

COUNCIL ON AGING

South Hadley Massachusetts

The sun never sets on our Activities...

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THE GOLDEN CHRONICLE

APRIL 2009

Chairperson: Ken Guilbault

Social Services Coordinator:
 Elinor White -
 E-mail: elinorca@hotmail.com

VOLUNTEER APPRECIATION

FRIDAY, APRIL 24TH

Our annual Evening of Appreciation will be held on April 24th from 6:00- 8:00 p.m. Everyone who recorded their hours during 2008 will receive an invitation. Most invitations will be hand delivered by the second week of April. Please reply on or before April 17th by calling 538-5042, or stop by the office. Free transportation will be provided upon request. When you make your reservation, please let the receptionist know you need a ride. Please come and enjoy the fun as the staff pays tribute to the many wonderful and faithful volunteers who help to make our many programs possible.

Names of volunteers will be accepted first and if room permits guests will be welcome. **SPECIAL THANKS TO THE 200+ VOLUNTEERS. YOUR ASSISTANCE DURING THE LAST YEAR HAS ENABLED THE SENIOR CENTER TO PROVIDE ALL OF THE SERVICES AND ACTIVITIES THROUGHOUT THE PERIOD OF STAFF TRANSITIONS.**

Thank You

TOWN ELECTIONS WILL TAKE PLACE ON MONDAY, APRIL 6TH FROM 7 A.M. UNTIL 7 P.M. VOTING PRECINCTS ARE AS FOLLOWS: A-Town Hall; B-Public Library; C-Senior Center; D-Michael E. Smith Middle School; E-Mosier School. For a ride to vote call 538-5042. Because the Senior Center is a voting site, lunch will be served in the exercise room. Tai Chi is cancelled and other activities relocated as noted on the calendar. If you need a ride to vote, call 538-5042 and make your reservation, no charge as the ride is courtesy of the Friends of South Hadley Elderly, Inc.



Every Weekday: Nutritious & Delicious Lunch 11:45 am - 12:15 pm, in the South Hadley Senior Center Dining Room. Please reserve a day in advance (538-5042). Reservations close at 9 a.m. each day. It is better to reserve your place and cancel if need be at the last minute, but please remember to cancel if you cannot make the luncheon. Suggested donation \$2.25 for persons over 60 and \$3.00 for all others. **FEDERAL GUIDELINES SPECIFY THAT FOOD SHOULD NOT BE TAKEN FROM THE LUNCH SITE.** The only exceptions are bread, fruit, milk or non-perishable items.



Plan your summer with the South Hadley Senior Travel Club TRIPS FOR 2009

FRIDAY, JUNE 26TH—NEWPORT, RHODE ISLAND—The Majestic Fine Dining Lunch Cruise and Newport Flower Show at the Rosecliff Mansion. The Majestic is Newport's premier luxury yacht. Enjoy a 2 1/2 hour narrated cruise that includes a luncheon buffet consisting of salads, pasta, chicken entrée, fish entrée, vegetable, potato, pastries and beverage. Depart Big Y Willimansett St. at 7:30 a.m. and return approximately 7:00 p.m. Cost \$82.00 P/P **TUESDAY, JULY 21ST-LOBSTERBAKE AT GLOUCESTER** followed by historic Rockport. Cost \$77.00 PP For reservation call Judy Fortier 534-3598 or the COA at 538-5042. **FRIDAY, AUGUST 28TH-HORIZONS EDGE CASINO CRUISE.** Cost \$43 For reservations call Barbara Laramee at 536-8567 or the COA at 538-5042. More trips are shown on the travel bulletin board at the senior center. A \$2.00 deposit is required upon reservation. We are not responsible for any injuries on our trips. No refund prior to 6 weeks of trip unless it is an emergency. A Travel Club Representative is at the South Hadley Senior Center on Tuesday, Wednesday and Thursday between 10-11:30 or call 538-5042.



APRIL PREPARES HER GREEN TRAFFIC LIGHT AND THE WORLD THINKS GO.

