

COUNCIL ON AGING

South Hadley Massachusetts

The sun never sets on our Activities...

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THE GOLDEN CHRONICLE

NOVEMBER 2010

THANKSGIVING LUNCHEON



Our annual special Thanksgiving luncheon will be held on Wednesday, November 17th. The menu will be turkey and all the fixings. Suggested donation is \$2.25.

Reservations will be taken for this luncheon starting on Friday, November 5th. Since this is a very popular event please make your reservations early by calling 538-5042. Please do not leave your name on the answering machine and do not call before 8 a.m.

Every Weekday: Nutritious & Delicious Lunch -11:45 a.m. - 12:15 p.m., in the South Hadley Senior Center Dining Room. Please reserve a day in advance. Reservations close at 9 a.m. each day but we request you to reserve your place and cancel if you cannot make the luncheon. Suggested donation \$2.25 for persons 60 and over. Guests under the age of 60 pay a charge of \$3.00 per meal. FEDERAL GUIDELINES SPECIFY THAT FOOD SHOULD NOT BE TAKEN FROM THE LUNCH SITE. The only exceptions are bread, fruit, milk or non-perishable items. NOTE: **Please remember to call on Friday for Monday. If there is not enough food we may have to say "no" to a last minute request.**

CHRISTMAS BASKET TIME AGAIN

It's been a lovely fall with the leaves falling from the trees, but we have had a few frosts with the promise of more to come. This tells us that it must be time to start planning for the Christmas Baskets again. Again this year we are minimizing the food collection and asking for more financial (to purchase gift certificates) and gift certificate donations. Last year the certificate recipients were very grateful for the ability to choose their own healthy foods (those cans of veggies are full of salt). We will distribute some food with the turkeys on Saturday, December 11th.

Please send checks payable to COA Christmas Baskets to: 45 Dayton Street, SH. If you choose to purchase gift certificates to local grocery stores please bring them to the Senior Center by December 8th.

This is Angie's first year of the Christmas Basket and I look forward to working the full process with her.
 Marilyn

South Hadley Senior Travel Club

MAY 8-15 Bermuda Cruise. Roundtrip Motor-coach to/from NY Pier. 8 days/7 nights aboard the **Norwegian Gem** (only 3 years old). Docks in King's Wharf, Bermuda for 3 days. Cost depends upon cabin choice. Ranges from \$599 to \$989, plus \$345 port charges and government taxes. Contact Judy Fortier, 534-3598.
NEWLY SCHEDULED TRIPS: MONDAY, Jan. 24, 2011-Mohegan Sun: Full Casino package, \$20.00 due upon reservation, driver's tip included. Departs Big Y Willimansett Street, So.Hadley @ 8:00 a.m. sharp. Call Dave Bellefeuille, 533-7724.
Wed., Feb. 23, 2011-Newport Playhouse and Cabaret presents, "Norman, is that you?" Enjoy two shows and buffet lunch upon arrival. Then you enter the theatre for *Normand...* about a father who has a hard time accepting his son's male roommate, then back to your original table for the comedy cabaret. Departs Big Y, Willimansett St. at 7:45 a.m. Cost: \$82.00 Contact Susan Canedy, 536-2106.
Mon., March 21, 2011-Mohegan Sun: Full casino package, \$20.00 due upon reservation, includes driver's tip. Departs Big Y at 8:00 a.m. Call Barbara Laramie, 536-8567. A \$5.00 **non-refundable** deposit is required for all non-casino trips. Casino trips require full payment upon booking. No Deposit for "wait list". **NO REFUND** prior to 6 weeks of a trip. A Travel Club Representative is at the South Hadley Senior Center on Wednesday and Thursday between 10-11:30. Flyers available.

NOTES FROM THE DIRECTOR

With the holidays quickly approaching, this is one of my favorite seasons. Although November may be a gray month, that is in regard to weather, it will not be dreary at the South Hadley Senior Center. There are many activities and programs, a new Yoga class and special events to get you out of your house and into our Center.

Every year I reflect on the meaning of Thanksgiving and take the opportunity to express my thanks to the dedicated and hard-working staff and volunteers who make the South Hadley Senior Center a home away from home for so many participants. Our mission is to provide a place for people to visit that will be pleasant, informative, vibrant and user-friendly. Pick up the phone and call Anne O'Connor at 538-5042, Ext. 205 and she will be delighted to give you a tour. Healthy aging is achieved by staying physically and mentally active as well as socially connected.

