

# COUNCIL ON AGING

South Hadley Massachusetts

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

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## THE GOLDEN CHRONICLE

**MAY 2010**

Chairperson: M Connie Laplante  
  
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### Mother's Day

**HAPPY MOTHER'S DAY TO ALL MOTHERS, GRANDMOTHERS, GREAT-GRANDMOTHERS AND GREAT-GREAT GRANDMOTHERS.**

**SPRING CONCERT AND CHORALITES**  
**CONCERT-WEDNESDAY MAY 26TH**  
 Come and join the fun by having lunch (Roast Turkey/Gravy) and then stay for a cheerful concert by the Choralites following the meal. They will take you on a "walk" down memory lane through the 40's, 50's and 60's.

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 \* **MOTHERS' GARDEN PLANT SALE** \*  
 \* SATURDAY, MAY 15TH 9 A.M.—NOON \*  
 \* Great perennial plants from the Mothers' Garden \*  
 \* and the gardens of the Gardening Ladies! Terrific \*  
 \* prices and all proceeds used to enhance the Mothers' \*  
 \* Garden and Senior Center landscape. \*  
 \* \*\*\*\*\*

THE FRIENDS OF SOUTH HADLEY ELDERLY, INC. WILL BE HOSTING THEIR ANNUAL CARD PARTY ON TUESDAY, MAY 4TH, 6:30-10 P.M. AT THE ST. PATRICK'S CHURCH SOCIAL CENTER. THERE WILL BE WONDERFUL HOME-MADE DESSERTS AND GREAT RAFFLE PRIZES. THIS IS A MAJOR FUND-RAISER FOR THE "FRIENDS" SO PLEASE SUPPORT THE EVENT. CARD PARTY TICKETS COST \$4.00 AND RAFFLE TICKETS ARE 3/\$1.00 WITH A \$100 CASH FIRST PRIZE. TICKETS ARE ON SALE AT THE DAILY LUNCHESES. THE "FRIENDS" SPONSOR THE COFFEE STATION, THE PHOTOCOPIER AND PROVIDE FINANCIAL SUPPORT FOR ALL SPECIAL EVENTS.

**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. THE SUGGESTED DONATION IS \$2.25 FOR PEOPLE 60 AND OVER, BUT REMEMBER IT IS A DONATION. EVERYONE UNDER 60 MUST PAY \$3.00. 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**  
**Tuesday, May 4th:** Last minute seating still available for **The Culinary Institute of American and FDR's Library and Museum at Hyde Park.** Includes a guided tour of the inner workings of this famous school. After the tour you will enjoy a culinary delight in their American Bounty Restaurant. Then it's off to Hyde Park to explore the life of FDR and First Lady Eleanor Roosevelt. Cost \$83.00. Call Sue Canedy at 536-2106. **Tuesday, May 18th:** Back by popular demand...**Boston Duck Tour.** Your conDUCK tour will keep you laughing as you enjoy a narrated tour of Boston by land and by water. After this tour, lunch is at **Maggiano's Little Italy Restaurant.** In the afternoon a local historian will meet you and take you on a **2 1/2 hour guided riding/walking tour of Boston** (mostly on the bus with times to get off). Cost \$86.00. Call Barbara Laramie, 536-8567. **Tuesday, June 8th: Mohegan Sun** with full casino package. Cost \$20. Payment due upon booking. Call David Bellefeuille at 533-7724. **Tuesday, June 29th: Isle of Shoals-Portsmouth, NH:** Start in Kittery ME with a fabulous lunch at Warren's Lobster House, featuring over 60 items followed by a short drive to Portsmouth, NH for a **2 1/2 hour cruise of the Legendary isle of Shoals** aboard a Victorian style steamship. Cost \$82.00. Call Judy Fortier at 534-3598. A \$5.00 non-refundable deposit is due on all non-casino trips. All final payments are due 6 weeks prior to all trips. No refund prior to 1 month of a trip unless it is an emergency. A Travel Club Representative is at the South Hadley Senior Center on Wednesday and Thursday between 10-11:30. **The Travel Club no longer meets on Tuesdays.** Flyers with complete details for each trip are located in the Senior Center entryway and in The Travel Club room (off the library). Come and visit us. We are not responsible for any injuries on our trips.

