

# COUNCIL ON AGING

South Hadley Massachusetts

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



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 pages/SouthHadleyMA\_COA

**OCTOBER 2010**

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## HALLOWEEN PARTY



Our Halloween Party will be held on Friday, October 29th at lunch. The suggested donation is \$2.25. For guests under 60 the charge is \$3.00. The menu is sirloin tips, mushrooms, scalloped potatoes, peas & onions and cake. Please make your reservation by calling 538-5042. **Reservations will be accepted beginning on Friday, October 1st at 8 a.m.** You are encouraged to **COME IN COSTUME** and add to the festivities. Please plan on arriving by 11:30 a.m. For those who do come in an actual costume, there will be a prize courtesy of The South Hadley Friends of the Elderly, Inc as well as a contest and the top 3 most outstanding costumes will win an additional prize.



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. 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 60 OR over 60. **Guests under 60 must pay a charge of \$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. PLEASE NOTE: As of October 1st the nutrition program will no longer supply frozen meals (prepared on site) for the home-delivered meals clients. Therefore, meal counts will need to be carefully monitored, especially where individual portions need to be counted i.e. chicken/fish. **Don't be one of the disappointed individuals who will not be included because of a last minute reservation. PLEASE MAKE YOUR RESERVATIONS A DAY IN ADVANCE, ESPECIALLY FOR MONDAYS.**

### TRIAL SHOPPING SERVICE

On Monday, October 18th the Council on Aging is offering transportation to the Stop and Shop on Lincoln Street in Holyoke. Pick ups will begin between 8:15 and 8:30 a.m. The cost for the ride will be \$5.00 round trip. According to a survey some individuals wanted to shop at that store. A minimum of 5 passengers is required.

Call Lisa at 538-5042, Ext. 203 if you are interested.

### South Hadley Senior Travel Club

**TUESDAY, OCTOBER 19TH-HOBO RAILROAD TURKEY TRAIN RIDE:** Enjoy the scenic fall foliage while dining on the famous Hart's Turkey Train Dinner hot turkey dinner with all of the fixings) followed by a visit to **Castle in the Clouds** for a 270-degree fall view of mountains and **Lake Winnepesaukee**. Cost: \$84.00. Accepting names for a "wait list". Contact: David Bellefeuille, 533-7724. **TUESDAY, NOV. 16-AQUA TURF'S MUSICAL SALUTE TO THE ARMED FORCES.** Coffee and donuts upon arrival. Complimentary glass of beer or wine, family style luncheon feast. Cost \$66.00. Contact: Barbara Laramee, 536-8567. **TUESDAY, DEC. 14TH-VICTORIAN CHRISTMAS AT THE WILLIAMS INN WITH THE BOARS HEAD FEAST AND BERKSHIRE MUSEUM FESTIVAL OF TREES(\$82).** Accepting names for a "wait list". Susan Canedy 536-2106. A \$5.00 **non-refundable** deposit required on all trips. 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. **May 8-15 Bermuda Cruise \$599-\$989 plus \$345 port charge/taxes.** Contact Judy Fortier, 534-3598.

## NOTES FROM THE DIRECTOR



Fall is a spectacular time of year and the beauty of nature surrounds us. Fortunately we do not need to travel far to view the magnificent foliage.

Anne is now working on organizing a Zumba class geared for a lower level of intensity, but we need to find an instructor willing to work within our parameters.

I want to thank all of the advertisers for supporting our newsletter and helping to defray the printing and mailing expenses. Special thanks to Deanna and her team at Hitchcock Press for producing the ad page. For those of you who travel south for the winter, please be sure to let the office know. Thanks to Jaime Doolittle, the newsletter is available on the Town website at <http://www.southhadley.org/pages/> click on COA Monthly Newsletter and you can then click on the month you want to read. It is a PDF file so your computer must have the software to download this program.

Upon completing the Executive Office of Elder Affairs Annual Report, I again realize the number of services provided by our COA during the past fiscal year. Well over 100,000 units of service were provided. THANK YOU staff and volunteers for your commitment to our seniors.