I have heard there is some confusion about the new request to make meal reservations as early as possible. As of October 1st, the South Hadley Council on Aging started a new 3-year contract period for the nutrition program. A new directive from the Executive Office of Elder Affairs mandates all frozen meals be purchased from one of our vendors. Therefore, Billy needs to be as close to the meal count as possible with the food. In the past extra food was frozen and that is no longer the case. I know you will be cooperative because you respect the concept of "waste not, want not". We cannot afford to waste food either. So THANK YOU for planning ahead and making your reservations early, especially for Monday. If you come every day with few exceptions, ask to be a regular and your name will be added to the luncheon register. We only ask that you cancel your meal if you cannot attend. But please do this only if you eat most days. Our luncheon reservation book is a very important piece of our accounting and accuracy is important.

Hopefully one of these years I will not need to write a note bidding farewell to a member of the staff. Wayne Walton has decided to retire and although I can truly appreciate his decision, I let him go with a heavy heart. Wayne has always been a team player, pleasant and helpful to all. As I said in another paragraph, Wayne has asked me to let him leave with minimal fanfare and I will respect his wishes. But I know it is not "Good-Bye" because he has already offered to volunteer on the busier days or when needed. We will miss you Wayne!

Joanne



****SPECIAL THANKS TO:**

****Harry Crossland** for the donation of stained glass for the group.

****Carey's Flowers** for the beautiful flowers that brighten the days of so many people on their birthday or anniversary and for the fall door hanger for the RSVP luncheon raffle.

****Big Y** for the bread and delicious baked goods.

****Girl Scout Troop #40144** for the fall floral arrangements that make beautiful table centerpieces in our dining room.

REMEMBER TO TURN YOUR CLOCKS BACK ONE HOUR ON SUNDAY, NOVEMBER 7TH. ALSO, IT IS A GOOD TIME TO CHECK THE BATTERIES IN YOUR SMOKE DETECTORS.



FLU CLINIC FRIDAY, NOVEMBER 5TH
9:30 A.M. UNTIL 2:30 P.M. IN CERAMICS ROOM OF SENIOR CENTER
NO PRE-REGISTRATION REQUIRED

CONGRATULATIONS TO WAYNE WALTON. He has decided to retire as the Assistant Cook. His last day will be November 19th. Wayne has specifically told me HE DOES NOT WANT ANY BIG PARTY so please stop in the kitchen or if you see him in the dining room, please take a moment to wish him well. He plans to be back as a volunteer so he will not be a stranger.

SPECIAL THANKS TO SO. HADLEY KNIGHTS OF COLUMBUS #1721 FOR DELIVERING THANKSGIVING DAY MEALS TO THE HOMEBOUND.



VETERAN'S DAY LUNCHEON—WED., NOVEMBER 10TH

Program begins 11:30-lunch served at 12 noon

Because this is your day, and we have sincere gratitude for all you have done for our Country, all Veterans are invited to lunch as guests of the South Hadley Friends of the Elderly. **You must make a reservation for your lunch with Anne O'Connor at 538-5042, Ext. 205 by Friday, November 5th.** If you are bringing a guest please let Anne know because we need to plan for the number of diners. Following lunch we hope you will stay for professional entertainment by Donna Lee (Patsy Cline impersonator) and Kyle Ray, quite a singer at the age of 16! Thanks to Charlie Allard for your assistance with coordinating this event.

ANGIE'S NEWS & NOTES

The Safe Driving Law

The Safe Driving Law became effective in Massachusetts on September 30, 2010. Included in the Law are:

Elder Driving Provisions

License applicants, either for initial licensure in Massachusetts or license renewal, age 75 and older must conduct the transaction in a Registry of Motor Vehicles (RMV) office. Use of the Internet for license renewals will no longer be allowed for these applicants. All applicants, regardless of age, that obtain or renew a license in a branch office are required to undergo the RMV vision test that is given to all drivers or provide a vision screening certificate from an appropriate health care provider to complete the licensing application.

Medical Fitness Reporting

Health care providers and Law enforcement may report, in Good Faith, operators they believe are not physically or mentally capable of safely operating a vehicle due to cognitive or functional impairment, and

May request RMV to seek medical evaluation of the operator

Requests cannot be based on operator age or solely on diagnosis of condition or impairment—it must be based on the effect either has on the ability to drive safely

Good Faith belief of impairment is based on: personal observation; physical evidence and Law enforcement Investigation.

The nearest RMV offices are 1011 Chic

opee St., Chicopee, 165 Liberty St., Springfield and 116 Pleasant St., Easthampton.

