Gratin Potatoes, Carrots, Oatmeal Bread, Mandarin Oranges or Diet Mandarin Oranges.
- (24) STUFFED CABBAGE W/SAUCE, Mashed Potatoes, Mixed Vegetables, Rye Bread, Mixed Fruit or Diet Mixed Fruit.
- (25) ROAST TURKEY W/GRAVY, Roasted Potatoes, Green Beans, Multi-Grain Bread, Jell-O or Diet Jell-O.
- (26) BROCCOLI & CHEESE QUICHE, Potato Puffs, Peas & Onions, Multi-Grain Bread, Oranges or Diet Oranges.
- (29) LIVER & ONIONS, Mash Potatoes, Zucchini Blend, Roll, Brownies or Diet Brownies.
- (30) MEATBALLS W/SPAGHETTI, Tomato Sauce, Garlic Bread, Spinach, Peaches or Diet Peaches.
- (31) MACARONI & CHEESE, Stewed Tomatoes, Romano Beans, Whole Grained Bread, Pineapple or Diet Pineapple.

MARCH IS NATIONAL NUTRITION MONTH

By Chris Brown
Nutritionist WMEC

Eating a variety of food from all food groups can help you get the nutrients your body needs as you age. A healthy eating plan emphasizes fruit, vegetables, whole grains and low-fat or fat-free milk or milk products. This healthy eating plan includes lean meat, fish, beans, eggs and nuts. It is also low in saturated fats, trans fats, cholesterol, salt (sodium) and added sugars.

There are special nutrient needs as we age:

Calcium and Vitamin D — Older adults need more calcium and vitamin D to help maintain bone health. Have three servings of vitamin D fortified low-fat or fat-free milk or yogurt each day.

Vitamin B-12 — Many people older than 50 do not get enough vitamin B-12. Fortified cereal, lean meat and some fish and seafood are sources of vitamin B-12.

Fiber — Eat more fiber-rich foods to help stay regular. Fiber can also lower your risk for heart disease, control your weight and prevent type II diabetes.

Potassium — Increasing potassium along with reducing sodium (salt) may lower your risk of high blood pressure. Fruits, vegetables, and low-fat or fat-free milk and yogurt are good sources of potassium.

Know your fats — Foods that are low in saturated fats, trans fats and cholesterol help reduce your risk of heart disease. Most of the fats you eat should be polyunsaturated or monounsaturated fats.

The above information is provided by the American Dietetic Association.