Christopher Morley John Mistletoe

NOTES FROM THE DIRECTOR

I welcome some warmer weather and was delighted to see a crocus in my garden today. I also saw a robin this morning so my favorite season must be near. Spring is a time of renewal for all of nature. Maybe some of you would like to renew an acquaintance at the senior center. Not only will you find good company at the daily lunches but the suggested donation for a warm, nutritious meal will help stretch your budget.

The staff is eagerly planning the Volunteer Appreciation because it gives us the opportunity to thank the many dedicated, hard-working volunteers who have assisted us through 2008. Please note, if you are a new volunteer and have no hours in 2008, you will not be invited this year as our records for volunteer hours are based on the calendar year. We hope to see you at the event but volunteers will be accommodated first and if room allows, guests will also be welcome. It is a fun evening so please try to come and let the staff wait on you!

I want to thank all of the staff and volunteers for a great St. Patrick's Day luncheon. Congratulations to Charlotte Shea whose name was drawn for the Colleen and to her Court: Luella Shea, Lillian Riley, Rosemary Mailhot and Marge Plasse. Gert Kennedy at the piano with Rita Lawler directing led the Choralites through a wonderful tribute to the Irish. Thank you to Ken Ellis for taking pictures to post on the bulletin board in the dining room. They are a joy to see.

I am delighted to report that South Hadley COA has received an additional \$1,000 from the Executive Office of Elder Affairs to be used for supplies for the nutrition program. This is a much appreciated bonus and received with gratitude. Basically, together with Billy's prepared meals, changes in paper products and careful scrutiny of each penny spent, the nutrition gift account is stable. However, the COA Board members and I have discussed the refrigerator that has stopped functioning and believe the purchase should be put on hold. The goal of the COA for FY10 is to evaluate the fiscal feasibility of maintaining the current nutrition program. I know everyone is well aware of the difficult financial times we are facing. So many other cities and towns are making cuts to COA programs. The members of both the South Hadley Selectboard and Appropriations Committee as well as Barry DelCastilho, Interim Town Administrator, have been extremely supportive of our Council on Aging. Their support is greatly appreciated. Our department provides a multitude of services and many people depend on them. The staff and volunteers strive to provide great customer service.

I want to welcome Marge Bernard as the new Community Nurse. She has been taking blood pressures on the second Tuesday of each month. Stop by and say "Hello" to her if you are down by the large conference room. She always has a smile and it is a pleasure to have her with her great credentials at the Senior Center. The staff is looking forward to a great collaboration with Marge and the South Hadley Board of Health.

One last reminder, the deadline is March 31st for COA Board member applications.

Also, there is a 19 1/2 hour/week, morning position available at the Senior Center. Contact Jennifer Wolowicz at 538-5030 for an application.

Joanne

**** SPECIAL THANKS TO: TOPS 436 SOUTH HADLEY FOR THE \$156 DONATION FOR THE NUTRITION GIFT ACCOUNT.**

**** TO KAREN & CHIP DOHERTY, BARBARA AYERS, PEOPLESBANK (ROSELIE CORBIN) AND DR. & MRS. WALTER WOLF FOR THE DONATION OF TICKETS TO THE ANNUAL CONCERT OF THE SOUTH HADLEY CHORALE. THE PEOPLE WHO RECEIVED THE TICKETS WERE MOST GRATEFUL AND ENJOYED THE PERFORMANCE!**

SAVE THE DATE!

The South Hadley TRIAD/S.A.L.T. Council invites you to attend "Consumer Awareness: Be A Smart Savvy Consumer" on Thursday, May 7th at 6:30 p.m. at the South Hadley Senior Center. Topics will include how to avoid being a victim of consumer fraud because of home improvements, fake checks, identity theft as well as other pertinent consumer issues.

TRIAD TIP OF THE MONTH

IF THERE IS A GREASE FIRE, SMOTHER IT! DO NOT USE WATER ON A GREASE FIRE. BURNING GREASE FLOATS ON WATER AND WILL SPREAD THE FIRE!!!!

P.S. Don't forget about getting a house number in place. For a \$5.00 donation, your life may be saved in an emergency. Call the COA at 538-5042 and add your name, address and phone number to the growing list of requests.

Preventing Falls Among Older Adults Free Educational Series Offered by VNA & Hospice of Cooley Dickinson

Unintentional falls are a threat to the independence and health of adults ages 65 and older. Every 18 seconds, an older adult is treated in an emergency department for a fall, and every 35 minutes someone dies as a result of their injuries.