Speaking of driving safely, several weeks ago I drove home at night during a heavy downpour. It was scary, as my vision was not what it once had been. You can bet that I slowed down and proceeded with a great deal of caution. After this troubling episode, I took a close look at the Safe Driver Checklist:

- Do you see clearly in the dusk and dark?
- Do headlights from other vehicles obstruct your sight?
- Are you easily intimidated by passing vehicles?
- Do you have difficulty reading road signs?
- Do you have difficulty seeing train crossing signals and hearing train whistles?
- Do you have difficulty keeping up with the posted speed limit?
- Do you get drowsy behind the wheel?
- Do you have difficulty hearing other vehicles?
- Do you often get lost on once familiar roads?
- Do you forget the basics, such as putting on your headlights and wearing a seat belt?
- Are you unsure of your parking skills?
- Are you unsure of your reflexes and reaction time?
- Have your family, friends, or even police officers told you that you aren't a safe driver?

If you find yourself answering yes to many of these questions, you may want to consider driving less, or not driving at all. But, you should also know that research tells us that the crash rate for mature drivers is relatively low due to the fact that most mature drivers tend to self-regulate by taking simple but important precautions. Please stay safe.



Angie Wright, Social Service Coordinator

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. NOVEMBER 2010 MENU

- 1) VEAL PATTY W/GRAVY, Sweet Potato, Mixed Vegetables, Multi-grain Bread, Tropical Fruit or Diet Tropical Fruit.
- 2) BIRTHDAY/ANNIVERSARY LUNCH—American Chop Suey, Wax Beans, Italian Bread, Juice, Cake or Diet Cake.
- 3) ROASTED CHICKEN W/GRAVY, Mashed Potatoes, Peas/ Mushrooms, Cranberry Sauce, Whole Grain Bread, Mandarin Oranges or Diet Mandarin Oranges.
- 4) SWEDISH MEATBALLS, Rice Pilaf, Winter Mix Veg. (M.O.W.), Cole Slaw (Congregate), Roll, Jell-O or Diet Jell-O.
- 5) MACARONI & CHEESE, Stew Tomatoes, Green Beans, Roll, Apricots or Diet Apricots.
- 8) BAKED HAM W/PINEAPPLE, Sweet Potato, Broccoli, Rye Bread, Peaches or Diet Peaches.
- 9) CHEESE LASAGNA, Tomato Sauce, Garlic Bread, California Blend Vegetables, Vanilla Pudding or Diet Vanilla Pudding.
- 10) VETERANS LUNCHEON—Beef Sirloin Tips & Mushrooms, Mashed Potatoes, Carrots, Roll, Cake or Diet Cake.
- 11) VETERANS DAY HOLIDAY—CENTER CLOSED
- 12) POLLOCK W/CHEESE, Rice Pilaf, Corn, Multi-Grain Bread, Fruit/Orange.
- 15) BBQ CHICKEN, Roasted Potatoes, Corn, Whole Grain Roll, Pineapple or Diet Pineapple.
- 16) MILD BEEF CHILI, Rice, Carrots, Wheat Bread, Orange Juice, Fruit Cocktail or Diet Fruit Cocktail.
- 17) THANKSGIVING LUNCHEON—ROASTED TURKEY W/ GRAVY, Mashed Potatoes, Bread Dressing, Squash, Cranberry Sauce, Pie w/Topping or Diet Pie.
- 18) CHICKEN PATTY W/GRAVY, Rice Pilaf, Spinach, Wheat Bread, Applesauce or Diet Applesauce.
- 19) CELEBRATE MICHIGAN—BEEF SAUSAGE, Peppers & Onions, Roasted Potatoes, Wax Beans, Cornbread, Chocolate Pudding or Diet Chocolate Pudding.
- 22) SWEET & SOUR CHICKEN, Rice, Squash Blend, Whole Grain Bread, Pineapple or Diet Pineapple.
- 23) SHELLS & TOMATO SAUCE, Italian Bread, Mixed Vegetables, Juice, Cookies or Diet Cookies.
- 24) BEEF STEW, Diced Potatoes, Green Beans, Biscuit, Tropical Fruit or Diet Tropical Fruit.
- 25) THANKSGIVING HOLIDAY—CENTER CLOSED
- 26) CENTER CLOSED—NO CONGREGATE MEAL SERVED—ONLY HOME DELIVERED MEALS. COLD PLATE, Ham Salad, Macaroni Vegetable Salad, Carrot Raisin Salad, Roll, Apple Sauce or Diet Apple Sauce.
- 29) CHICKEN NUGGETS W/SAUCE, Potato Puffs, Corn, Cranberry Juice, Oatmeal Bread, Jell-O.
- 30) LIVER & ONIONS, Mashed Potatoes w/Gravy, Beets & Onions, Roll, Apricots or Diet Apricots.