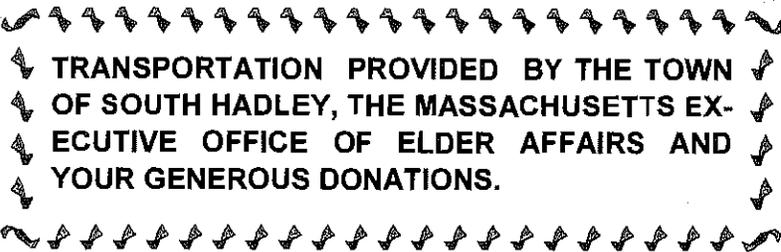
The South Hadley Council on Aging will be again receiving \$25,823 from the Formula Grant. This figure is calculated by the number of residents 60 and over per the 2000 Federal Census times \$7.00 per senior. In spite of the economy, the need to keep the grant at this level was recognized because it provides many essential services to the various COA's. I take this opportunity thank Senator Stan Rosenberg and Representative John Scibak for their untiring support of the seniors in their districts.

*Joanne*



TO THE MEMBERS OF THE HIP GROUP FOR THE VERY GENEROUS DONATION OF \$200 THAT WILL BE APPLIED TO THE NUTRITION GIFT ACCOUNT.

**SHINE UPDATE:** Medicare Advantage (HMO's and PPO's) Plans and Drug Plans (Medicare Part D) will make their pricing for next year available October 1st. Members (you) will receive lots of mail in the next 2 months. Open it and read the changes or bring to a SHINE appointment. Many plans are changing their coverage, possibly eliminating plans or changing prices. If your plan is being eliminated, they will put you in another one that might not be the best option financially or provide adequate coverage. If you don't understand the information for 2011, have a friend or family member explain. You may also call Angie Wright at 538-5042, ext. 206 or make a SHINE appointment.



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

## BE COUNTED!

### STATE ELECTION –NOVEMBER 2, 2010

Important dates to remember: Last day to Register to vote is October 13th, Town Clerk's Office will be open until 8:00 p.m. Last Day to obtain an absentee ballot is November 1st at 12:00 p.m. **ALL** Precincts are now voting at the South Hadley High School. Polls will be open from 7:00 a.m. until 8:00 p.m.

### SOUTH HADLEY COA BOARD (CORRECTED)

**Chairperson**..... M. Connie Laplante

**Vice Chairperson**.....Donna Robideau

**Secretary**.....Melide Normand

Irene Bernstein

Doris Bibeau

Elaine Foley

Elizabeth Innocent

Thomas McAuley

Susan Myers

Dr. Francis Nelen

Judith Strzempko

(My sincere apologies to Judith Strzempko for inadvertently omitting her name from the list last month. Joanne )

NEXT SESSION OF TAI CHI WILL BEGIN ON NOVEMBER 1ST. Number of sessions and cost will be announced in class or call 538-5042 by the end of October.

**TITLE III GRANTS TO BEGIN ANOTHER FISCAL YEAR BEGINNING IN OCTOBER. SPECIAL THANKS TO WEST MASS ELDER CARE FOR PROVIDING THESE GRANTS THROUGH OLDER AMERICAN ACT FUNDING.**

**\*\*ALZHEIMER'S CAREGIVERS SUPPORT GROUP BEGINS THURSDAY, OCTOBER 7TH AND MEETS FOR 8 CONSECUTIVE WEEKS.**

**\*\*COMPANION/ESCORT TRANSPORTATION BEGINS OCTOBER 1ST.**

**\*\*CHORES/SNOW REMOVAL APPLICATIONS ARE BEING TAKEN. IF YOU NEED ASSISTANCE WITH SNOW REMOVAL BY MEANS OF A PLOW, CALL ANGELA WRIGHT AT 538-5042, EXT. 206.**

**\*\*DIABETIC SUPPORT GROUP BEGINS WED., OCTOBER 13TH AT THE SENIOR CENTER AT 1 P.M. Registered Dietitian and Certified Diabetes Educator, Roberta Ruland will discuss and answer your questions about "Fats—What's Good and What's Not". If you have been tested and have a high normal reading, this is the group for you. It might help prevent you from needing medication.**

To learn more about these grants, please call Joanne Trybus at Ext. 204 or Angela Wright at Ext. 206 (538-5042).

# ANGIE'S NEWS & NOTES

## NOW IS THE TIME!

Hopefully, the summer heat waves are long past us. I don't know about you, but there were many days this summer when it was mighty difficult to put up with the heat and humidity. Thank goodness the fall is approaching, my very favorite season of the year. Just the thought of the leaves turning to brilliant colors brings an added smile to my face.