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>1 VEAL PATTY/GRAVY 10 Music Appreciation-CE 11 Tai Chi-EX 1 Red Hat Society-C2 1 Stained Glass-CE 1 Poker-DR 1 Pinochle-DR 1 Canasta-DR</p>	<p>2 AMERICAN CHOP SUEY 9-12 SHINE (by appt.) 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>3 BAKED HAM/PINEAPPLE 8 HIP-EX/9:30 Grocery Shopping 10 Travel Club-C1 10:30 Osteoporosis Exercise-EX 11:15 Berk. Hills Music Academy 1 Pitch-CR 1 Mah Jongg Teach & Learn -CE 1 Choralites-DR/Senior Poetry-C2</p>	<p>4 SWEET & SOUR CHICKEN 10 Alzheimer's Support-C2 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>5 BAKED STUFFED SHELLS 9-12 AARP Tax Asst.(by appt)-C2 9:30 Grocery Shopping 10 Coffee & Conversation-DR 10:30 Osteoporosis Exercise-EX 1 Knitting-L 1 Bridge-CE/Cribbage-CR 1 Canasta-DR/Poker-DR</p>
<p>8 STUFFED PEPPERS 9:30 FOOT NURSE (by appt) 10 Music Appreciation-CE 11 Tai Chi-EX 1 Stained Glass-CE 1 Poker-DR 1 Pinochle-DR 1 Canasta-DR 4 COA Board Meeting-C2</p>	<p>9 BIRTHDAY/ANNIVERSARY FRENCH MEAT PIE 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>10 BAKED CHICKEN/GRAVY 8 HIP-EX 9:30-12 H1N1 Flu Clinic-CE + CR WEAR LOOSE SLEEVE TOP 9:30 Grocery Shop/10-Travel -C1 10:30 Osteoporosis Exercise-EX 1 Diabetic Support Group-C2 1 Mah Jongg Teach & Learn -CE 1 Choralites-DR/Pitch-CR</p>	<p>11 ROAST PORK/GRAVY 10 Veteran's Group-C2 10 Beginning Exercise-EX 10 Writing Group-CE 10 Travel Club-C1 12:30-2 Blood Pressure Screen-C2 1 Golden Agers-CR 1 Scrabble-L 1 Quilting-CE 1 Line Dancing-EX</p>	<p>12 POLLOCK & CHEESE 9-12 AARP Tax Asst.(by appt)-C2 9:30 Grocery Shopping 10 Coffee & Conversation-DR 10:30 Osteoporosis Exercise-EX 1 Knitting-L/Bridge-CE 1 Cribbage-CR/Poker-DR 1 Canasta-DR</p>
<p>15 HAM & NOODLE CASS. 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>16 "WELCOME ANGIE" LUNCH GROUND BEEF STROGANOFF 9-12 SHINE (by appt.) 10-11 Brown Bag-CE 10 Lo-Vision Support—C2 10 Beg.Ex.-EX/Travel Club-C1 1 Bingo-CR/Movie-EX 1 Needlecraft-CE 6:15 Men's Night/Mah Jongg</p>	<p>17 ST. PATRICK'S DAY LUNCH CORNED BEEF & CABBAGE 8 HIP-EX 9:30 Grocery Shopping 10 Travel Club-C1 No Osteoporosis Exercise 1 Choralites Concert-DR 1 Senior Poetry-C2 1 Mah Jongg -CE/Pitch-CR</p> 	<p>18 CHICKEN PATTY/GRAVY 10 Alzheimer's Support-C2 10 Beginning Exercise-EX 10 Writing Group-CE 10 Travel Club-C1 12:30 Author Durham Caldwell-Open to All and Get Going-DR 1 Golden Agers-CR 1 Scrabble-L/Quilting-CE 1 Line Dancing-EX</p>	<p>19 FIESTA POLLOCK 9-12 AARP Tax Asst.(by appt)-C2 9:30 Grocery Shopping 10 Coffee & Conversation-DR 10:30 Osteoporosis Exercise-EX 11:30 Rep. John Scibak 1 Knitting-L 1 Bridge-CE 1 Cribbage-CR 1 Canasta-DR/Poker-DR</p>
<p>22 CELEBRATE N. MEXICO CHILI CON CARNE 9:30 FOOT NURSE (by appt) 10 Music Appreciation-CE 11 Tai Chi-EX 1 Movie-Into Thin Air and Discuss Three Cups of Tea-EX 1 Stained Glass-CE 1 Poker-DR/Pinochle-DR</p>	<p>23 BBQ CHICKEN 10 Beginning Exercise-EX 10 Travel Club-C1 11:15 Christine Brown, WMEC Nutritionist-DR National Nutrition Month 1 Bingo-CR/Movie-EX 1 Needlecraft-CE 6:15 Men's Night/Mah Jongg</p>	<p>24 STUFFED CABBAGE/SAUCE 8 HIP-EX 9:30 Grocery Shopping 10 Cooley Dickinson Clinical Trials "How Can You Benefit?"-CR 10 Travel Club-C1 10:30 Osteoporosis Exercise-EX 1 Pitch-CR/Mah Jongg -CE 1 Choralites-DR</p>	<p>25 ROAST TURKEY/GRAVY 10 Beginning Exercise-EX 10 Writing Group-CE 10 Travel Club-C1 10:30 Blood Pressure Screening w/Fire District #1—DR 1 Golden Agers-CR/Scrabble-L 1 Quilting-CE 1 Line Dancing-EX</p>	<p>26 BROC./CHEESE QUICHE 9-12 AARP Tax Asst.(by appt)-C2 9:30 Grocery Shopping 10 Bereavement Support-CE 10 Coffee & Conversation-DR 10:30 Osteoporosis Exercise-EX 1 Knitting-L 1 Bridge-CE/Cribbage-CR 1 Canasta-DR/Poker-DR</p>
<p>29 LIVER & ONIONS 10 Music Appreciation-CE 11 Tai Chi-EX 1 Stained Glass-CE 1 Poker-DR 1 Pinochle-DR 1 Canasta-DR</p>	<p>30 MEATBALLS/SPAGHETTI 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>31 MACARONI & CHEESE 8 HIP-EX 9:30 Grocery Shopping 10 Travel Club-C1 10:30 Osteoporosis Exercise-EX 11:45 Candidates at Lunch -DR 1 Pitch-CR/Mah Jongg -CE 1 Choralites-DR</p>	<p style="text-align: center;">MARCH 2010</p> <p style="text-align: center;">IN TOWN TRANSPORTATION AVAILABLE MONDAY-FRIDAY FROM 9-3, BY APPOINTMENT ONLY.</p> <p>ROOM KEY B=Billiards Room CR=Card Room CE=Ceramics C2=Formerly Old Office C1=Conf. Room Off Library EX=Exercise Room DR=Dining Room L=Library</p>	