# NOTES FROM THE DIRECTOR

May is Older Americans Month and the South Hadley Senior Center will be celebrating with a spring lunch and concert on Wednesday, May 26th. The theme this year is "Age Strong, Live Long!" One repeatedly reads and hears about the importance of exercise as a documented method of staying healthy and that it is NEVER too late to start an exercise program as long as one consults their physician first. At our Senior Center there is a multitude of programs including Tai Chi, Beginning Exercise and Osteo Exercise (weight-training with light weights) as well as treadmills and a bicycle. During the next few months Wii will be available in the exercise room on designated days. Anne O'Connor will be visiting the Agawam Senior Center to observe their Zumba class. If anyone might be interested in a Zumba class that is designed for more mature participants, please call 538-5042 and add your name to a list. If we have enough of interest then the next step will be to find an instructor. As always, the staff is open to suggestions for programs and activities at the South Hadley Senior Center.

The common goal of the staff of the South Hadley Senior Center is to make the Center a pleasant and positive place to be. Socialization abounds at the luncheons or being part of one of the activities. If you are interested in a tour of the center, call 538-5042 and ask for Anne O'Connor who will be delighted to take you around.

This year Mother's Day will be extra special for me and my Mother because we now have Emma. My Mother is a first-time Great Grandmother and of course I am the Grammy. So I extend my personal best wishes for a very Happy Mother's Day for those with families.

May is such a beautiful month and holds the promise of new life with all of the flowers coming into full bloom. Again, I invite you to walk through the beautiful Mothers' Garden if you want your spirits to be lifted. As a fellow-gardener I express my personal thanks to the volunteers who maintain the space because I realize the work involved in keeping a garden weed-free and blooming.



*Joanne*

**"YOU ARE AS WELCOME AS THE FLOWERS IN MAY"**

- Charles Macklin

**VOLUNTEER GARDENERS NEEDED:** If you can give a little time on Wednesday or Friday mornings, why not join the gardeners out in the Mothers' Garden. Help is needed so it does not become hard work for a few.

## IDENTITY THEFT: SCAMS AND FRAUDS ALONG WITH HAMBURGS AND HOT DOGS

Don't become a victim of identity theft. Come and hear a personal accounting of having identity stolen and learn how to avoid being victimized. Hear the latest on the "Granny Scam" and other fraudulent methods of wiring money. The nice weather brings out the people trying to sell home repairs. Become a well-educated consumer and attend this program.

THE SO. HADLEY TRIAD/S.A.L.T. COUNCIL INVITES YOU ON THURSDAY, MAY 13TH TO THE SOUTH HADLEY SENIOR CENTER DINING ROOM TO LEARN ABOUT IDENTITY THEFT and enjoy a hamburger or hot dog with chips and soda. The food will be served at 5:30 p.m. with the program to follow at 6:00 p.m. Special thanks to Sheriff Garvey and the Hampshire Sheriff's Office for providing the food. Because space is limited and food must be purchased, please call 538-5042 to register for this program. One must have a reservation to attend. This program will be presented by Christy Geffen, TRIAD Coordinator, for Elizabeth D. Scheibel, Northwestern District Attorney and Dave Fenton from the Hampshire Sheriff's Office. Don't let yourself become the next victim! Non-seniors welcome to attend.

## MAINTAINING MUSCLE SIZE AND STRENGTH WITH PHYSICAL ACTIVITY

WEDNESDAY, MAY 26TH  
10 A.M. IN THE CARD ROOM



A presentation by Anita Christie, post-doctoral fellow from UMASS-Amherst Muscle Physiology Laboratory in the Department of Kinesiology. Come and learn about the importance of physical activity, how age affects muscle and what can be done to improve the chances of staying strong and active. It is important to be pro-active in maintaining one's health and wellness and increase longevity and independence at the same time. Please call 538-5042 to register for this program.

**ARBOR DAY** is being celebrated at the Arboretum behind the M.E.S. Middle School 10 a.m. Friday, April 30th. A tree is being planted in honor of all S. Hadley residents. Everyone is invited to join some Science students for this celebration.