Although one in three older adults falls each year in the United States, falls are not an inevitable part of aging. Falls are often preventable through strengthening and balance training, education, and improving home safety. These proven prevention strategies can help older adults live longer, have greater independence and increase the chance of remaining in their own homes.

The VNA & Hospice of Cooley Dickinson in cooperation with the South Hadley Senior Center would like to invite you to participate in a free educational series of six "Falls Prevention" sessions at the South Hadley Senior Center, **Thursdays, 1-2:00PM, April 23, 30, May 7, 14, 21, and 28.** VNA physical and occupational therapists will lead sessions on determining your own risk of falling, strengthening exercises, balance activities, managing your medications, visual concerns, and home safety recommendations. To reap the full benefits of this program, participants will be asked to commit to attending all 6 one-hour sessions. Practical items such as strengthening devices, medication organizers and visual aids will be distributed to series participants. The sessions and items are free of charge; private grant funds received by the VNA are covering the program costs.

Please contact Joanne Trybus at the South Hadley Senior Center at 538-5042 for more information and to register.

Elinor's Notes

Beat The High Cost Of Food

Help Is Available!

The increases in the price of fuel and food are hurting everyone. Food stamps can make a big difference in your quality of life by helping you purchase the food you need for good health.

If you are senior (age 60 or over) you may now qualify for food assistance through the Food Stamp Program, even if you own a home, a car, or have savings, assets are no longer considered for seniors whose income falls within certain income guidelines.

For instance, for a senior living alone, if your monthly gross income is under \$1,734, if there are two people in the home, and the total monthly gross income is below \$2,334, assets will not be considered in the food stamp calculation.

Income alone cannot determine eligibility. For instance, if you have more than \$35 in medical expenses per month, documenting those expenses may increase your food stamp benefit. Medical expenses including health insurance premiums, co-payments, transportation to medical appointments and out of pocket medical expenses can be counted if you have proof.

Shelter expenses are also considered in the calculation of benefits. By providing proof of your rent or mortgage, real estate taxes and utilities, you are able to benefit from these deductions.

For more information call me here at the C.O.A. 538-5042 voice mail ext. 206 and I will work with you. The average benefit for a senior is \$88 per month, that's \$1,056 per year. Some people get less, some will qualify for more, but isn't it worth a call to see if you can receive some help, particularly now with the rising cost of fuel and food?

The application (we have them here at the C.O.A.) can be done by mail and phone, so you do not have to visit the Dept. of Transitional Assistance Office to be approved.

Once you are approved for food stamps, you generally will not have to go through this process again for two years.

Your Friend,

Elinor S. White

P.S. It's never too late for an IRISH BLESSING!

May your right hand always be stretched out in
friendship

And never in want.



VETERANS

Next meeting Tuesday, April 14, 10 A.M. at C.O.A. and the program will be a movie entitled THE BUILDING OF WESTOVER. All Veterans welcome.

Thank you to the guest speaker at our March meeting, Alan Tracy, a So. Hadley resident, Executive Director of the USO of Pioneer Valley, stationed at Westover. Since 1942 the USO has offered "Hometown" Services in all corners of the world.

Locally, they are involved in the departure and "Welcome Home" for troops of the Iraqi conflict. They also offer support for active and reserve military personnel and their families in the Pioneer Valley.

Thank you Alan, for bringing back lots of happy USO memories to our Veterans.

SPECIAL THANKS TO EDWARD DZURIS FOR DONATING A FLAG AND STAND FOR THE VETERANS' MEETING ROOM.

Get Going

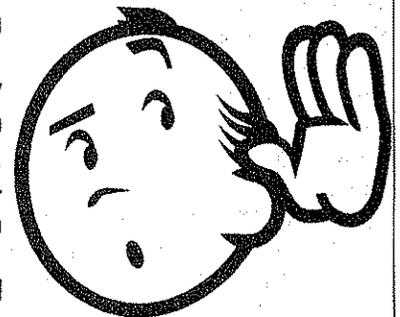
Next meeting Tues. April 14th, 1 P.M. at C.O.A. The Homewatch staff, Jo and Lori will combine a program of wellness and music. Come and sing along with Jo while Lori plays her guitar.