ALL MEALS ARE SERVED WITH BREAD AND A 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.

HEALTHY, HEARTY SOUPS FOR WINTER

By Laura Stuart

Keen State College Intern

There is nothing like a hot bowl of soup to warm your heart and your stomach on cold winter days. Stick with the old classics like vegetables or minestrone. Or try something new like veggie chili. Healthy, hearty soups not only help you beat the cold, they can also be good sources of protein, whole grains, vitamins, minerals and fiber.

Vegetables

A warm bowl of soup provides comfort and it can also help you meet the recommended daily intake of vegetables. The Dietary Guidelines recommend you eat 2 1/2 cups of vegetables per day. One bowl of soup may contain 1 cup of vegetables. That's almost half of recommended daily intake. When making your own soup, experiment with a variety of vegetables. Add corn, squash, leeks, sweet potatoes, beans, parsnips, beets, kale, spinach, tomatoes, chard, and any other fresh, frozen, or low sodium canned vegetable that you like.

Grains

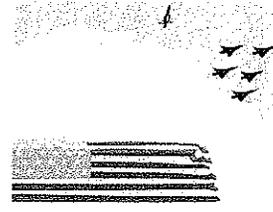
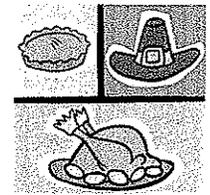
If you are looking for a hearty soup, add grains. Adding grains will bulk up your soup and provide you with energy. Whole grains such as whole wheat pasta, barley, and brown rice are great choices because they are rich in vitamins, minerals and fiber. Rice and pasta should be cooked separately and combined just before serving.

Protein

Meat and poultry are valuable sources of protein and other important nutrients. Lean cuts of meat such as low-fat ground turkey or chicken, and ground beef with less than 90% lean meat are two healthy choices that can be added to soups. Other sources of protein are legumes such as black, kidney, white, pinto, garbanzo beans and lentils as well.



Come winter, think of a hearty soup meal to warm your heart and stomach.

