

COUNCIL ON AGING

South Hadley Massachusetts

The sun never sets on our Activities...

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Councilonaging@southhadley.org

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Assistant Director: Lisa Napiorkowski



Chairperson:

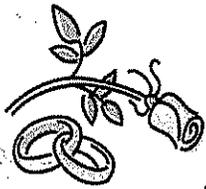
M. Connie Laplante

Social Services Coordinator:

Angela Wright:

awright@southhadley.org

SEPTEMBER 2010



55+ ANNIVERSARY PARTY

WEDNESDAY

SEPTEMBER 22ND

11:30 A.M.

SO. HADLEY SENIOR CENTER

45 DAYTON STREET

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 and over. **For guests or people under 60 the charge is \$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

FALL TRAVEL SCHEDULE

TUESDAY, SEPTEMBER 21ST: THE BRONX ZOO includes one-way skyfari, a two-mile monorail ride and the Zoo shuttle (ride free all day). Enjoy such exhibits as Jungle World, Congo Gorilla Reserve, Butterfly Garden, Sea Lion Pool, the Big Bears and many more. Dine on your own in one of 7 cafes and food stands in park. Dinner included on way home at Cracker Barrel in Milford, CT: Cost \$68.00. Contact: Judy Fortier, 534-3598. **MONDAY, OCTOBER 4TH: MOHEGAN SUN AND CORNERSTONE PLAYHOUSE** full casino package at Mohegan and then to Mystic Village for private showing of "STAR SPANGLED" a patriotic salute to our veterans. Cost: \$61.00. Contact David Bellefeuille, 533-7724. **TUESDAY, OCTOBER 19TH-HOBO RAILROAD TRAIN RIDE** followed by a visit to **Castle in the Clouds** for a 270-degree fall view of mountains and **Lake Winnepesaukee**. Cost: \$84.00. 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 Laramée, 536-8567. **TUESDAY, DEC. 14TH-VICTORIAN CHRISTMAS AT THE WILLIAMS INN WITH THE BOARS HEAD FEAST AND BERKSHIRE MUSEUM FESTIVAL OF TREES(\$82).** Susan Canedy 536-2106. A \$5.00 non-refundable deposit required on all trips. **NO RE-FUND** 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.**

ARE YOU CELEBRATING YOUR 55TH ANNIVERSARY OR MORE? IF SO, YOU ARE INVITED TO A PARTY IN YOUR HONOR. THE MENU IS ROAST PORK AND THE HONOREES WILL BE GUESTS OF THE FRIENDS OF SOUTH HADLEY ELDERLY, INC. PLEASE PLAN ON ARRIVING BY 11:20 A.M. FOR ALL OTHERS THE SUGGESTED DONATION IS \$2.25, UNDER 60 GUESTS \$3.00 CHARGE.

IF YOU HAVE BEEN MARRIED 55 YEARS (1955 OR BEFORE) AND WOULD LIKE TO BE AMONG OUR GUESTS, CALL 538-5042 BY SEPTEMBER 17TH. IF YOU WANT YOUR FAMILY AND FRIENDS TO SIT AT YOUR TABLE, PLEASE GIVE THEIR NAMES WHEN YOU MAKE YOUR RESERVATION. TO GIVE EVERYONE A CHANCE TO ATTEND, WE ASK THAT YOU LIMIT THE NUMBER OF GUESTS TO NO MORE THAN FOUR.

IF YOU WOULD LIKE TO SHARE YOUR WEDDING PICTURE, PLEASE BRING ONE IN.



NOTES FROM THE DIRECTOR

The first bit of very exciting news is how thrilled I was to receive the award letter from WestMass ElderCare for the 3-year contract for the nutrition program. This means the home-cooking will continue for both home-delivered meals clients and congregate diners who are able to visit the senior center. The fiscal year begins October 1st. I want to extend my sincere and heartfelt thanks to everyone who has ever made a donation to the nutrition program or sent a donation stating "to be used where needed most" because your generosity has helped me to turn a deficit into a comfortable operational balance. Without the support of the community, the nutrition program might have ended years ago! The satisfaction surveys speak to the quality of the meals and people are generous with donations. The nutrition program continues to be a core program as participants schedule a luncheon around activities. I want to express our thanks to the Big Y on Newton Street for the donations of bread and bakery products because it helps balance the budget and provide a bonus for the seniors.