Thank you to our guest speaker for our March meeting Janice Walker, Manager/Audiologist of the Holyoke Medical Speech and Hearing Center.

Janice gave a very clear presentation on hearing loss, causes, testing, devices to improve and cope with loss.

Everyone listened intently!

Thank you Janice, I'm sure your advice will encourage some in the group to go forward and be tested and hear what they are missing!



Driver's License Renewal Notices

The Registry of Motor Vehicles has taken many cost cutting steps. One effects all Mass drivers and that is DMV will no longer send you a reminder to renew your driver's license every 5 years. So check the renewal date and put a note on the calendar now if it expires in 2009.

A special thank you to Rita Gladu for the many years of doing shopping for frail elders. Your kindness was noted many times by your clients.

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. APRIL 2009 MENU

- 1) SWEDISH MEATBALLS/GRAVY, Egg Noodles, Whole Wheat Bread, Spinach, Pudding, Diet Pudding.
- 2) MAC & CHEESE, Stewed Tomatoes, Peas & Carrots, Cornbread, Pears, Diet Pears.
- 3) POLLOCK LOINS, Scalloped Potatoes, Beets, Pineapple.
- 6) CHICKEN FAJITA, Rice, Broccoli & Cauliflower, Rye Bread, Bananas.
- 7) BIRTHDAY/ANNIVERSARY, VEAL PARMESAN/PASTA, Italian Bean Blend, Garlic Bread, Tossed Salad: Congregate, Cake, Diet Cake.
- 8) FRENCH MEAT PIE/GRAVY, Noodles, Carrots, Whole-grain Bread, Tropical Fruit, Diet Tropical Fruit.
- 9) TERIYAKI CHICKEN, Au Gratin Potatoes, Beets, Whole-grain Bread, Mandarin Oranges, Diet Mandarin Oranges.
- 10) CHEESE LASAGNA, Alfredo Sauce, Mixed Vegetables, Garlic Bread, Pineapple.
- 13) MEATLOAF/GRAVY, Mashed Potatoes, Peas & Onions, Applesauce, Diet Applesauce.
- 14) BAKED HAM/PINEAPPLE, Brown Rice, Spinach, Oatmeal Bread, Jell-o, Diet Jell-o.
- 15) BAKED STUFFED SHELLS, Garlic Bread, Brussels Sprouts, Juice, Peaches, Diet Peaches.
- 16) ROASTED TURKEY/GRAVY, Mashed Potatoes, Corn, Whole Wheat Bread, Cranberry Sauce, Pears, Diet Pears.
- 17) CELEBRATE FLORIDA, ORANGE-GLAZED CHICKEN, Confetti Rice, Broccoli, Biscuits, Lemon Pie, Diet Lemon Pie.
- 20) CLOSED—PATRIOTS DAY.
- 21) POT LUCK, Multi-grain Bread, Pineapple.
- 22) CHICKEN CACCIATORA, Pasta, Spinach, Garlic Bread, Pudding, Diet Pudding.
- 23) STUFFED PEPPERS/SAUCE, Mashed Potatoes, Carrots, Biscuit, Pineapple Juice, Cake, Diet Cake.
- 24) POLLOCK & CHEESE FILETS, Rice, Creamed Corn, Roll, Pineapple.
- 27) AMERICAN CHOP SUEY, Green Beans, Cornbread, Orange Juice, Peaches, Diet Peaches.
- 28) GRILLED HAM & CHEESE SANDWICHES, Potato Puffs, Corn Cobbets, Juice, Bread Pudding, Diet Bread Pudding.
- 29) LIVER & ONIONS, Mashed Potatoes, Peas & Mushrooms, Fruit Crisp, Diet Fruit Crisp.
- 30) SWEET & SOUR PORK, White Rice, Oriental Vegetables, Oatmeal Bread, Vanilla Pudding, Diet Vanilla Pudding.