It's also time to think about winter heating bills. Fuel Assistance, also known as the Low Income Energy Assistance Program (LIHEAP), is a government program designed to help low-income families and individuals pay their heating bills during the winter. The Massachusetts Fuel Assistance Program helps families by paying a portion of their heating bills from November 1 to April 30. I urge you to please give some thought to this vital program, especially with the ever increasing cost of fuel.

Eligibility is based on the number of people in your household and the combined gross (before taxes) income of all persons residing in the household.

Who should apply:

- Homeowners and renters who pay for their own heat
- Renters whose heat is included in their rent (Those having a housing subsidy must not receive a utility allowance)

Please use the above chart to see if you may qualify.

No. of People	Income Limit
1	\$30,751
2	\$40,213
3	\$49,675
4	\$59,137
5	\$68,598
6	\$78,060

If you are a South Hadley resident living on a low or fixed income, I encourage you to apply. Please don't hesitate to give me a call at (413) 538-5042 to make an appointment.



Angie Wright  
Social Service Coordinator

### Please Join Us

On Wednesday, October 13th at 10:00am, Sharon Ashton, LPN and Marketing Director/Admissions Director of Renaissance Manor in Holyoke, Ma., will give a presentation on Falls Prevention.

Please join us for this very important topic. There will be snacks and a small raffle.

To register, call (413) 538-5042.

# 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. OCTOBER 2010 MENU

- 1) POLLOCK & CHEESE FILETS, Egg Noodles, Winter Mix Vegetables, Banana, Whole Wheat Bread.
- 4) BBQ CHICKEN, Baked Potatoes, Multi-grain Bread, Mixed Vegetables, Apples.
- 5) BIRTHDAY/ANNIVERSARY LUNCH—French Meat Pie/Gravy Egg Noodles, Spinach, Roll, Cake or Diet Cake.
- 6) COLD PLATE: Tuna Salad, Macaroni Salad, Three Bean Salad, Rye Bread, Pineapple.
- 7) MEATLOAF, Mushroom Gravy, Au Gratin Potato, Broccoli & Cauliflower, Whole Wheat Bread, Pudding or Diet Pudding.
- 8) FLORENTINE POLLOCK, Rice Pilaf, Creamed Corn, Juice, Apricots or Diet Apricots.
- 11) HOLIDAY—CENTER CLOSED.
- 12) CHICKEN PATTIES/ GRAVY, Mashed Potatoes, Corn, Whole Grain Bread, Pineapple.
- 13) MILD BEEF CHILI, Rice, Broccoli, Combread, Apricots or Diet Apricots.
- 14) SWEET & SOUR CHICKEN, Egg Noodles, Peas & Carrots, Rye Bread, Mandarin Oranges or Diet Mandarin Oranges.
- 15) CELERATE WISCONSIN—Macaroni & Cheese, Green Beans, Stewed Tomatoes, Roll, Apple Crisp or Diet Apple Crisp.
- 18) OVEN FRIED CHICKEN, Roasted Potatoes, Ratatouille, Pears or Diet Pears.
- 19) ROAST PORK/GRAVY, Baked Potato, Beets, Applesauce, Oatmeal Bread, Fruit Cocktail or Diet Fruit Cocktail.
- 20) SHEPARD'S PIE/GRAVY, Corn, Biscuit, Juice, Brownie or Diet Brownie.
- 21) BROCCOLII & CHEESE QUICHE, Potato Puffs, Whole Grain Bread, Summer Blend Vegetables, Jell-o or Diet Jell-o.
- 22) FIESTA POLLOCK, Egg Noodles, Mixed Vegetables, Roll, Pineapple.
- 25) LIVER & ONIONS, Mashed Potatoes, Beets & Onions, Peaches or Diet Peaches.
- 26) HAM W/RAISIN SAUCE, Sweet Potatoes, Green Peas, Rye Bread, Mandarin Oranges or Diet Mandarin Oranges.
- 27) STUFFED SHELLS/TOMATO SAUCE, Garlic Bread, Italian Blend Vegetables, Juice, Cookies or Diet Cookies.
- 28) TERIYAKI CHICKEN, Rice, Green Beans, Whole Grain Bread, Pineapple.
- 29) HALLOWEEN LUNCHEON—Sirloin Tips & Mushrooms, Scalloped Potatoes, Peas & Onions, Orange Juice, Halloween Cake or Diet Halloween Cake.

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.