The picnic was a success at the Senior Center due to the teamwork and effort of staff and volunteers and to all I express my sincere thanks. The Friends of South Hadley Elderly, Inc. generously provided the Bingo prizes. It was a pleasure to have Representative John Scibak, Robert Judge and Paul Beecher attend the event. I also appreciate the prices we paid to Dickinson Farms for corn and All Star Dairy for ice cream.

Some of our grants will begin a new cycle in October. Thanks to the Older American Act grants through WestMass ElderCare, Inc. there will be a Caregiver's Support Group, the Diabetic Support Group, the Snow Removal Grant and the Companion/Escort Grant. Former participants are welcome to join the support groups. If you need help with snow removal or need personalized transportation, please call Angie at 538-5042, Ext. 206.

Please follow the one-way signs in the parking lot. They have been installed to keep the traffic flow safe.

Joanne

Wednesday, September 29th at 9:30 a.m. in the Exercise Room, Betty Wegiel, Activity Director at Wingate South Hadley will be giving a presentation about staying active, strong and energetic by doing a little exercise. Secrets from Wingate's "Fit for Your Life" rehab program will be shared. Please call 538-5042 to register.

Music Survey/Understanding Classes by Dr. Roger Farnsworth start **Monday, September 13th at 10:00 a.m.** for 1 1/2 hours every Monday. Classes are open to everyone regardless of musical background. Some music theory to give a better understanding of the composition being highlighted as well as discussions on a wide variety of music. Call 538-5042 to reserve a seat.

SEPTEMBER IS SENIOR CENTER MONTH AND THE THEME IS "SENIOR CENTERS ~ YOUR PLACE TO CONNECT!" Take some time and visit the South Hadley Senior Center. You might discover a place that will enhance your life and help you age healthily and in your own home! We hope to see you soon!!

SOUTH HADLEY COA BOARD (As of July 1, 2010)	
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Vice Chairperson.....	Donna Robideau
Secretary.....	Melide Normand
Irene Bernstein	Doris Bibeau
Elaine Foley	Elizabeth Innocent
Thomas McAuley	Susan Myers
Dr. Francis Nelen	Melide Normand

POSSIBLE NEW VAN SERVICE? A survey is available to determine interest in shopping transportation to Stop & Shop in Holyoke or Price Rite in Chicopee. It would be a once a month trip on the 3rd Monday of every month starting 8:30 a.m. and cost \$3 each way. Call the COA for a survey or pick one up in the office by Sept. 17th. Results will be shared in October's newsletter. **TRANSPORTATION IS PROVIDED THROUGH FUNDING FROM THE TOWN, MASSACHUSETTS, EXECUTIVE OFFICE OF ELDER AFFAIRS AND YOUR GENEROUS DONATIONS.**

DONATIONS WERE MADE TO THE NEWSLETTER ACCOUNT IN HONOR OF **DR. GEORGE SMITH'S 80TH BIRTHDAY**
BY: DORIS PICHETTE & HARRY B. WOLFE

SPECIAL THANKS TO: SOUTH HADLEY ELECTRIC LIGHT DEPARTMENT FOR THEIR VERY GENEROUS DONATION OF HAMBURGERS, HOT DOGS, ROLLS, CHIPS AND CONDIMENTS THAT WERE USED FOR THE SENIOR CENTER PICNIC.

**HAMPSHIRE COUNTY SHERIFF ROBERT GARVEY, DAVE FENTON, JOE LAFOND FOR LOANING US THE GRILL FOR OUR PICNIC AND WITH THE ASSISTANCE OF STEVE FLEMING AND PAUL KLEKOTKA, TRIAD OFFICERS, DOING ALL OF THE GRILLING!