<p>1 VEAL PATTY/GRAVY 9:30 Yoga Begins-EX 10 Music Appreciation-CE 11 Tai Chi-EX 1 Stained Glass-CE 1 Poker-DR/Pinochle-DR 1 Canasta-DR 1 Red Hat Society-CR</p>	<p>2 BIRTHDAY/ANNIVERSARY AMERICAN CHOP SUEY 9-12 SHINE (by appointment) 10 Library Presentation-CR 10 Beginning Exercise-EX 1 Bingo-CR/Movie-EX 1 Needlecraft-CE 6:15 Men's Night/Mah Jongg</p>	<p>3 ROASTED CHICKEN/GRAVY 8 HIP-EX/9:30 Grocery Shopping 10 Travel Club-C1 10:30 Osteoporosis Exercise-EX 11:15 Berkshire Hills Perform-DR 1 Diabetic Support Group-C2 1 Mah Jongg-CE/Pitch-CR 1 Senior Poetry-C2/Choralites-DR</p>	<p>4 SWEDISH MEATBALLS 10 Alzheimer's Support-C2 10 Beginning Exercise-EX 10 Travel Club-C1 1 Golden Agers-CR 1 Scrabble-L 1 Quilting-CE</p>	<p>5 MACARONI & CHEESE 9:30-2:30 Flu Clinic-CE & CR 9:30 Grocery Shopping 10 Coffee & Conversation-DR 10:30 Osteo Ex-EX/1 Knitting-L 12:30 Senior Center Renovations Public Forum-DR ALL Card Games Cancelled</p>
<p>B BAKED HAM/PINEAPPLE 9:30 Yoga-EX 9:30 FOOT NURSE (by appt) 10 BC/BS Ins. Options-CR 10 Music Appreciation-CE 11 Tai Chi-EX 1 Stained Glass-CE 1 Poker/Pinochle/Canasta-DR</p>	<p>9 CHEESE LASAGNA 9-12 SHINE (by appointment) 10 Beginning Exercise-EX 1 Friends Meeting-C2 1 Bingo-CR 1 Movie-EX 1 Needlecraft-CE 6:15 Men's Night/Mah Jongg</p>	<p>10 VETERAN'S LUNCHEON with Entertainment by Kyle Ray BEEF SIRLOIN TIPS/MUSHROOMS 8 HIP-EX 9:30 Grocery Shopping 10 Travel Club-C1 10:30 Osteoporosis Exercise-EX 1 Mah Jongg -CE/Pitch-CR NO Choralites practice</p>	<p>11 VETERAN'S DAY HOLIDAY CENTER IS CLOSED</p> 	<p>12 POLLOCK W/CHEESE 9:30 Grocery Shopping 10 Coffee & Conversation-DR 10:30 Osteo Exercise-EX 1 Knitting-L 1 Bridge-CE 1 Cribbage-CR 1 Canasta-DR 1 Poker-DR</p>
<p>15 BBQ CHICKEN 9:30 Yoga-EX 10 Music Appreciation-CE 11 Tai Chi-EX 1 Stained Glass-CE 1 Poker/Pinochle/Canasta-DR 1 Monday Cribbage-CR 4 COA Board Meeting-C2</p>	<p>16 MILD BEEF CHILI SENIOR TRAVEL CLUB TRIP 9-12 SHINE (by appointment) 10 Lo-Vision Support Group-C2 10-11 Brown Bag-CE 10:30 Blood Pressure Screening w/Wingate Healthcare-DR 10 Beginning Exercise-EX 1 Bingo-CR/Movie-EX/Needlecraft- 6:15 Men's Night/Mah Jongg</p>	<p>17 THANKSGIVING LUNCHEON ROASTED TURKEY/GRAVY 8 HIP-EX/9:30 Grocery Shopping 10 Travel Club-C1 10:30 Osteoporosis Exercise-EX 1:30 Choralites-DR 1 Senior Poetry-C2 1 Pitch-CR/Mah Jongg-CE</p>	<p>1B CHICKEN PATTY/GRAVY 10 Alzheimer's Support-C2 10 Beginning Exercise.-EX 10 Travel Club-C1 1 Golden Agers-CR 1 Scrabble-L 1 Quilting-CE</p>	<p>19 CELEBRATE MICHIGAN BEEF SAUSAGE 9:30 Grocery Shopping 10 Coffee & Conversation-DR 10:30 Osteoporosis Exercise-EX 11:30 Rep. John Scibak-DR 1 Knitting-L 1 Bridge-CE/Cribbage-CR 1 Canasta-DR/Poker-DR</p>
<p>22 SWEET & SOUR CHICKEN 9:30 Yoga-EX 9:30 FOOT NURSE (by appt) 10 Music Appreciation-CE 11 Tai Chi-EX 1 Stained Glass-CE 1 Poker-DR 1 Pinochle 1 Canasta-DR</p>	<p>23 SHELLS & TOMATO SAUCE 9 Newsletter Collating 9-12 SHINE (by appointment) 10 Beginning Exercise-EX 1 Bingo-CR 1 Movie-EX 1 Needlecraft-CE 6:15 Men's Night/Mah Jongg</p>	<p>24 BEEF STEW 8 HIP-EX 9:30 Grocery Shopping 10 Travel Club-C1 10:30 Osteoporosis Exercise-EX 1 Mah Jongg-CE 1 Pitch-CR 1 Choralites-DR</p>	<p>25 THANKSGIVING DAY CENTER IS CLOSED</p> 	<p>26 THANKSGIVING HOLIDAY CENTER IS CLOSED HOME DELIVERED MEALS ONLY</p> 
<p>29 CHICKEN NUGGETS 9-2 Trip to Hampshire Mall 9:30 Wii-EX 10 Music Appreciation-CE 11 Tai Chi-EX 1 Stained Glass-CE 1 Poker-DR 1 Pinochle-DR 1 Canasta-DR</p>	<p>30 LIVER & ONIONS 9-12 SHINE (by appointment) 10 Beginning Exercise-EX 1 Bingo-CR 1 Movie-EX 1 Needlecraft-CE 6:15 Men's Night/Mah Jongg</p>	<p>NOVEMBER 2010</p>	<p>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>

MEDICARE DECISION TIME

OPEN ENROLLMENT STARTS NOVEMBER 15

Medicare Prescription Drug (Part D) Plans and Medicare Advantage Plans change every year. Many plans will no longer be available in 2011.

All people with Medicare should:

- *Review the 2011 costs and coverage of their current plans
- *Compare with other plans in their area
- *Choose a plan that meets their needs and budget.