ALL MEALS SERVED WITH
BREAD, 1/2 PINT OF MILK

*FOR RESERVATIONS, PLEASE CALL 538-5042 BY 9:00A.M.
AND REMEMBER TO CALL IF YOU MUST CANCEL*

Fiber

by Christine M. Brown Nutritionist WMEC

Dietary fiber, found mainly in fruits, vegetables, whole grains and legumes, is best known to prevent or relieve constipation. However, fiber can provide other health benefits, such as lowering the risk of diabetes and heart disease. Fiber also slows down the absorption of sugars in the diet and helps to control cholesterol.

If you are a male over the age of 51, you need 30 grams a day. If you are female and over the age of 51 than the daily recommendation is 21 grams according to the National Academy of Sciences Institute of Medicine.

Your best diet choices for fiber are:

- Grains and Whole Grain Products
- Fruits and Vegetables
- Beans, Peas and other Legumes
- Nuts and Seeds

Some easy ways to increase the amount of fiber in your diet without making any drastic dietary changes are to:

- Eat an orange rather than drinking just the juice. The pulp contains the fiber.
- Eat all of an apple. The skin contains the fiber you need.
- Don't peel your potatoes. Rather than peel your potatoes, include the skins (wash thoroughly) in your potato dishes.

The following is a high fiber dessert:

Better Bars – a Nutrient Rich Dessert

2 cups cooked beans (kidney, pinto or navy)

1 cup flour

2/3 cup dried milk 1 tsp. baking soda

1/2 cup applesauce 1 tsp. cinnamon

1 egg beaten 1/2 tsp. cloves

1/2 cup molasses 1/2 tsp. nutmeg

1/2 cup oil 1 cup raisins

Mash beans into paste. Add the rest of the ingredients. Stir to mix

Pour into greased 8" by 8" pan

Bake 350 degrees for 40 minutes



APRIL 2009

1 SWEDISH MEATBALLS
8 Tops-EX
9:30 Grocery Shopping
10:30 Osteoporosis Exercise-EX
11:15 Berkshire Hills Music-DR
1 Senior Poetry-C2
1 Choralites-DR
1 Pitch-CR, Mah Jongg-CE

2 MACARONI & CHEESE
10 Alzheimers' Support -C2
10 Travel Club-C1
10 Writing Group-CE
10 Beginning Exercise-EX
1 Quilting -CE
1 Golden Age Club-CR
1 Scrabble -L

3 POLLOCK LOINS
9-12 AARP Tax Assistance-C2
9:30 Grocery Shopping
10 Bereavement Support-CE
10 Coffee & Conversation-DR
10:30 Osteoporosis Exercise-EX
1 Bridge-CE/Cribbage-CR
1 Canasta/Poker-DR/Knitting-L
1:30 Memoir Writing C1

IN TOWN TRANSPORTATION
AVAILABLE THURSDAYS
BY APPOINTMENT FROM 9-3

6 CHICKEN FAJITA-IN EX
7am-7pm TOWN ELECTIONS
11 NO Tai Chi
1 Poker/ Pinochle-CR
1 Canasta-CR
1 Stained Glass-CE
1 Red Hat Society-C2

7 BIRTHDAY/ANNIVERSARY
VEAL PARMESAN/PASTA
10-Beginning Exercise-EX
1-Movie-EX
1-Needlecraft-CE/Bingo-CR
6:15 Mens' Night/Mah Jongg



8 FRENCH MEAT PIE/GRAVY
8 Tops- EX
9:30 Grocery Shopping
10:30 Osteoporosis Exercise-EX
1 Pitch-CR
1 Mah Jongg Play/Learn-CE
1 Choralites-DR

9 TERIYAKI CHICKEN
10 Travel Club-C1
10 Writing Group-CE
10 Beginning Exercise-EX
1 Friends Meeting-DR
1 Quilting -CE
1 Golden Age Club-CR
1 Scrabble -L

10 CHEESE LASAGNA
9-12 AARP Tax Assistance-C2
9:30 Grocery Shopping
10 Bereavement Support-CE
10 Coffee & Conversation-DR
10:30 Osteoporosis Exercise-EX
1 Bridge-CE/Cribbage-CR
1 Canasta/Poker-DR/Knitting-L
1:30 Memoir Writing C1