**ST. PATRICK'S LADIES GUILD FOR THE VERY GENEROUS DONATION OF \$1,000 FOR THE NUTRITION PROGRAM.

**TO JAMES EISENSTOCK FOR THE DONATION TO THE NEWSLETTER ACCOUNT IN HONOR OF HIS 89TH BIRTHDAY ON JULY 14TH.

ANGIE'S NEWS & NOTES

WHAT YOU NEED TO KNOW SHINGLES

Shingles is a disease that causes a painful, blistering rash. It is also called Herpes Zoster. Only someone who has had chickenpox—or, rarely, has gotten chickenpox vaccine—can get shingles. The virus stays in your body, and can cause shingles many years later.

A shingles rash usually appears on one side of the face or body. The rash starts as blisters that scab after 3-5 days. The rash usually clears within 2-4 weeks. Its main symptom is pain, which can be quite severe. Other symptoms of shingles can include fever, headache chills and upset stomach.

Very rarely, shingles can lead to pneumonia, hearing problems, blindness, brain inflammation (encephalitis) or death.

Shingles is more common and more serious in older adults. Nearly 1 million Americans develop shingles every year and about half of them are 60 years old and older.

Several medicines are available to treat shingles. These medications should be started as soon as possible after the rash appears and will help shorten how long the illness lasts and how severe the illness is.

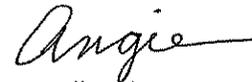
SHINGLES VACCINE

A vaccine for shingles (Zostavax) was licensed in 2006 by the Food and Drug Administration (FDA) for use in people 60 years old and older to prevent shingles. The FDA has licensed the vaccine as safe. In a clinical trial involving people 60 years old and older, the

shingles vaccine prevented long-term pain in 2 out of 3 people who got vaccinated and prevented the disease in about half of them. Please learn more by contacting your doctor or other health care provider. They can give you the vaccine package insert or suggest other sources of information. You can also contact the Centers for Disease Control and Prevention (CDC) by calling 1-800-232-4636.

While details are evolving, it is anticipated that the zoster vaccine will not be covered under Medicare Part B. The vaccine will instead be reimbursed through Medicare Part D. Beneficiaries should contact their Part D plan for more information.

Angie Wright



Social Service Coordinator

SPECIAL EVENT

On Tuesday, September 14th at 10:00AM at the Council on Aging, Jean Zaleski will speak and take your questions on the subject of Care Transitions. Care Transitions is the term used to describe the process used by health-care providers to ensure the coordination and continuity of health care. During the course of an acute or chronic illness one will often receive care in multiple settings, such as the hospital, rehab facility, doctor's office and home. Jean will talk about how communication can be improved among those who provide your care and how you can play a role in this process.

Jean, a physical therapist, is the Director of Community Resource Development at the Holyoke Visiting Nurse Association and Hospice Life Care. She also has a special interest in chronic disease management. Jean recently received her Doctor of Physical Therapy (DPT) from Massachusetts General Hospital Institute of Graduate Health Professions.