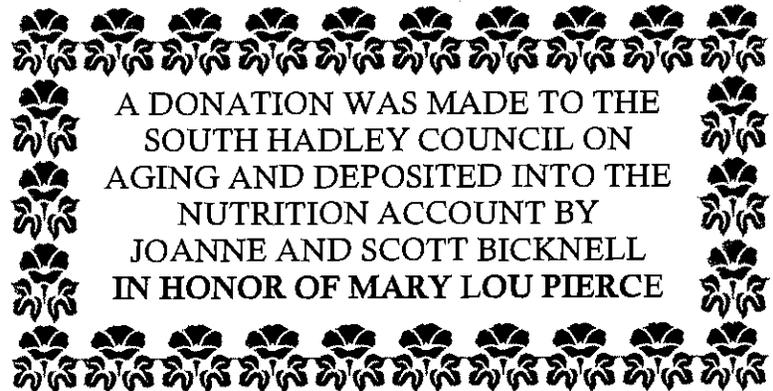


STATE HOUSE HOLIDAY CARD CONTEST SPONSORED BY SECRETARY WILLIAM GALVIN'S OFFICE. DEADLINE FOR ENTRY IS JULY 1, 2010. FOR MORE INFORMATION CONTACT, JOANNE TRYBUS AT 538-5042, EXT. 204.

### HOUSE NUMBERS AVAILABLE

TRIAD HOUSE NUMBERING IS BACK IN BUSINESS. A VISIBLE HOUSE NUMBER MAY SAVE YOUR LIFE! TO HAVE A RED REFLECTIVE NUMBER INSTALLED ON YOUR PROPERTY, CALL 538-5042 AND THE INFORMATION IS PASSED ON TO THE S.A.L.T. COUNCIL. PLEASE GIVE YOUR NAME, ADDRESS AND PHONE NUMBER. IF YOU WISH, YOU MAY MAKE A \$5.00 DONATION TO THE SO. HADLEY TRIAD.

**SPECIAL THANKS TO: ALBERTINE GAGNE FOR THE GIFT SUBSCRIPTION TO PREVENTION MAGAZINE.**



A DONATION WAS MADE TO THE  
SOUTH HADLEY COUNCIL ON  
AGING AND DEPOSITED INTO THE  
NUTRITION ACCOUNT BY  
JOANNE AND SCOTT BICKNELL  
IN HONOR OF MARY LOU PIERCE

# Angie's

## NEWS & NOTES

### DO YOU KNOW ABOUT SHINE?

SHINE is the Massachusetts State Health Insurance Program. 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 people with disabilities) understand their Medicare benefits and other health insurance options.

The SHINE Program ensures that Medicare beneficiaries have access to accurate information regarding health options. SHINE counselors are trained and certified by the Executive Office of Elder Affairs in many areas of health benefits, including Medicare A & B covered services, prescription drug options, Medigap insurance plans, MassHealth/Medicaid, and free or reduced cost health care programs.

There is no charge for this service. If you would like to schedule an appointment with a SHINE counselor please call the Council on Aging at 538-5042.

**SPECIAL EVENT  
ALBERT GORDON, ESQ.  
ATTORNEY AT LAW**

Presentation on Long-Term Care Insurance, MassHealth, Guardianship and Elder Law.  
Tuesday, May 11 at 10:00 A.M. in the Card Room of the South Hadley Senior Center

PLEASE CALL 538-5042 TO REGISTER. ALL ARE WELCOME TO ATTEND.

### Prescription Advantage Benefit Change

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

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

### H.E.L.P.

The Hampshire Elder Law Program (H.E.L.P.) is the newest addition of public service programs administered by the Hampshire County Bar Association. H.E.L.P.'s mission is to meet the civil legal needs of low-income elders. To be eligible you must be: 60 years of age or older; a Hampshire County resident; low income; in need of Legal Assistance and unable to hire an attorney.

Civil Legal Services provided include: Bankruptcy; Consumer Protection; Divorce; Guardianship; Health Care Proxies; Powers of Attorney; Probate of Estates and other Elder matters.

If you think you are in need of legal assistance and cannot afford to hire an attorney contact H.E.L.P. at (413) 586 8729.

### LETTER CARRIERS' FOOD DRIVE

Saturday, May 8, 2010

Put your non-perishable donation in a bag by your mailbox and the Letter Carriers will deliver it to a local Food Bank.

In addition, the Letter Carriers are generously donating 5 boxes of food to the South Hadley Council on Aging for those in need, and will be delivered by So. Hadley Fire District #2.

We extend our heartfelt thanks to the Letter Carriers, Fire District #2 & to all who donate.