The Medicare Annual Open Enrollment Period starts November 15 and continues through December 31, for coverage beginning January 1, 2011.

There are significant differences between plans. Starting in 2011, different Part D Plans in our area will have monthly premiums from as low as \$14.80 up to as high as \$120.10. However, monthly premiums are not the only things to consider. Plans have different deductibles, co-pays, covered drugs and restrictions. Plan information and cost estimates can be found by entering a drug list into the Medicare Plan Finder on www.medicare.gov.

The SHINE program can help you! For help understanding your options and finding the lowest cost Part D Plan for you, call our office at 538-5042 to schedule a FREE individual appointment with Eileen as soon as possible. Do not wait! Bring all your insurance information and a list of your prescription drugs with dosages to the appointment. Or you may call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and phone number. A SHINE Counselor will call you back as soon as possible. Please be patient as the demand for help is great.

DIABETES SUPPORT GROUP

Wednesday, November 3rd at 1 p.m. you are invited to hear the group's Facilitator, Exercise Physiologist Jessica Foster speak about "Let's Get Moving...Exercise Tips for Fall and Winter. Are your glucose levels running high? If so, exercise may be a preventive measure to developing Diabetes.

HAMPSHIRE MALL BUS TRIP-MONDAY, NOVEMBER 29TH. CALL 538-5042 TO MAKE YOUR RESERVATION. THE \$6.00 FARE WILL BE WAIVED AND TAKEN FROM THE SUBSIDIZED SENIOR TRANSPORTATION ACCOUNT.

BLUE CROSS BLUE SHIELD PRESENTATION

On Monday, November 8th at 10 a.m. in the Card Room Susan Flanagan from Blue Cross Blue Shield will give a presentation that explains all the Medicare products that Blue Cross Blue Shield of Massachusetts offers. The products are Medex, Medicare HMO Blue, Medicare PPO Blue, and Blue Medicare Rx. Please call 538-5042 to register, if possible. All are welcome.

LEARN THE NEW CARD CATALOG AT THE SOUTH HADLEY PUBLIC LIBRARY

Looking for that new book, movie, music cd or book on cd? Desi, a librarian from the S. Hadley Public Library, can teach you to find what you want through the computer. On Tuesday, November 2nd at 10 a.m. in the Card Room Desi will present a video on how to: Find items in the Computerized Card Catalog, Request items from other libraries, Check out the status of your check out materials, Find out the statuses of your requests, Renew items on the computer and cancel requests. Please call 538-5042 and Desi will have an appropriate amount of hand-outs.

STATE ELECTIONS TO BE HELD ON TUESDAY, NOVEMBER 2ND AT THE HIGH SCHOOL FOR ALL PRECINCTS. IF YOU NEED A RIDE TO VOTE, CALL 538-5042 AND ADD YOUR NAME TO THE LIST. THERE IS NO CHARGE FOR THE RIDE BECAUSE IT IS SUBSIDIZED BY THE FRIENDS OF SOUTH HADLEY ELDERLY.

A WONDERFUL EVENING OF PIANO & INSPIRATION

The South Hadley Lions Club is bringing pianist Russian Sergei (Sir gay) Novikov to South Hadley High School Auditorium for a concert on Saturday, November 13th at 7 p.m. The Club was very impressed with his musical talent and inspiration when they met him in September.

Sergei will present "Turmoil to Tunes...Composing a Life of Happiness" covering a variety of topics which are both inspirational and humorous.

Advanced purchased tickets are \$10 for seniors and students; \$13 for the general public. Tickets at the door will be \$15. Tickets may be purchased at Edward Jones office on Newton Street, Village Eye Care on Hadley Street or the South Hadley Senior Center.



IN MEMORIAM

IN MEMORY OF:

FROM:

NUTRITION ACCOUNT:

GEORGE ROBIDEAU Claire & Bill Bielanski
The Grimstad Families
Ann M. Guenette
Elinor S. White
Anne V. Farnsworth
Lathrop Village & Newton Manor
Ken & Jean Ellis
Gary West

JANET M. PUDLO Irene Gondek
The Staff at Keystone Commons
Kevin & Barbara Nekula
Martha Jenks
Al & Kathy Noble
Carol Lareau, SSJ
Jeanne O'Shea, SSJ
Maxi Moskal
Stanley & Irene Czerwiec
Richard & Catherine Zajchowski
Helen & Ed Wytrych
Kim Shea
Armand & Mary Cardinal
Michele & Bryant Hersh
Joseph & Muriel Ruffo
Constance Curran
Judith & Danny Keough
Bacon Wilson, P.C.
Irene M. Pudlo
Susan J. Zajchowski
Kathleen Florack
Lynette Litourneau
Maryin J. Magane
Ellen T. Dilts
Friends from Inoes Melamines of Springfield
Joanne & Jerry Gielda