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. SEPTEMBER 2010 MENU

- 1) ROASTED CHICKEN W/GRAVY, Mashed Potatoes, Peas/Mushrooms, Cranberry Sauce, Pudding or Diet Pudding.
- 2) KIELBASA, Lazy Pierogi, Carrots, Rye Bread, Pineapple or Diet Pineapple.
- 3) BAKED POLLOCK LOINS, Scalloped Potatoes, Spinach, Cookies or Diet Cookies.
- 6) **CENTER CLOSED—LABOR DAY HOLIDAY**
- 7) BROCCOLI & CHEESE QUICHE, Rice Pilaf, Beets & Onions, Whole Wheat Bread, Juice, Pears or Diet Pears.
- 8) BBQ CHICKEN, Mashed Potatoes, Spinach, Apricots or Diet Apricots.
- 9) COLD PLATE: Tuna Fish Salad, Pasta Salad, Three Bean Salad, Whole-Grained Roll, Jell-O or Diet Jell-O.
- 10) "CELEBRATE IOWA" — MACARONI & CHEESE, Stewed Tomatoes, Rye Bread, Apple Crisp or Diet Apple Crisp.
- 13) BEEFSTEAK PATTIES W/SAUCE, Mashed Potatoes, Carrots, Wheat Bread, Brownies or Diet Brownies.
- 14) **BIRTHDAY/ANIVERSARY—POT ROAST W/GRAVY**, Roasted Potatoes, Ratatouille, Multi-Grain Bread, Cake or Diet Cake.
- 15) CHICKEN PATTY W/GRAVY, Mashed Potatoes, Mixed Vegetables, Multi-Grain Bread, Applesauce & Raisins or Diet Applesauce & Raisins.
- 16) GROUND BEEF STROGANOFF, Noodles, Squash, Whole Grain Bread, Juice, Pineapple or Diet Pineapple.
- 17) CHEESE LASAGNA W/SAUCE, Peas, Garlic Bread, Topical Fruit or Diet Tropical Fruit, Tossed Salad (Congregate)
- 20) HAM W/PINEAPPLE SAUCE, Sweet Potatoes, Romano Blend Vegetables, Rye Bread, Mandarin Oranges or Diet Mandarin Oranges.
- 21) COLD PLATE: Egg Salad, Potato Salad, Cucumber Salad, Roll, Banana.
- 22) **CELEBRATE 55+ WEDDING ANIVERSARIES—ROASTED PORK W/GRAVY**, Mashed Potatoes, Wax Beans & Tomatoes, Biscuit, Cake or Diet Cake.
- 23) SALISBURY STEAKS W/GRAVY, Egg Noodles, Winter Blend, Whole Grain Bread, Pudding or Diet Pudding.
- 24) ALMOND POLLOCK, Mashed Potatoes, Zucchini Blend, Fruit Cocktail or Diet Fruit Cocktail.
- 27) VEAL PARMESAN, Pasta w/Sauce, Broccoli, Garlic Bread, Jell-O or Diet Jell-O.
- 28) SWEET & SOUR CHICKEN, Confetti Rice, Peas & Onions, Whole-Grain Bread, Tropical Fruit or Diet Tropical Fruit.
- 29) LIVER & ONIONS, Baked Potatoes, Green Beans, Wheat Bread, Peaches or Diet Peaches.
- 30) MILD BEEF CHILE W/BEANS, Rice, Brussels Sprouts, Cornbread, Cookies or Diet Cookies.

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.



DELAY OR PREVENT DEMENTIA

By Christine M. Brown
Nutritionist WMEC

We have all experienced the "senior moment" when we cannot remember why we walked into a room. If we retrace our steps, it usually comes back to us. Statistics indicate that dementia is on the rise. In the U.S., an estimated 4.5 million Americans live with Alzheimer's disease, the most common form of dementia.

There are plenty you can do to help maintain your brain for years to come, which conveniently includes the same things you do to prevent heart disease and stroke.

Protect Heart and Head by eating plenty of fruits and vegetables to boost your potassium intake. Limit processed foods to reduce sodium intake. Limit saturated and trans fats by eating less meat and more fish, whole grains, nuts, seeds and low-fat dairy.

Mind Your B's by getting enough vitamins B-6, B-12 and folic acid in your diet. Eat more fortified cereals, nuts legumes, lean meats, seafoods and eggs. Take a daily multivitamin supplement that provides at least 100% of the B vitamins.

Feed Your Head by eating fruits, vegetables and whole grains that contain the nutrients that staves off brain cell damage. Include at least three servings of whole grains plus five to nine fruits and vegetables every day. Eating fish instead of meat and poultry at least twice weekly will increase omega-3s which further reduces the risk of dementia. Foods such as walnuts, flaxseed, and soy and canola oil also increase omega-3s in your diet.