## 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. MAY 2010 MENU

- 3) KIELBASA, Lazy Pierogi, Egg Noodles, Spinach, Rye Bread, Pears or Diet Pears.
- 4) CHICKEN MARSALA, Mushrooms, Pasta, Broccoli, Whole Grain Roll, Jell-O or Diet Jell-O
- 5) SHEPARDS PIE W/GRAVY, Mashed Potatoes, Beets, Biscuit, Tropical Fruit or Diet Tropical Fruit.
- 6) CHICKEN CACCIATORA, Rice, Zucchini Blend, Oatmeal Bread, Fruit Cocktail or Diet Fruit Cocktail.
- 7) LEMON PEPPER POLLOCK, Rice Pilaf, Broccoli, Whole Wheat Bread, Peach Crisp or Diet Peach Crisp.
- 10) BEEF CHILI, Rice, Carrots & Cauliflower, Applesauce or Diet Applesauce.
- 11) BIRTHDAY/ANNIVERSARY, BEEF TIPS W/GRAVY, Roasted Potatoes, Wax Beans, Roll, Cake or Diet Cake
- 12) ROAST PORK W/GRAVY, Mashed Potatoes, Green Beans, Apricots or Diet Apricots.
- 13) CHICKEN PARMESAN W/ SAUCE, Pasta, Garlic Bread, Peas, Tropical Fruit or Diet Tropical Fruit.
- 14) CELEBRATE "IDAHO", BALSAMIC CHICKEN, Baked Potato, Glazed Carrots, Biscuit Mixed Berry Pie or Diet Mixed Berry Pie.
- 17) STUFFED CABBAGE W/SAUCE, Mashed Potatoes, Peas & Carrots, Multi-Grain Bread, Fresh Fruit.
- 18) BBQ CHICKEN, Sweet Potatoes, Corn, Roll, Orange Juice, Cookies or Diet Cookies.
- 19) LIVER & ONIONS, Scalloped Potatoes, Carrots, Pears or Diet Pears.
- 20) ALL-BEEF FRANKS, Baked Beans, Mixed Vegetables, Roll, Pineapple or Diet Pineapple.
- 21) BREADED POLLOCK FILETS, Wild Rice, Broccoli, Multi-Grain Bread, Tapioca Pudding or Diet Tapioca Pudding.
- 24) FRENCH MEAT PIE W/GRAVY, Egg Noodles, Yellow Squash, Pineapple Juice, Rye Bread, Jell-O or Diet Jell-O.
- 25) BROCCOLI QUICHE, Potato Puffs, Beets & Onions, Italian Bread, Mandarin Oranges or Diet Mandarin Oranges.
- 26) ROASTED TURKEY W/GRAVY, Mashed Potatoes, Peas & Carrots, Cranberry Sauce, Whole Grain Bread, Cake or Diet Cake.
- 27) STUFFED SHELLS W/SAUCE, Broccoli Florets, Italian Bread, Peaches or Diet Peaches.
- 28) Pollock Loins, Rice, Creamed Corn, Whole-Grained Roll, Pineapple or Diet Pineapple.
- 31) MEMORIAL DAY HOLIDAY — CENTER CLOSED

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.

## DASH

### A Safe Method to Control High Blood Pressure Dietary Approaches to Stop Hypertension

By Chris Brown  
Nutritionist WMEC

An estimated 29 percent of adults - more than 58 million Americans - have high blood pressure and the numbers are rising. The complications of high blood pressure are strokes, heart attack, congestive heart failure, kidney disease and dementia. Controlling blood pressure is essential for good health and it begins with the food one eats. I am not saying "diet" but a life long method of eating. The **DASH Eating Plan (Dietary Approaches to Stop Hypertension)** is recommended for hypertension/high blood pressure.

The DASH eating plan below is based on 2,000 calories a day. These are guidelines for you to follow...

Grains & Grain Products: 7-8 Daily Servings  
Serving Size: 1 slice whole grain bread; 1 oz. dry cereal, 1/2 cup cooked brown rice.

Vegetables: 4-5 Daily Servings  
Serving Size: 1 cup raw leafy vegetable, 1/2 cup cooked vegetables, 6 oz. low salt vegetable juice.

Fruits: 4-5 Daily Servings  
Serving Size: 6 oz. fruit juice, 1 medium fruit, 1/4 cup dry fruit.

Low Fat or Fat Free Dietary Foods: 2-3 Daily Servings  
Serving Size: 8 oz. milk, 1 cup yogurt, 1 1/2 oz. cheese.

Meats, Poultry & Fish: 2 or less Daily Servings  
Serving Size: 3 oz. cooked meats, poultry or fish.