**Make Half Your Grains Whole**  
 Amy Deacon, Sodexo Dietetic Intern at WMEC

You may have heard to "make half your grains whole." What exactly does this mean? We have the answers to all your questions right here!

### Whole Grains VS Refined Grains

A grain consists of three parts, the bran, germ, and endosperm. Refined grains are milled, a process during which the bran and germ are removed, taking fiber, vitamins, and minerals with them. The vitamins and minerals can be added back into the product through a process called enriching, but the fiber usually is not. Whole grains are not milled, so the three parts of the grain remain intact, leaving the vitamins, minerals, and fiber where they belong!

### Why are Whole Grains Important?

Eating a diet rich in whole grains has been shown to lower the risk of heart disease. Whole grains are excellent sources of fiber, which helps with bowel regularity as well as helping you to feel full. Whole grains are rich in B vitamins, such as thiamin, riboflavin, niacin, and folate, and minerals such as iron, magnesium, and selenium.

### How Can I Get More Whole Grains In My Diet?

The easiest way to add more whole grains in your diet is to substitute a whole grain product for a refined grain that you already eat.

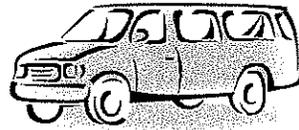
If You Eat...	Try...
White Pasta	Whole Wheat Pasta
White Rice	Brown Rice
White Bread	100% Whole Wheat Bread

### How Do I Know If a Product Contains Whole Grains?

Examples of whole grains include whole wheat flour, barley, oatmeal, whole cornmeal, and brown rice. Choose grain products (such as breads, pasta, and cereal) that list a whole grain as the first ingredient on the food label, such as whole wheat flour. Be sure to watch the labeling on grain products. Multigrain, stone ground, 100% wheat, cracked wheat, or seven grain products are not usually whole grain. Often, the first ingredient listed on the food label of these products is enriched wheat flour, a refined grain. Brown bread does not necessarily equal a whole grain. Bread may be brown in color due to additives such as molasses. Remember to check the ingredient list for a whole grain as the first ingredient.

**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

**IN TOWN TRANSPORTATION  
 AVAILABLE MONDAY-FRIDAY  
 FROM 9-3, BY APPOINTMENT  
 ONLY.**



# OCTOBER 2010



**1 POLLOCK & CHEESE FILLETS**  
 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/Poker-DR

**4 BBQ CHICKEN**  
 10 Music Appreciation-CE  
 11 Tai Chi-EX  
 1 Stained Glass-CE  
 1 Poker-DR  
 1 Pinochle-DR  
 1 Canasta-DR  
**1 Red Hat Society-CR**

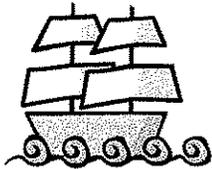
**5 BIRTHDAY/ANNIVERSARY  
 FRENCH MEAT PIE/GRAVY**  
**9-12 SHINE (by appointment)**  
 10 Beginning Exercise-EX  
 1 Bingo-CR  
 1 Movie-EX  
 1 Needlecraft-CE  
 6:15 Men's Night/Mah Jongg

**6 COLD TUNA SALAD PLATE**  
 8 HIP-EX  
 9:30 Grocery Shopping  
 10 Travel Club-C1  
 10:30 Osteoporosis Exercise-EX  
**11:15 Lisa Lovell, WMEC  
 Nutrition Director-DR**  
 1 Mah Jongg -CE/Pitch-CR  
 1 Senior Poetry-C2/Choralites-DR

**7 MEATLOAF**  
**10 Alzheimer's Support-C2**  
 10 Memoir Writing-CR  
 10 Travel Club-C1  
 11 Beginning Exercise-EX  
**1 Wii-EX**  
 1 Golden Agers-CR  
 1 Scrabble-L  
 1 Quilting-CE

**8 FLORENTINE POLLOCK**  
 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

**11 COLUMBUS DAY  
 HOLIDAY  
 CENTER IS CLOSED**



**12 CHICKEN PATTIES/GRAVY**  
 10 Beginning Exercise-EX  
 1 Bingo-CR  
 1 Movie-EX  
 1 Needlecraft-CE  
 6:15 Men's Night/Mah Jongg