13 MEATLOAF/GRAVY
9:30 FOOT NURSE BY APPT.
11 Tai Chi-EX
1 Poker/ Pinochle-DR
1 Monday Cribbage-CR
1 Stained Glass-CE
1 Canasta-DR
4 COA Board Meeting

14 BAKED HAM/PINEAPPLE
10 Beginning Exercise-EX
10 Veterans' Meeting-C2
1 Get Going-C2
1 Blood Pressure Screening-
In Community Nurses Office
1 Bingo-CR/Needlecraft-CE
1 Movie-EX
6:15 Men's Night/Mah Jongg

15 BAKED STUFFED SHELLS
8 Tops- EX
9:30 Grocery Shopping
9:30 Avada Free Hearing Screen
10 Book Club -C2
10:30 Osteoporosis Exercise-EX
1 Choralites-DR
1 Pitch-CR
1 Senior Poetry-C2
1 Mah Jongg Play/Learn-CE

16 ROAST TURKEY/GRAVY
10 Travel Club-C1
10 Writing Group-CE
10 Beginning Exercise-EX
1 Quilting -CE/Scrabble-L
1 Golden Age Club-CR
1 Scrabble -L

17 CELEBRATE FLORIDA
ORANGE GLAZED CHICKEN
9:30 Grocery Shopping
10 Bereavement Support-CE
10 Coffee & Conversation-DR
10:30 Osteoporosis Exercise-EX
11:30 Rep. John Scibak
1 Bridge-CE/Cribbage-CR
1 Canasta/Poker-DR/1 Knitting -L
1:30 Memoir Writing-C1



20 PATRIOT'S DAY HOLIDAY
CENTER CLOSED



21 POT LUCK
10 Brown Bag-CE
10 Lo-Vision Support Group-C2
10 Beginning Exercise-EX
1. Bingo-CR
1 Needlecraft-CE
1 Movie EX
6:15 Men's Night/ Mah Jongg

22 CHICKEN CACCIATORA
8 Tops-EX
9:30 Grocery Shopping
10:30 Osteoporosis Exercise-EX
1 Mah Jongg-CE,
1 Choralites-DR
1 Pitch-CR

23 STUFFED PEPPERS
10 Travel Club-C1
10 Writing Group-CE
10 Beginning Exercise-EX
1 Falls Prevention Group
(First Session) -EX
1 Quilting -CE
1 Golden Age Club-CR
1 Scrabble -L

24 POLLOCK & CHEESE FILETS
9:30 Grocery Shopping
10 Bereavement Support Group-CE
10 Coffee & Conversation-DR
10:30 Osteoporosis Exercise EX
1 Bridge CE/Cribbage-CR/Knit L
1 Canasta/Poker DR
1:30 Memoir Writing -C1
6 pm Volunteer Appreciation Event
Doors open at 5:30 pm

27 AMERICAN CHOP SUEY
9:30 FOOT NURSE-BY APPT.
11 Tai Chi-EX
1 Poker/Pinochle-DR
1 Stained Glass-CE
1 Canasta-DR
1 Monday Cribbage-CR

28 GRILLED HAM & CHEESE
SANDWICHES
9 Newsletter Mailing Party
10 Beginning Exercise-EX
1 Needlecraft-CE
1 Movie-EX
1 Bingo-CR
6:15 Men's Night/Mah Jongg

29 LIVER & ONIONS
8 Tops-EX
9:30 Grocery Shopping
10:30 Osteoporosis Exercise-EX
1 Mah Jongg-CE,
1 Choralites-DR
1 Pitch-CR

30 SWEET & SOUR PORK
10 Travel Club-C1
10 Writing Group-CE
10 Beginning Exercise-EX
10:30 Blood Pressure Screening
w/Fire District #1-DR
1 Falls Prevention Group-EX
1 Golden Age Club-CR
1 Scrabble -L/Quilting -CE

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

WELLNESS PROGRAMS

BOARD OF HEALTH NURSE'S OFFICE AT THE SENIOR CTR. 536-6688.

South Hadley Board of Health 538-5013.

****BLOOD PRESSURE CLINIC-** Second Tuesday of the month 1-2:30 p.m. In Board of Health Nurse's Office at the Senior Center. Also on the fourth Thursday 10:30-11:30 a.m. in the dining room with Fire District #1 EMT's and paramedics.