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

WELCOME ANGIE LUNCHEON

On Tuesday, March 16th come to lunch and meet Angela "Angie" Wright the new Social Service Coordinator at our COA. Many of you have already had the pleasure of meeting her or benefited by her assistance. But for those of you in the network or the community who would like to have the opportunity to stop by and have a chance to speak with her while enjoying a delicious lunch of ground beef stroganoff, please make your reservation. Angie is a welcome addition to our staff and has already demonstrated her strong work ethic and commitment!

REMINDER: PRESCRIPTION ADVANTAGE CLIENTS MAY CHANGE THEIR MEDICARE PART D COVERAGE THROUGH THE END OF MARCH.

****NEW TAI CHI SESSION BEGINS ON MONDAY, MARCH 1ST THROUGH APRIL 26TH. THE 7-WEEK SESSION WILL COST \$42.00.**

****NEW LINE DANCE SESSION BEGINS ON MARCH 4 AND CONTINUES UNTIL APRIL 29. COST FOR THE 9-WEEK SESSION IS \$18.00.**

****NEW SESSION OF BEGINNING EXERCISE WILL BEGIN ON THURSDAY, MARCH 11TH (UNLESS THERE IS SNOW DAY CANCELLATION IN CURRENT SESSION). COST FOR THE 16 SESSIONS \$48.00.**

PEEK AND POKE RACK

Very soon people will be thinking of cleaning their closets and switching to spring clothing. If you come across nice items that you no longer wear for various reasons, please consider donating them to the COA peek and poke rack. Your donations can be valued and a tax deductible receipt issued. Please donate only clean and current clothing but no undergarments or shoes. Also, men's clothing do not seem to move well. But it is amazing how many people visit the peek and poke rack where the price is right. All items are free and the only criteria for taking clothing away is that it fits. The COA prides itself on the many recycling projects it oversees but please remember that if an item is not useful, staff must dispose of the unused articles and this can become a time-consuming as well as expensive project.

HEALTH PLAN OPTIONS FOR PRE-RETIRES: BUILDING YOUR BRIDGE TO SECURITY

On Thursday, April 1st at 5:30 p.m. at our Senior Center, BlueCross BlueShield of MA will offer a presentation for those who are planning on retiring in the near future. What happens to my insurance if I retire younger than 65? What if I work past 65? What about coverage for my spouse? These are common questions that retirees have about their health insurance coverage. It will include an explanation of COBRA as well as the Direct-Pay health plan options available before Medicare. It includes an explanation of the health plan options once a person does have Medicare. A question and answer session will follow the presentation. 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.

WEDNESDAY, MARCH 24TH AT 10 A.M. COOLEY DICKINSON HOSPITAL CLINICAL TRIALS PRESENTATION

How can you benefit? Come and hear a presentation on the value of taking part in a study, not only for yourself but also for your family. Please call 538-5042 and register for this program. If there are not enough participants, it may be cancelled.

RETIREMENT ESTIMATOR

Named Best Online Service in Government
www.socialsecurity.gov/estimator

The online *Retirement Estimator* is a convenient, secure and quick financial planning tool that lets workers calculate how much they might expect to receive in Social Security benefits when they retire. The attractive new feature of this calculator is that it eliminates the need to manually key in years of earnings information. It's so easy to use. The new *Retirement Estimator* is available at www.socialsecurity.gov/estimator and gives the public the opportunity to run accurate, personalized scenarios for Social Security retirement benefits in a user-friendly way.

You also can create "what if" scenarios. For example, you can change "stop work" dates or expected future earnings to create and compare different retirement options that may be in your future.

So experience the best online service in government now by visiting the website noted above.

(above information has been taken from the Longmeadow Council on Aging newsletter titled "The Voice".)

CELL PHONE NUMBERS HAVE GONE PUBLIC

TO PLACE YOUR CELL PHONE NUMBERS ON A "DO NOT CALL LIST" CALL 888-382-1222. IT IS THE NATIONAL DO NOT CALL LIST. IT BLOCKS YOUR NUMBER FOR FIVE (5) YEARS. YOU MUST CALL FROM THE CELL PHONE NUMBER YOU WANT TO HAVE BLOCKED. YOU CANNOT CALL FROM A DIFFERENT PHONE NUMBER.