**13 MILD BEEF CHILI**  
 8 HIP-EX  
 9:30 Grocery Shopping  
**10 Falls Prevention-CR**  
 10 Travel Club-C1  
 10:30 Osteoporosis Exercise-EX  
**1 Diabetic Support Group-C2**  
 1 Pitch-CR/Mah Jongg-CE

**14 SWEET & SOUR CHICKEN**  
**10 Alzheimer's Support-C2**  
**10 Veteran's Group-CE**  
 10 Memoir Writing Group-CR  
 10 Beginning Ex.-EX/Travel-C1  
**12:30-2pm Blood Pressure-C2**  
**1 Friends Meeting-DR**  
 1 Golden Agers-CR  
 1 Scrabble-L/Quilting-CE

**15 CELEBRATE WISCONSIN  
 MACARONI & CHEESE**  
 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

**18 OVEN FRIED CHICKEN**  
**9:30 FOOT NURSE (by appt)**  
**9:30 Wii-EX**  
 10 Music Appreciation-CE  
 11 Tai Chi-EX  
 1 Stained Glass-CE  
 1 PokerPinochleCanasta-DR  
 1 Monday Cribbage-CR  
**4 COA Board Meeting-C2**

**19 ROAST PORK WITH GRAVY**  
**9-12 SHINE (by appointment)**  
**10 Lo-Vision Support Group-C2**  
**10-11 Brown Bag-CE**  
 10 Beginning Exercise-EX  
 1 Bingo-CR  
 1 Movie-EX  
 1 Needlecraft-CE  
 6:15 Men's Night/Mah Jongg

**20 SHEPHERD'S PIE WITH GRAVY**  
 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

**21 BROCCOLI & CHEESE QUICHE**  
**10 Alzheimer's Support-C2**  
 10 Memoir Writing Group-CR  
 10 Travel Club-C1  
 10 Beginning Exercise-EX  
**1 Get Going-C2**  
 1 Golden Agers-CR  
 1 Scrabble-L  
 1 Quilting-CE

**22 FIESTA POLLOCK**  
 9:30 Grocery Shopping  
 10 Coffee & Conversation-DR  
 10:30 Osteo Exercise-EX  
 1 Knitting-L  
 1 Bridge-CE  
 1 Cribbage-CR  
 1 Poker-DR  
 1 Canasta-DR

**25 LIVER & ONIONS**  
 10 Music Appreciation-CE  
 11 Tai Chi-EX  
 1 Stained Glass-CE  
 1 Poker-DR  
 1 Pinochle-DR  
 1 Canasta-DR

**26 HAM WITH RAISIN SAUCE**  
**9 Newsletter Collating**  
 10 Beginning Exercise-EX  
 1 Bingo-CR  
 1 Movie-EX  
 1 Needlecraft-CE  
 6:15 Men's Night/Mah Jongg

**27 STUFFED SHELLS/SAUCE**  
 8 HIP-EX  
 9:30 Grocery Shopping  
 10 Travel Club-C1  
 10:30 Osteoporosis Exercise-EX  
 1 Choralites-DR  
 1 Pitch-CR  
 1 Mah Jongg-CE

**28 TERIYAKI CHICKEN**  
**10 Alzheimer's Support-C2**  
 10 Memoir Writing Group-CR  
 10 Travel Club-C1  
 10 Beginning Exercise-EX  
**10:30 Blood Pressure Screening  
 with Fire District #1-DR**  
 1 Scrabble-L  
 1 Quilting-CE  
 1 Golden Agers-CR

**29 HALLOWEEN LUNCHEON  
 SIRLOIN TIPS & MUSHROOMS**  
 9:30 Grocery Shopping  
 10 Coffee & Conversation-DR  
 10:30 Osteo Exercise-EX  
 1 Knitting-L  
 1 Bridge-CE  
 1 Cribbage-CR  
**1:30 Poker-DR**  
**1:30 Canasta-DR**

## South Hadley "Localocracy"

### completes successful trial

A new website to encourage South Hadley residents to participate in town government has met its first goal of registering fifty citizens.

"Localocracy" was introduced to South Hadley voters in June and started a "beta" or trial website with the initial goal of having 50 residents participate.

The comments and questions about town issues are at <http://southhadley.localocracy.org>. The most interest has been generated by a proposal to build a new public library, form a new Youth Commission, and consider a golf course debt exclusion question. Other issues on the site include the Comprehensive Plan, the proposed Community Code of Conduct, and a "Pay as You Throw" proposal designed to increase recycling.