RICHARD ROBIN Carol A. Griffin

BARBARA LEONARD Yvonne Gaudette

NEWSLETTER ACCOUNT:

LUANNE REYNOLDS Noella Loiselle

DOROTHY VILBON Alfred Vilbon

IN MEMORIAM

IN MEMORY OF:

FROM

CHRISTMAS BASKET:

CASIMARA H. DUDRICK Alice Pelc

MICHAEL C. HARRIS June Mitrowski
Mark Donovan
Sheet Metal Workers Local No. 63
Barbara Vanderpoel
Ron & Nancy Cox Lemek
Linda & Stephen Marcotte
Paul & Terri Schmitter
Dr. Alan & SusanBurstein

WILLIAM LAPLANTE Kathy Gallivan

GEORGE ROBIDEAU Donna L. Asselin
Kathy Gallivan

MARIE DUNLEAVY Jim & Winefred Renauld

NORMAN PELOQUIN, SR. Ruth Peloquin

RICHARD ROBIN Lillian Keough

STANLEY ORZECZOWSKI Carl & Lorraine
Kiontke

JOHN TEX BRODERICK Pat & Jim Peters

BUILDING FUND:

WILLIAM LAMBERT Jean Lambert

MOTHER'S GARDEN:

DONNA POTVIN Janie Brochu

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2024 Westover Road • Chicopee, MA 01022

The Council on Aging and the Pioneer Valley Planning Commission is hosting a **public forum on November 5, 2010 at 12:30 P.M. in the dining room immediately after lunch** to discuss the current and future Community Development Block Grant (CDBG) program. This public forum will take place at the Senior Center located at 45 Dayton Street, South Hadley, MA 01075. The topics of discussion will include the **current Senior Center Assessment and Design Project**, the FY11 CDBG application and the potential for future funds to assist in Housing Rehabilitation for properties within the South Hadley Falls target area. **Members of the Senior Center are encouraged to attend and share their views and opinions.** All members with questions and/or comments will have an opportunity to be heard. For further information contact Kelvin Molina at the Pioneer Valley Planning Commission at (413) 781-6045 or kmolina@pvpc.org. Those unable to attend may send written questions or comments to Kelvin via email or to Pioneer Valley Planning Commission, 60 Congress Street, Springfield, MA 01104.

SOUTH HADLEY TRIAD

South Hadley TRIAD held its annual Columbus Day Raffle at the Center Commons. Prize money in the amount of \$450 was given out as follows: \$250 first prize, \$100 second prize, \$50 third and fourth prizes. **TRIAD meets the last Tuesday of the month at the South Hadley Police Station at 9:00 a.m. New members welcome.**

FRIENDS OF SOUTH HADLEY ELDERLY, INC.

THE ANNUAL MEETING WILL BE HELD ON TUESDAY, NOVEMBER 9TH AT 1 P.M. IN THE CONFERENCE ROOM. ELECTION OF OFFICERS WILL TAKE PLACE. MEMBERS ARE ENCOURAGED TO ATTEND AND NEW MEMBERS ARE ALWAYS WELCOME. THE FRIENDS GROUP RAISES FUNDS TO SUPPORT THE COUNCIL ON AGING.

NOVEMBER IS NATIONAL CAREGIVERS MONTH

Who are America's Family Caregivers? Rosalyn Carter said it best: "there are only four kinds of people in the world—those who have been caregivers, those who are currently caregivers, those who will be caregivers and those who will need caregivers". Caregivers are needed for family members of all ages. With appropriate information and support, family caregivers can help their loved ones across the lifespan. It depends on whom you ask because it is a complicated question. Physicians may give a different answer than social workers and researchers may quote statistics. American family caregivers are *family, friends, partners, and neighbors*. More than 65 million people, 29% of the U.S. population, provide care for a chronically ill, disabled or aged family member or friend during any given year and spend an average of 20 hours per week providing care for their loved one.

51% of care recipients live in their own home, 29% live with their family caregiver, and 4% live in nursing homes and assisted living. (Taken from Caregiving in the United States; National Alliance for Caregiving in collaboration with AARP; November 2009)

The value of the services family caregivers provide for "free" when caring for older adults, is estimated to be \$375 billion a year. That is almost twice as much as is actually spent on homecare and nursing home services combined (\$158 billion).