IN MEMORIAM

IN MEMORY OF:

FROM:

NUTRITION ACCOUNT:

MARY NOLEN
Rosa Frau
Mr. & Mrs. Richard Turban
India Nolen
Andrew & Irma McCormick

KENNETH GUILBAULT
Mr. Alec J. Niziolek
Mr. & Mrs. Adam J. Niziolek
Mrs. Marti Niziolek

PHYLLIS JANEK
Yvonne Gaudette
Tammy Teehan

CLAIRE LETELLIER
Claire Bedard

JOE JEZ
Claire Bedard

LILLIAN SOLZAK
Charlotte Rose

LOUIE CONTI
Bob & Liz Methot
Pat & Jim Peters

SERVICES ACCOUNT:

MARY NOLEN
Sharon, Patrick, Cassie,
and Julia Reis

NEWSLETTER ACCOUNT:

EILEEN NOLIN
Phyllis & George Polizou

MARY NOLEN
Bob & Lynne Bertram

CAROLE SCYTOWSKI
Cecile Patryn

ANTONIO FERNANDES
Florence Fernandes

LOU CONTI
Anne Conti

EMERGENCY FUND:

EILEEN NOLIN
Mary & Fred Craig

IN MEMORIAM

IN MEMORY OF:

FROM:

"LIGHTS ON":

NELLIE BURELLE
Catherine Simpson
Cile Stuntz
Russell & June Smith
Marie & David Litke
John & Janet Marcy
Henrietta Beaton

EILEEN NOLIN
Hazel Kubic
Joe Gaunt

GEORGE (CHUCK) HALKYARD
Eileen Halkyard

LOU CONTI
Joanne Trybus

MOTHER'S GARDEN

NELLIE BURELLE
Kathy & Dick Kirby

DOTTIE RENNER
Harold Renner

THE NEXT BEREAVEMENT GROUP WILL BEGIN ON FRIDAY MARCH 26TH AT 10:00 A.M. IN THE CERAMICS ROOM. INDIVIDUALS WHO HAVE LOST A LOVED ONE IN THE LAST YEAR SHOULD HAVE RECEIVED A LETTER FROM ANGIE WRIGHT, SOCIAL SERVICE COORDINATOR AT OUR COA. THE GROUP WILL BE FACILITATED BY RAYNA MCGRATH FROM HAWTHORN SERVICES WHO IS FAMILIAR WITH THE GRIEVING PROCESS. IT IS AN OPPORTUNITY TO MEET WITH OTHERS WHO CAN UNDERSTAND THE MANY ASPECTS OF LOSING SOMEONE. THE FIRST STEP WILL BE A PERSONAL INTERVIEW WITH RAYNA BEFORE THE SESSIONS BEGIN. THIS WILL BE AN 8-WEEK SUPPORT GROUP. IF YOU WOULD LIKE TO LEARN MORE ABOUT THIS PROGRAM, PLEASE CONTACT ANGIE AT 538-5042, EXT 206. THE PROGRAM IS MADE POSSIBLE THROUGH FORMULA GRANT FUNDS FROM THE EXECUTIVE OFFICE OF ELDER AFFAIRS.



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

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

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

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

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.

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

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

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

HOME OXYGEN FIRE SAFETY

Do you use home oxygen or know someone who does? Did you know that using home oxygen increases the risk of fire and burns...and smokers put themselves (and others) at great risk? Clothing, bedding, furniture and even hair absorb oxygen and can catch fire readily.



Home oxygen users should keep at least ten feet from any flame—think matches or candles—or heat sources such as electric razors, gas stoves, heaters or hair dryers. Petroleum based lip balms or lotions also can ignite.

For more information you may download the "Breathe Easy — Using Home Oxygen Safely" pamphlet from www.mass.gov/dfs. Click on Fire Safety Topics and then Home Oxygen Safety.

Quitting smoking is the best think for your own health and safety and those around you. Ask your doctor for help. And thank you for helping everyone to breathe easier.

NEW CREDIT CARD REGULATIONS TAKE EFFECT IN FEBRUARY

Effective February 22, 2010 the Credit Accountability Responsibility and Disclosure (CARD) Act will provide new protection for consumers including:

**Enhanced disclosures of credit card terms that require:

~Cardholders to be given 45 days notice of any interest rate increase

~Issuers to provide disclosures upon card renewal when the care terms have changed

~Issuers to disclose the period of time and total interest it will take to pay off the card balance if only minimum monthly payments are made

~Full disclosure of payment due dates and applicable late payment penalties

**Elimination of Universal Default-credit card issuers can no longer increase the interest rate on one card if a customer missed a payment on another card.