The founders of Localocracy, Conor White-Sullivan and Aaron Soules, presented the idea to the S. Hadley Selectboard in May and the Selectboard endorsed the trial.

According to White-Sullivan, Localocracy can "help residents have a real impact on the decisions that shape their community and their lives."

The site poses questions on local issues and accepts opinions from readers. Participants can "vote" on the issues and rank ideas so that viewers can tell which arguments other readers have found persuasive.

According to Selectboard Chair John Hine said, "Localocracy provides a unique opportunity for residents of South Hadley to be more aware of the issues facing the Town and to express their thoughts on those issues. Clearly the more people participate the more meaningful it will become."

South Hadley voters interested in commenting or proposing new issues for the site can do so through the South Hadley site at <http://localocracy.org>.

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STAVROS –Volunteers needed for surrogate volunteer program to advocate for people with disabilities who live independently within the community. Many are without friends or family to help. Orientation provided. For more information call Jeri, Surrogate Program Coordinator at Stavros (413)781-5555, ext. 350.

## ANNE'S NEWS

October is here already and now we will be very busy until the all the holidays are over. This month we will celebrate Halloween on Friday, October 29<sup>th</sup>. Our special luncheon that day seems to be the most popular event of the year. It's a day to dress up in your zaniest costume, eat candy, listen to spooky music, win prizes and enjoy a delicious lunch! I hope you will join us; it's a lot of fun!

Our other activities are in full swing, so check out our calendar in the newsletter and on-line to see what appeals to you. If you are unsure about some of our programs or activities, why not take a tour? I can explain the Senior Center to you and help you feel at home here. Call me at 538-5042 to schedule a tour.

Our volunteers are hard at work, as always, and are the reason we can provide the level of activity and service we do. Last month the volunteers gave 1,623.25 hours of service, an awesome contribution to the South Hadley Senior Center! There are some areas where additional volunteers are currently needed. We are in need of 1 or 2 more volunteers to substitute on our lunch book. This requires attention to detail during a busy check-in period between 10:30 and 11:45 am. We also need someone who could commit to watering our indoor plants once or twice a week. We also need volunteers to work in our Dining Room. We need substitutes who could set tables, serve meals and clear tables for our regular meals and/or special luncheons. If any of these opportunities are something you would like to do, please call me at 538-5042.

With the cold weather fast approaching many of you may like to use our exercise equipment. Just a reminder - you must have a current (within the last year) doctor's permission form and a personal release form to do any form of exercise at the Senior Center. If you have never used our equipment, a short orientation must be completed prior to starting. After submitting your forms, please call me at 538-5042 to schedule your orientation.

Our Wii Play and Learn was great fun! We had 14 people in attendance and we bowled and played golf and laughed!!!! Even if you think video games or physical games are not for you, I'm sure you will have fun. Keep an eye on the calendar for future times for Wii and give it a try!

I hope to see you in October!

*Anne*

## LIFELINE SERVICE IN MASSACHUSETTS

SafeLink Wireless is offering Lifeline Service in your area! One must go online to register. If you do not have a computer available or need assistance, call Angie Wright at 538-5042 and she will make an appointment to assist you. Benefits include: a FREE SafeLink Wireless phone and three different plans to choose from with FREE monthly minutes. To qualify one must participate in one of the following assistance programs: Emergency Aid to the Elderly, Disabled and Children; Supplemental Security Income; Low Income Home Energy Assistance Program; Food Stamps; MassHealth; Transitional Aid to Families with Dependent Children; Fuel Assistance. No one in your household can be currently receiving Lifeline Assistance through another phone carrier. If so, that service must be cancelled before applying for SafeLink Wireless. You must have a valid United States Postal Address. In order to receive your FREE phone, you must live at a residence that can receive mail from the U.S. Post Office, no P.O. Boxes accepted. The web site is <https://www.safelinkwireless.com/EnrollmentPublic/benefits.aspx>.