Nuts, Seeds & Dry Beans: 4-5 Daily Servings Per Week  
Serving Size: 1/3 cup or 1 1/2 oz. nuts, 2 Tbsp. or 1/2 oz. seeds, 1/2 cup cooked dry beans.

Fats & Oils: 2-3 Daily Servings  
Serving Size: 1 Tsp. soft margarine, 1 Tbsp. low fat mayonnaise, 2 Tbsp. light salad dressing.

Sweets: 5 Daily Servings Per Week  
Serving Size: 1 Tbsp. sugar, 1 Tbsp. jelly/jam; 1/2 oz. jelly beans.

The following are additional tips to control hypertension: exercise regularly, try to reduce stress using relaxation techniques, avoid tobacco products and maintain a healthy body weight.



**IN MEMORIAM**

**IN MEMORY OF:**

**FROM:**

**NUTRITION ACCOUNT:**

ESTHER LENNON                      Dotty & Floyd Downey  
                                                 Sullivan, Poulin & Payne, P.C.  
                                                 June Beattie  
                                                 Barbara Jean (BJ) White

VIOLA SENUTA                      Dotty & Floyd Downey

WILLIAM DONOHUE, SR.              Mary Griffin Metz  
                                                 Yvonne Gaudette  
                                                 Carol Griffin

JEANNETTE R. TETREULT              Roger Tetreault

JOSEPH MYTKOWICZ                      Fran Mytkowicz

**MINI-BUS FUTURE PURCHASE ACCT:**

VIOLA SENUTA                      Barbara Jean (BJ) White

**NECESSITIES ACCOUNT:**

WILSON & ELEANOR HUNTER          Richard Hunter

**NEWSLETTER ACCOUNT:**

LUANNE REYNOLDS                      Noella Loiselle

**MOTHER'S GARDEN:**

EILEEN NOLIN                              Cile Stuntz

ESTHER LENNON                      Barbara Jean (BJ) White

**BUILDING FUND:**

BILL LAMBERT                              Jean Lambert

**IN MEMORIAM**

**IN MEMORY OF:**

**FROM:**

**TRANSPORTION ACCT:**

ESTHER LENNON          Carolyn & David Casiello

**HOT MEALS-ON-WHEELS TREATS:**

ANNA MAE & TOM PARKER          Maureen Murray

**CHORALITES:**

VIOLA SENUTA                      Barbara Jean (BJ) White

**"LIGHTS ON":**

NELLIE BURELLE                              Carrie Rodzen

BILL LAMBERT                              Jean Lambert

**MINI-BUS MAINTENANCE ACCT:**

MARY MOISE                              Lathrop Village & Newton

**ADVANCE DIRECTIVES FOR END-OF-LIFE CARE  
RESULTS IN PREFERRED TREATMENT**

Advanced directives work. That's the conclusion of one of the largest studies on the effectiveness of documents specifying what medical treatments are desired, or not desired, at the end of life. Further, Americans are increasingly making use of the tool.

In a study of 3,746 deaths, researchers found that 42.5% of patients had faced treatment decisions near the end of their lives but that more than 70% of those people had lacked the ability to make choices because of their mental or physical health. Among that group, however, the majority—67.6%—had advance directives. (In almost every case, the patients' orders were followed, a study finds. And more Americans are making use of tools such as living wills and durable powers of attorney.) Above taken from LOS ANGELES TIMES March 31, 2010 by Shari Roan.