Move it, Don't Lose it

Control Diabetes

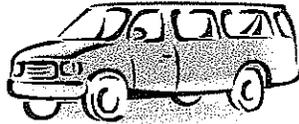
Stay Engaged

Break a Cognitive Sweat



SEPTEMBER 2010

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



1 ROASTED CHICKEN W/ GRAVY
8 HIP-EX
9:30 Grocery Shopping
10 Travel Club-C1
10:30 Osteoporosis Exercise-EX
1 Mah Jongg Play & Learn -CE
1 Pitch-CR

2 KIELBASA/LAZY PIEROGI
10 Alzheimer's Support-C2
10 Travel Club-C1
1 Scrabble-L
1 Quilting-CE

3 BAKED POLLOCK LOINS
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

**6 LABOR DAY
HOLIDAY
CENTER IS CLOSED**



7 BROCCOLI CHEESE QUICHE
9-12 SHINE (by appointment)
10 Beginning Exercise Resumes-EX
1 Poker/Pinochle/Canasta-DR
1 Bingo-CR
1 Movie-EX
1 Needlecraft-CE
6:15 Men's Night/Mah Jongg

8 BBQ CHICKEN
8 HIP-EX
9:30 Grocery Shopping
10 Travel Club-C1
10:30 Osteoporosis Exercise-EX
1 Choralites Resumes-DR
1 Mah Jongg Play & Learn -CE
1 Pitch-CR

9 COLD TUNA SALAD PLATE
10 Memoir Writing Resumes-CR
10 Veteran's Group-CE
10 Travel Club-C1
10 Beginning Exercise-EX
12:30-2 Blood Pressure-C2
1 Golden Agers Resumes-CR
1 Scrabble-L
1 Quilting-CE

**10 CELEBRATE IOWA
MACARONI & 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/Poker-DR

**13 BEEFSTEAK PATTIES/
SAUCE**
9:30 FOOT NURSE (by appt)
10 Music Apprec. Resumes-CE
11 Tai Chi Resumes-EX
1 Red Hat Society-CR
1 Stained Glass Resumes-CE
1 Poker/Pinochle/Canasta-DR
4 COA Board Meeting-C2

**14 BIRTHDAY/ANNIVERSARY
POT ROAST/GRAVY**
9-12 SHINE (by appointment)
**10 "Care Transitions " by
Jean Zaleski, Holyoke VNA-CR**
10 Beginning Exercise-EX
**12:45 Sanitation Training by
Chris Brown, WMEC-DR**
1Bingo-CR/Movie-EX/Needle-CE
6:15 Men's Night/Mah Jongg

15 CHICKEN PATTY/GRAVY
8 HIP-EX
9:30 Grocery Shopping
10 Travel Club-C1
10:30 Osteoporosis Exercise-EX
1 Choralites-DR
1 Senior Poetry Resumes-C2
1 Mah Jongg -CE
1 Pitch-CR

16 GRND. BEEF STROGANOFF
10 Memoir Writing Group-CE
10 Travel Club-C1
10 Beginning Exercise-EX
1 Wii Learn & Play-EX
1 Get Going
1 Golden Agers-CR
1 Scrabble-L
1 Quilting-CE

17 CHEESE LASAGNA/SAUCE
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
1 Cribbage-CR
1 Canasta-DR

20 HAM W/PINEAPPLE SAUCE
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

21 COLD EGG SALAD PLATE
Senior Travel Club Trip
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

**22 55+ ANNIVERSARY
ROASTED PORK W/GRAVY**
8 HIP-EX
9:30 Grocery Shopping
10 Travel Club-C1
10:30 Osteoporosis Exercise-EX
1 Mah Jongg-CE/Pitch-CR
1:30 Choralites-DR

23 SALISBURY STEAKS W/GRAVY
RSVP Event at Log Cabin
10 Memoir Writing Group-CE
10 Travel Club-C1
10 Beginning Exercise-EX
1 Golden Agers-CR
1 Scrabble-L
1 Quilting-CE

24 ALMOND 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

27 VEAL PARMESAN
9 Trip to Big E
9:30 FOOT NURSE (by appt)
10 Music Appreciation-CE
11 Tai Chi-EX
1 Stained Glass-CE
1 Poker-DR
1 Pinochle-DR
1 Canasta-DR