### IN MEMORIAM

#### IN MEMORY OF:

#### FROM:

#### NUTRITION ACCOUNT:

MAYROSE EHLY	Tillie Laverdiere
ANNETTE PAUL	Joseph Paul
MARIE DUNLEAVY	Eileen Pasterczyk
FAYE TAYLOR	Eileen Pasterczyk
JANET PUDLO	Betty Foley
GEORGE ROBIDEAU	Roland & Joyce Roberts Judie Strzempko Suzanne Shea Bob & Liz Methot Jean Lambert M. Connie Laplante Melide Normand Elaine Bigelow Mr. & Mrs. J. E. Sunderland Eric and Mary Beth Leclair Mr. & Mrs. Robert Wilson Warren & Gloria McAvoy

HELEN RZASA	Phyllis Gazda
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#### NEWSLETTER ACCOUNT:

PAUL NORMAND	Melide Normand
DORIS CORRIVEAU	Richard Corriveau
JACK GINOCCHIO	Jacqueline Ginocchio
FAYE TAYLOR	Josephine Grycel Lathrop Village & Newton Manor Tenants Association

#### TRANSPORTATION ACCOUNT:

MAYROSE EHLY	Lathrop Village & Newton Manor Tenants Association
YVETTE THIBODEAU	Lucille Ryan

#### SERVICES ACCOUNT

LUANNE REYNOLDS	Noelle Loiselle
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Choose your plan (check one)

80 FREE monthly minutes  
International Calling & Texting

#### Program features (information only)

Carry-Over minutes from month to month	YES
100+ International long distance destinations	YES
Text Messaging	YES (0.3 minutes per text)
Voicemail/Caller ID/Call waiting	YES

125 FREE monthly minutes  
Carry-Over Minutes

YES  
NO  
YES (1 minute per text)  
YES

250 FREE monthly minutes  
Talk Minutes

NO\*  
NO  
YES (1 minute per text)  
YES

\*If you choose this program, all unused minutes (including purchased cards and free minutes) will be removed/wiped out and will not carry-over on your next monthly minutes delivery.



**DONATIONS TO THE SOUTH HADLEY COUNCIL ON AGING ACCOUNTS:**

Throughout the year we are asked how an individual can make a donation to help the Senior Center. Kindly check off one of the accounts listed below that you would like to have your donation go to. If your donation is in memory of someone and you would like us to send an acknowledgement, please indicate the individual's name and address below. *Thank You for Your Assistance!*

**DONATION FROM:** \_\_\_\_\_ **ADDRESS:** \_\_\_\_\_

**Contribution in memory/honor of:** \_\_\_\_\_

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

- |   |   |   |
|---|---|---|
| <input type="checkbox"/> Activities Account               | <input type="checkbox"/> Clinic Account       | <input type="checkbox"/> Nutrition Gift Account |
| <input type="checkbox"/> Minibus Maintenance Acct.        | <input type="checkbox"/> Building Fund        | <input type="checkbox"/> Mothers' Garden        |
| <input type="checkbox"/> Minibus (Future Purchase)        | <input type="checkbox"/> Shopping Assistance  | <input type="checkbox"/> Emergency Fund         |
| <input type="checkbox"/> Subsidized Senior Transportation | <input type="checkbox"/> Senior Net           | <input type="checkbox"/> Services Account       |
| <input type="checkbox"/> Transportation Account           | <input type="checkbox"/> Newsletter Account   | <input type="checkbox"/> Christmas Baskets      |
| <input type="checkbox"/> "Lights On"                      | <input type="checkbox"/> Wherever Needed Most |   |

**Please Make Check Payable To:** South Hadley Council on Aging, 45 Dayton Street, South Hadley, MA 01075. Contributions are tax deductible.

Donations made "In Memory/Honor" of someone **WILL** be published in the Monthly COA Newsletter.

Please check if you **DO NOT** want your name published.

**SNOWBIRDS**

For those of you who go away for the winter for more than one month, please let us know so we can hold your newsletter. Every month we pay almost \$10.00 in postage costs for temporarily away residents. Please let us know if you want the newsletter mailed to your forwarding address and we will be glad to do so. Your cooperation with this request is sincerely appreciated because we really don't have the funds to waste. **THANK YOU!**

Joanne



**YOU'RE INVITED**

**TO A WELCOMING RECEPTION  
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NEW PRESIDENT-LYNN PASQUERELLA  
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7-8:30 P.M.  
TOWN HALL  
REFRESHMENTS AND CONVERSATION**

**NEWSLETTER NOTES**

**\*\*Thanks to Hitchcock Press for setting up the ads.  
\*\*SPECIAL THANKS TO ALL OF THE ADVERTISERS. YOUR LOYALTY IS GREATLY APPRECIATED.  
\*\* Thank you to those of you who have already sent in your donation for the newsletter. A list of donors will appear in the January edition. Your generous contributions help with the expense of printing and mailing the newsletter. Also, if you have any suggestions as to what information you would like to see in the newsletter, please feel free to let us know.**