****FOOT NURSE -** Monday, April 13th and April 27th (by appointment). Please call 538-5042 for an appt. Cost: \$28.

****TREADMILL (3) & EXERCISE BIKE TRAINING-by appointment CALL 538-5042 and ask for Anne. Dr.'s note required. Television for viewing.**

PLEASE CALL (538-5042) TO REGISTER FOR THE FOLLOWING. PAYMENT FOR CLASSES MUST BE MADE ON OR BEFORE THE FIRST CLASS. A DOCTOR'S AUTHORIZATION, UPDATED ANNUALLY, IS REQUIRED.

TAI CHI - Mondays-11 a.m. New 8-week session begins on May 4th. Cost: \$48. No classes on April 6th due to election or April 20th because of holiday.

BEGINNING EXERCISE CLASS - Tuesdays and Thursdays 10 a.m. A certified YMCA trainer leads the class. New 8-week session will begin on May 12th. Cost \$48.00.

OSTEO EXERCISE CLASS held on Wednesdays and Fridays at 10:30 p.m. in the exercise room. Doctor's permission slip required. No charge.

Non-resident seniors welcome to join all classes if there is room.

**COA VOLUNTEERS GAVE
1,718 HOURS OF SERVICE
IN FEBRUARY 2009.**

PLEASE RECORD YOUR HOURS ON THE SHEETS ON THE VOLUNTEER BULLETIN BOARD.

SPECIAL ANNOUNCEMENTS

NEWCOMER'S WELCOME TOUR- by appointment. Call Anne O'Connor at 538-5042, Ext. 205.

BROWN BAG - Third Tuesday.
Pickup time is 10:00 - 11:00 A.M.

NEWSLETTER PARTY - Tuesday, April 28th at 9 a.m. (Please come and help.)

NOTARY PUBLIC - Please call Joanne for an appointment at 538-5042.

VETERANS GROUP- Tuesday, April 14th at 10 a.m. **GET GOING-** Tuesday, April 14th at 1 p.m.

BIRTHDAY/ANNIVERSARY PARTY WILL BE HELD ON TUES., APRIL 7TH.

BERKSHIRE HILLS MUSIC ACADEMY STUDENTS WILL ENTERTAIN ON WEDNESDAY, APRIL 7TH AT 11:15 A.M.



LOW VISION SUPPORT GROUP WILL RESUME MEETINGS ON TUESDAY, APRIL 21ST AT 10 A.M.

FREE HEARING SCREENING BY AVADA ON WED., APRIL 15TH BY APPOINTMENT (538-5042)

**CHRISTINE BROWN
NUTRITIONIST**

**WESTMASS
ELDERCARE**

**WILL PRESENT
HEART HEALTHY
SNACKS
TUESDAY,
MARCH 31ST
11:15 A.M.**



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

MOTHER'S GARDEN



The Mothers' Garden at the Senior Center needs volunteers and donations. If you have a few hours of free time a month to help maintain the Mothers' Garden through watering, weeding, and some planting, would you please let us know. Also, if you have any "heritage" plants in your yard, or the yards of your family members, that could be added to the garden, we would be grateful. Please contact Linda Young at 532-3921 or leave a message for her at the Senior Center.



The Arbor Day Committee invites you to the town's Hahn/Warner Arboretum on Friday, May 1 at 10:00 a.m. to celebrate with students this important activity. This year the committee is honoring the Richard Johnson Family for their many contributions to preserving and protecting South Hadley's landscape. The Arboretum is located behind the M.E.S. Middle School. Should you need transportation or if you have questions, please contact Linda Warner Young at 532-3921 or leave a message for her at the Senior Center.