28 SWEET & SOUR CHICKEN
9 Newsletter Collating
10 Beginning Exercise-EX
1 Bingo-CR
1 Movie-EX
1 Needlecraft-CE
6:15 Men's Night/Mah Jongg

29 LIVER & ONIONS
8 HIP-EX
**9:30 SENIOR EXERCISE-WHAT ARE
YOU WEIGHTING FOR? -EX**
Betty Wegiel, Act. Dir. Wingate SH
9:30 Grocery Shopping
10 Travel Club-C1
10:30 Osteoporosis Exercise-EX
1 Choralites-DR
1 Pitch-CR/ Mah Jongg-CE

30 MILD BEEF CHILI/BEANS
10 Memoir Writing Group-CE
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

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



ANNE'S NEWS

I am ready for Fall! The crisp, cool air and changing leaves are welcome changes for me. At the Senior Center, September brings back all of our activities, and a few new ones and many people return who have been vacationing.

Even though summer schedules are varied our volunteers worked 1,473 hours in June and 1,337.75 hours in July. When someone needed time off, others were happy to fill in and everything went seamlessly. Thank you to our great volunteers! In addition, we have 2 new RSVP volunteers to welcome. They are Noella Loiselle who is now helping in our Nutrition program and has volunteered in Newsletter for many years and Jeanne Peloquin who is our Canasta leader.

We are starting a **Wii** group. Wii is a remote controlled program, played on the TV screen with a wide array of game choices. It is an interactive program and we will have a Play and Learn day on Thursday, September 16th at 1:00pm. Come and play, learn or watch and **laugh**, I'm sure it will be fun! Also, I'd like to have an idea of how much interest there is in starting a Zumba class. Many Senior Centers offer this Latin-style dancercise class and it looks like a great workout and great fun! Call the office if you are interested. I have had a couple of inquiries about Yoga. If you are interested in a gentle Yoga class that is geared to seniors, please let us know. Also, on Friday, October 1st there will be a "**Keep Moving**" Walk at Look Park. We will carpool and bring our own picnic lunches and walk together. It sounds like a good way to get some fresh air and kick start our autumn walking routine. I'm planning on walking and I hope you will join me. You can choose a 1 or 3 mile walk.

Friday, September 10th is **Celebrate Iowa**, and Tuesday, September 14 is the **September Birthday/Anniversary Luncheon**. Don't forget to sign up!

On Wednesday, September 22nd we will have our special luncheon to honor couples who have been married for **55+** years. Please call the office and specify that you are a 55+ celebrant and tell us your wedding date. You are very special and we would love to celebrate with you!

On Thursday, September 23rd **RSVP** (Retired and Senior Volunteer Program) will be hosting their annual recognition luncheon at the Log Cabin. This year's theme is "Seniors on the Move". In order to be invited to this event you must be an RSVP volunteer and have given 18 or more hours between 7/1/09 and 6/30/10. If you haven't received an invitation by September 10th and feel you qualify, please let me know and I will inquire as to why.

On Monday, September 27 we have a van going to the **Big E**. Departure from the Senior Center will be at 9:00am and pickup at Big E at 3:30pm. Tickets for seniors are \$12.00 and you can purchase them at the gate or in advance at Big Y. Since space in the van is limited please reserve your space by calling 538-5042. We can only accommodate 1 power chair so the first person to call will receive that spot in the van.

Your calendar will show you all the other activities resuming, hope to "**see you in September**"!

anne

SeniorNet has spent the last two months exploring topics for workshops. Our plan is to include one or more workshops 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.

EBAY: This workshop will include a definition of how this on-line auction works, how to buy and sell on Ebay, methods of payment, and other particulars.

In addition we plan to offer some of our regular classes, such as:

FUNDAMENTALS: An orientation to the computer, its various capabilities, and exposure to various programs.

INTRODUCTION: Offers the opportunity to explore briefly various aspects of Windows. Topics covered include Word Processing, Data Management, Spreadsheets and the Internet.

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.

South Hadley Council On Aging
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 (413) 532-8206 FAX

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