Joanne

**VOLUNTEER LIBRARY ASSISTANT WANTED: DO YOU LOVE THE ATMOSPHERE OF A LIBRARY? DO YOU HAVE ABOUT TWO HOURS TO SPARE EVERY WEEK? THEN YOU MIGHT LIKE SORTING BOOKS IN THE SENIOR CENTER LIBRARY. CALL ANNE O'CONNOR 538-5042, EXT. 205 FOR MORE INFORMATION.**



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SeniorNet has spent the last two months exploring topics for courses. Our plan is to include one or more courses in the fall and winter classes. We plan to start in September with the following:

**PICASA:** A digital photo organizer and editor which has been improved since its first release. For beginners and casual photo shooters Picasa makes it easy to find all your photos, sort them into albums, do quick edits, and share with friends and family. It runs on Windows, Macintosh, and Linux.

In addition, we will offer the following regular classes:

**EXPLORING WINDOWS:** Offers ways to re-design your computer desktop, install and un-install software and hardware, as well as control the operation of your mouse. The course demonstrates different methods of accessing the various features already in Windows. These features can improve and maintain the operating efficiency of his/her computer.

**INTERNET:** Offers an explanation of how the internet works and explains email, using "search engines", such as Google, and introduces you to the SeniorNet national website where there are a variety of chat rooms and short explanations of various programs.

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

Each class provides coaches who will help each student, an instruction book that is yours to keep and a practice disc. Coaches assist students with "hands-on" help. There is a regular Friday afternoon lab which is open to all those who take our classes. Most classes run for 8 lessons, each lasting 2 hours.

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.

We are looking into additional topics. We also will be offering some of our other classes, such as **FUNDAMENTALS, INTRODUCTION TO COMPUTERS, WORD PROCESSING, AND QUICKEN.** Let us know what topics you would like to learn. We'll call you right back.

## The Importance of Extending Your Employment Years

For the past few decades, the health of older Americans has been improving, while changes in occupations associated with the growth of the service economy have made work less physically demanding. In addition, life expectancies have increased steadily, increasing in turn the financial resources required to maintain one's standard of living over throughout ones life.

In the past, generous retirement benefits made it attractive for Americans to retire at younger ages despite their increased life expectancy. In the future, however, financial realities are likely to make it more attractive for Americans to keep working later than age 62, the most popular age for retiring. The continuing shift away from defined benefit retirement plans and retiree health insurance will mean that that many more Americans will need to save even more to ensure adequate income throughout one's retirement.

Yet a 2006 survey of adults conducted by the Employee Benefit Research Institute (EBRI) showed that many do not fully understand how these changes affect their retirement security, and, among those who do, few have altered their savings behavior to compensate for the decline in generosity of retirement income provided by employers. For these reasons, staying employed until later years is more important than ever.

Searching for full time or part time jobs can be difficult for several reasons. Here are some of the challenges facing adults age 55 and older in obtaining employment:

The methods for finding jobs as changed. Today, nearly 85% of all jobs are posted only on the Internet! Many adults may not know how to use the internet or how to best utilize it to find new work. Job search techniques have changed. For example, résumé formatting has changed over the years. The importance of social networking has increased over time. We really need to seek jobs via social networks -- ads and unions alone are not enough. Older job applicants must develop savvy methods for dealing with age biases that job interviewers may have.

If you are unemployed or underemployed and want to find a new job, you should make sure you visit on the One-Stop Career Centers in Massachusetts.

### Get Help at the One-Stop Career Centers across Mass.

An extraordinary variety of employment-related services for job seekers are available at the Commonwealth's network of One-Stop Career Centers. Services for job seekers include: job search assistance and access to online job listings; career counseling; coaching on job search skills; workshops on a variety of job search strategies; access to resources including PCs, reference materials, resume building software, and economic data; networking groups; unemployment insurance walk-in services.

There are 32 One-Stop Career Centers located across the state in every major city, with branch offices in additional communities. In addition to individual and customized services, Career Centers hold workshops, sponsor job fairs, and work with local employers to recruit workers for available job openings. Most all services are free of charge.

In many centers, services are available in languages in addition to English, depending on location. Career Point, 850 High Street in Holyoke is the local center.