<p><b>3 KIELBASA &amp; PIEROGI</b>  10 Music Appreciation-CE  11 Tai Chi-EX  <b>1 Red Hat Society-CR</b>  1 Stained Glass-CE  1 Poker-DR  1 Pinochle-DR  1 Canasta-DR</p>	<p><b>4 CHICKEN MARSALA</b>  Sr. Travel Club Trip  <b>9-12 SHINE (by appointment)</b>  10 Beginning Exercise-EX  1 Movie-EX  1 Bingo-CR/Needlecraft-CE  6:15 Men's Night/Mah Jongg  <b>6:30 FRIENDS CARD PARTY</b></p>	<p><b>5 SHEPHERD'S PIE</b>  8 HIP-EX  10 Travel Club-C1  10:30 Osteoporosis Exercise-EX  <b>1-2 Falls Prevention-EX</b>  1 Mah Jongg -CE/Pitch-CR  1 Choralites-DR  1 Senior Poetry-C2</p>	<p><b>6 CHICKEN CACCIATORE</b>  <b>10 Alzheimer's Support-C2</b>  10 Beginning Exercise-EX  10 Travel Club-C1  10 Writing Group-CE  1 Golden Agers-CR  1 Scrabble-L  1 Quilting-CE</p>	<p><b>7 LEMON PEPPER 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/Poker-DR</p>
<p><b>10 BEEF CHILI &amp; RICE</b>  <b>9:30 FOOT NURSE (by appt)</b>  10 Music Appreciation-CE  11 Tai Chi-EX  1 Stained Glass-CE  1 Poker-DR  1 Pinochle-DR  1 Canasta-DR  <b>4 COA Board Meeting-C2</b></p>	<p><b>11 BIRTHDAY/ANNIVERSARY</b>  <b>BEEF TIPS/GRAVY</b>  <b>10 Attorney Al Gordon -</b>  <b>Long Term Care Planning-CR</b>  10 Beginning Exercise-EX  1 Bingo-CR  1 Movie-EX  1 Needlecraft-CE  6:15 Men's Night/Mah Jongg</p>	<p><b>12 ROAST PORK/GRAVY</b>  8 HIP-EX  10 Travel Club-C1  10:30 Osteoporosis Exercise-EX  <b>11:15 Berkshire Hills Academy-DR</b>  <b>1-2 Falls Prevention-EX</b>  1 Mah Jongg -CE  1 Choralites-DR  1 Pitch-CR</p>	<p><b>13 CHICKEN PARMESAN</b>  <b>10 Veteran's Group-CR</b>  10 Beginning Exercise-EX  10 Writing Group-CE  10 Travel Club-C1  <b>12:30-2 Blood Press. Screen-C2</b>  1 Golden Agers-CR  1 Scrabble-L/Quilting-CE  <b>5:30 TRIAD Program Cookout</b>  <b>And Topic "Identity Theft"</b></p>	<p><b>14 CELEBRATE IDAHO</b>  <b>BALSAMIC CHICKEN</b>  9:30 Grocery Shopping  <b>10 Bereavement Support-CE</b>  10 Coffee &amp; Conversation-DR  10:30 Osteoporosis Exercise-EX  1 Knitting-L  1 Bridge-CE  1 Cribbage-CR  1 Poker-DR/Canasta-DR</p>
<p><b>17 STUFFED CABBAGE</b>  10 Music Appreciation-CE  11 Tai Chi-EX  1 Stained Glass-CE  1 Poker-DR  1 Pinochle-DR  1 Canasta-DR  1 Monday Cribbage-CR</p>	<p><b>18 BBQ CHICKEN</b>  Sr. Travel Club Trip  <b>9-12 SHINE (by appt.)</b>  <b>10 Lo-Vision Support-C2</b>  <b>10-11 Brown Bag-CE</b>  <b>10:30 Williamansett Nursing Ctr.</b>  <b>Blood Pressure Clinic-DR</b>  10 Beginning Exercise-EX  1Bingo-CR/Movie-EX/Needlecraft-CE  6:15 Men's Night/Mah Jongg</p>	<p><b>19 LIVER &amp; ONIONS</b>  8 HIP-EX  10 Travel Club-C1  10:30 Osteoporosis Exercise-EX  <b>1-2 Falls Prevention-EX</b>  1 Mah Jongg -CE  1 Pitch-CR  1 Senior Poetry-C2</p>	<p><b>20 ALL-BEEF FRANKS</b>  10 Beginning Exercise-EX  10 Writing Group-CE  10 Travel Club-C1  <b>1 Get Going-C2</b>  1 Choralites Practice-DR  1 Golden Agers-CR  1 Scrabble-L  1 Quilting-CE</p>	<p><b>21 BREADED POLLOCK</b>  9:30 Grocery Shopping  <b>10 Bereavement Support-CE</b>  10 Coffee &amp; Conversation-DR  10:30 Osteoporosis Exercise-EX  <b>11:30 Rep. John Scibak</b>  1 Knitting-L  1 Bridge-CE  1 Cribbage-CR  1 Canasta-DR/ Poker-DR</p>
<p><b>24 FRENCH MEAT PIE</b>  <b>9:30 FOOT NURSE (by appt)</b>  10 Music Appreciation  11 Tai Chi-EX  1 Stained Glass-CE  1 Poker-DR  1 Pinochle-DR  1 Canasta-DR</p>	<p><b>25 BROCCOLI QUICHE</b>  9 Newsletter Collating-CE  10 Beginning Exercise-EX  1 Bingo-CR  1 Movie-EX  1 Needlecraft-CE  6:15 Men's Night/Mah Jongg</p>	<p><b>26 ROAST TURKEY/GRAVY</b>  8 HIP-EX  10 Travel Club-C1  10:30 Osteoporosis Exercise-EX  <b>1 Choralites Spring Concert-DR</b>  <b>1-2 Falls Prevention -EX</b>  1 Pitch-CR/Mah Jongg -CE  1 Senior Poetry-C2</p>	<p><b>27 STUFFED SHELLS/SAUCE</b>  10 Beginning Exercise-EX  10 Writing Group-CE  10 Travel Club-C1  <b>10:30 Blood Pressure Screening</b>  <b>w/Fire District #1-DR</b>  1 Golden Agers-CR  1 Scrabble-L  1 Quilting-CE</p>	<p><b>28 POLLOCK LOINS</b>  9:30 Grocery Shopping  10 Coffee &amp; Conversation-DR  10:30 Osteoporosis Exercise-EX  1 Knitting-L  1 Bridge-CE  1 Cribbage-CR  1 Canasta-DR  1 Poker-DR</p>
<p><b>31 MEMORIAL DAY</b>  <b>HOLIDAY</b>  <b>CENTER IS CLOSED</b></p> 	<p><b>IN TOWN TRANSPORTATION</b>  <b>AVAILABLE MONDAY-FRIDAY</b>  <b>FROM 9-3, BY APPOINTMENT</b>  <b>ONLY.</b></p> 	<p><b>MAY</b>  <b>2010</b></p>	<p><b>MOTHER'S GARDEN</b>  <b>PLANT SALE</b>  <b>SATURDAY,</b>  <b>MAY 15</b>  <b>9 AM-12 NOON</b></p>  <p><b>At the Senior Center</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