**Restrictions on Interest Rate Hikes-no interest rate increases during the first year or on existing balances.

**Penalty Payments-card issuers must wait until payments are 60 days late before changing penalty interest rates.

**No Fees for Payment by Phone or Online

**Bills must be mailed 21 days before due date-no weekend or early morning deadlines.

**No more two-cycle or double billing-cardholders can't average your balances for the last two statements and charge you interest on that number.

**Application of payments-credit card companies must apply any payment above the minimum to the highest interest rate balance.

**Over-the-limit-fees-these fees can only be applied if the consumer consents to over-the-limit transactions.

**Age requirements-applicants under the age of 21 must obtain a co-signed OR show they have sufficient income.

(Above information take from "Consumer Advisory" Office of Consumer Affairs & Business Regulation)

ANNE'S NEWS

Hopefully March will come in like a Lion and go out like a Lamb. Most of us would rather skip the Lion part altogether. Regardless we will be seeing a bit of green on St. Patrick's Day, which always gives me hope for spring. We will celebrate in traditional form with a delicious Corned Beef and Cabbage meal, a LOT of green and a toe tapping, jig dancing concert by the Choralites. Please remember to make your reservation, I don't want anyone to miss out!

Recently, the Book Club decided to stop meeting. I am writing to see if there is enough interest to begin a new group. I would facilitate this group, everyone would assist in picking titles for books and a vote would be taken to choose the most popular books with the group. My Mom is in a very popular Book Club at the Cape and she gave me the idea on how to organize it. I want this to be fun and interesting, please call the office if you are interested in participating.

The Lo-Vision Support Group will resume its monthly meeting on the third Tuesday of the month at 10:00 A.M. If you or someone you know is having vision challenges, this group is very informative and supportive. Please call our office to let us know you would like to attend.

The March Birthday and Anniversary Luncheon will be Tuesday, March 9. We think your birthdays and wedding anniversaries are very special and would like to treat you to lunch and honor you. Please call the office in advance if you can join us.

On Thursday, March 18th we are fortunate to have author Durham Caldwell speaking after lunch at 12:30 P.M. in the Dining Room. There is no charge for this event and you are welcome to attend even if you are not coming for lunch.

This month we will celebrate New Mexico on **Monday** (yes Monday), March 22nd with a theme meal and an interesting trivia talk. It is a different day than previous months so make a note of it.

If you are interested in having fun, feeling rewarded, making great friends and using your talents, think about volunteering. In January our volunteers gave 1,587.75 hours of service. Not only does this make our Senior Center activities possible, it enriches the lives of our volunteers. Call me if you'd like to join the team of the greatest volunteers on earth!

Anne

SOUTH HADLEY READS

The book chosen for this years' community reading event is "Three Cups of Tea", by Greg Mortenson. This is the inspiring account of his campaign to build schools in the most dangerous, remote anti-American reaches of Asia. In 1993, Greg Mortenson was the exhausted survivor of a failed attempt to ascend K2. Nursed to health by the members of an impoverished Pakistani village, Mortenson promised to return one day and build them a school. He currently has established or significantly supports 131 schools in Pakistan and Afghanistan.

Calendar of Events:

Thursday, March 4, 10:30am-Children's Storytime-Listen to the Wind-South Hadley Public Library

Saturday, March 6, 10am-Peace Corps Volunteer Lisa Miller will discuss her experiences in Kenya and Sierra Leone-S.H. Public Library

Monday, March 8, 6:30pm-Group discussion of Three Cups of Tea-S.H. Public Library

Wednesday, March 10, 6:30pm-Education in Pakistan and Afghanistan: Student Perspective-Gaylord Memorial Library

Thursday, March 11, 7:00pm-Three Chapatis: A Mountaineer's Perspective on "Three Cups of Tea"-Odyssey Bookshop

Friday, March 19, 10:30am-Children's Storytime: "Listen to the Wind"-Gaylord Memorial Library

Monday, March 22, 1pm-Movie: "Into Thin Air: Death on Everest" and discussion of Three Cups of Tea-South Hadley Council on Aging

Thursday, March 25, 6:30pm-Group discussion of Three Cups of Tea-Gaylord Memorial Library

South Hadley Reads is made possible by a grant from PeoplesBank. Copies of "Three Cups of Tea" are available on loan at the Senior Center and libraries or for purchase at Odyssey Bookshop. For more information please see Anne O'Connor at South Hadley Council on Aging.

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