Family caregivers are the foundation of long-term care nationwide exceeding Medicaid long-term care spending in all states. (Taken from Evercare Survey of the Economic Downturn and Its Impact on Family Caregiving; National Alliance for Caregiving and Evercare, March 2009)

All of the above was taken from <http://www.thefamilycaregiver.org>) If you are a caregiver you might find useful information at this website.

TRANSPORTATION IS PROVIDED IN PART BY THE
EXECUTIVE OFFICE OF ELDER AFFAIRS.

ADVENT FAIR AND COOKIE SALE

FRIDAY, DECEMBER 3RD 3-8 P.M. AND

SATURDAY, DECEMBER 4TH 9 A.M.—4 P.M.



Cookies and bars are needed. Please label with content. Deliver on Friday before 3 p.m. via the Church Street door. Proceeds of cookie sale go to the South Hadley Council on Aging Christmas Basket Program. Chairperson is Karen Anderson.

ATTENTION MEDICARE BENEFICIARIES!

STOP! READ your Medicare, Part D and Health Insurance information for 2011. Most preventive benefits are free and there is a new benefit: an annual wellness exam at no charge to you. Insurance plan costs are changing. There are fewer drug plan choices and some plans are discontinued. The time to change plans is during Open Enrollment, November 15-December 31st. The time to review your insurance plan choices is NOW! *If you elect a Medicare Advantage plan for 2011 and are unhappy with it, you will be able to disenroll from the plan from January 1st—February 14th and return to Original Medicare.* Remember your SHINE Counselor is available on Tuesday mornings so if you need assistance, call 538-5042 and make an appointment.

WMEC ANNUAL HOLIDAY PARTY TO BE HELD MONDAY, DEC. 6TH AT THE FAIRVIEW KNIGHTS OF COLUMBUS. SIGN UPS WILL BEGIN IN EARLY NOVEMBER AT THE SENIOR CENTER OFFICE.

South Hadley Council on Aging

SeniorNet
Computer Learning Center



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

ANNE'S NEWS

I don't know where this year has gone! Already we are starting the holiday season and finishing off 2010. This time of year is a very busy one for most people. In November we have special luncheons for Veteran's Day and Thanksgiving one week apart. This can be a little taxing for our Nutrition volunteers who already work diligently on a regular basis to assist in bringing congregate and at home meals to this community. If you are able to volunteer for special lunches, I would greatly appreciate your call!

I would like to draw your attention to our Library at the COA. We have a wonderful assortment of donated books and magazines for your reading pleasure. Over the past few months there has been some transition in the volunteer staff and the library has been in need of some TLC. I want to thank Susan Bartnik and Lisa Chartier for the hard work they put into our library last year, we miss you! I want to thank Linda Costello for coordinating the reorganization process and for the two new volunteers who responded to my request in last month's newsletter. They are Susan Canedy who has been a volunteer with our Senior Travel Club for two years and Mary Louise Robitaille who is a new volunteer at the Senior Center. You are doing an amazing job!

On November 29th we are planning a Mall Shopping trip to Hampshire Mall in Hadley. They will leave the Senior Center at 9:00 am and be picked up at the mall at 2:00pm. If you would like to attend please call the office to sign up as space is limited. We are planning another mall trip for early December and would like suggestions as to which mall you would like to shop at. Please call with that information also.

On November 10th we will be having our Veteran's Luncheon. If you are a veteran you will be our guest at this luncheon held in your honor as thanks for your sacrifice for our freedom. Please call me to reserve your place as we are giving first priority to veterans.

On November 1st we are starting a 4 week session of Yoga for Seniors. Our instructor is Linda Brunelle who has taught here before. She bases her class on the teachings of Peggy Cappy, who many may be familiar with. The cost for this session will be \$24.00 which is payable in advance and must be accompanied by a Doctor's approval form and personal contact form. Space for this class is limited and we cannot hold a space unless payment is made.

We are offering Wii this month on Monday, November 29th at 9:30am. Why not come in and see what is occupying your grandkids and your peers? It is so much fun and adaptable for almost anyone.

Before closing I'd like to introduce one more new volunteer to you. She is Jane Tardif and is volunteering in our office and doing a wonderful job. Welcome to our team!

I hope to see you this month at one of our events or in the Dining Room having coffee or on your way to a card game. The Senior Center has something for everyone, and that means YOU!



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