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.

**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.

**PHOTO EDITING:** Demonstrates how to edit photos and offers other helpful information about ways to improve your photographs.

**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 classes 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.

May has arrived with its' beautiful weather, blossoming flowers and budding trees. In May I can't help but remember two very special groups of people. I'd like to wish all of you Moms a happy Mothers' Day! Also, I'd like to remember the men and women who sacrificed all for my freedom as we celebrate Memorial Day.

Many of you have been in our Dining Room at lunch and seen the members of the Friends of the South Hadley Elderly selling raffle tickets for the Card Party. This is one of their biggest fundraising efforts of each year and the result is the activities you enjoy at the Senior Center. The event takes place on Tuesday, May 4<sup>th</sup> from 6:30-10:00p.m. at the St. Patrick's Social Center. This will be my first year attending but I have heard it is **GREAT** fun, so I hope you'll join us.

On May 11<sup>th</sup> is our May Birthday and Anniversary Luncheon. Billy will be serving Beef Tips and Gravy which is one of everyone's favorites! We would like to treat you to lunch, a flower and card and we'll sing to you TOO! If you are celebrating in May, please call to reserve your place.

On May 12<sup>th</sup> Berkshire Hills Music Academy will be coming in full ensemble for the last entertainment of this school year. If you haven't heard them, you will be amazed by this talented group of young musicians.

On Friday, May 14<sup>th</sup> we will "Celebrate Idaho" with an authentic Idahoan meal of Balsamic Chicken, Baked Potatoes and Mixed Berry Pie. Just before you eat, Barbara will present trivia about Idaho and you will probably learn something new!

On Wednesday, May 26<sup>th</sup> the Choralites will be performing their Spring Concert. This years' theme is the Hit Parade of the 40's, 50's and 60's. Please join us either for lunch or after for the concert, it just may bring on some enjoyable nostalgia!

If you look over the calendar you will see a wide variety of activities that go on at the Senior Center. One group that has told me they will welcome new members is our Canasta Group. They meet both Mondays and Fridays at 1:00pm in the Dining Room. They are a warm friendly group of people and if you enjoy Canasta I know you would enjoy this group.

In April we honored the 200+ Volunteers at the Senior Center at an Appreciation Event. Without these many hardworking, caring individuals we could not provide the services we do. Each month they commit approximately 1500 hours here, multiply that times 12 and we have 18,000 hours per year. From the bottom of my heart **I THANK YOU!!!!**

*Anne*

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