RSVP OSTEOPOROSIS EXERCISE PROGRAM IS RECRUITING NEW LEADERS. 3-DAY TRAINING TO BE HELD AT HADLEY SENIOR CENTER ON APRIL 13, 17TH AND 24TH FROM 11 A.M.- 3 P.M. LUNCH AND SNACKS PROVIDED. FOR MORE INFORMATION CALL PAT SICARD, RSVP VOLUNTEER COORDINATOR (413)584-1300 Ext. 183

FRIENDS OF SOUTH HADLEY, INC. CARD PARTY WILL BE HELD ON TUESDAY, MAY 5TH AT ST. PATRICK'S SOCIAL CENTER-6 P.M. TICKETS AVAILABLE FROM MEMBERS. COST: \$4.00. PLEASE SUPPORT THE FRIENDS BECAUSE THEY DONATE ALMOST \$5,000 TO THE COA EACH YEAR TO FUND SPECIAL EVENTS, IN ADDITION TO SUBSIDIZING THE SUBSCRIPTION TO THE DAILY HAMPSHIRE GAZETTE AND THE PHOTOCOPIER IN THE OFFICE.

IN MEMORIAM

IN MEMORY OF:

FROM:

MOTHER'S GARDEN:

DONNA BROCHU POTVIN Theresa & Les Linnehan

NEWSLETTER:

EDWARD CWIEKA Jennie Cwieka

THE FAMILY OF NOELLA LOISELLE Noella Loiseau

JOSEPHINE MOYNAHAN Mary Czepiel & Kathryn Bennett

NUTRITION ACCOUNTS:

EDWARD SCANLON Theresa & Les Linnehan

MICHAEL HERRICK Nancy Herrick

MARGARET WHITENETT Carolyn Dupuis
Doris Pichette
Potvin & Piecuch Family
Sylvia Fairbanks
Kathleen Mahoney
Bernie & Joyce Gay

SERVICES GIFT:

RENE CASAVANT Joan Casavant

ANNA CHANDLER Harry Chandler

EDWARD MITCHELL Avis Mitchell

RAY WYLLIE Roy & Patricia Voci

SUBSIDIZED SENIOR TRANSPORTATION:

TERESA MEUNIER Adele Moskal

EMERGENCY FUND:

MARTY MARTEL Claire Martel

MINIBUS MAINTENANCE:

HELEN LAPORTE Neshan & Roberta Daglian

MARK & GARY WOJCIK Stanley Wojcik

YOUR CREDIT REPORT & CREDIT (FICO) SCORE

Get Your Free Annual Credit Report

The Office of Consumer Affairs and Business Regulation reminds consumers that they are entitled to one free credit report every 12 months from each of the three national consumer reporting companies—Experian, Equifax, and TransUnion. It is important to check your credit report regularly for accuracy and signs of fraudulent activity—especially with the increase in identity theft. There is only one official free credit report website, www.annualcreditreport.com.

When you order your free credit reports:

1. Steer clear of sites that promise free credit reports and then ask for your credit card information.
2. Do not respond to emails, pop-up ads, or phone calls that claim to come from www.annualcreditreport.com or one of the credit reporting agencies. These may be scams seeking your personal information.
3. If you are uncomfortable with internet security you can order your credit reports by phone or mail.

For a copy of your credit report from the major credit bureaus, contact:

Equifax: (800) 685-1111

Experian: (888) EXPERIAN

TransUnion: (800) 888-4213

Get Your FICO Credit Score

While consumers are entitled by law to see their credit reports for free at least once a year, that is not the case with credit scores.

Until recently, consumers were able to access their FICO credit scores based on data from all three credit bureaus via Fair Isaac's FICO Score website.

Effective February 14, 2009, Experian will no longer allow consumers to purchase their FICO scores.

While your Experian score is no longer visible to you, you should probably periodically monitor data in your credit reports to make sure there are no errors.

THANKS FROM THE SHRINERS HOSPITAL BOARD OF GOVERNORS & STAFF

"Dear South Hadley Council on Aging:

Thank you for your donation of aluminum and \$16.80 (added to our Endowment Fund). Your generosity and thoughtfulness will help make a difference in the lives of the children we serve and further our mission in providing specialized orthopaedic care to children at no cost. By working together we can truly building a better tomorrow for kids. With deepest gratitude."



DONATIONS TO THE COUNCIL ON AGING ACCOUNTS

Throughout the year we are asked how an individual can make a donation to help the senior center. Our accounts are listed below. Please check off which account you would like to have your donation go to, and if it is a memorial donation please list the individual's name and address where to send acknowledgement. Thank you for your assistance.

_____ Donation to the COA Funds from _____

_____ Activities Account	_____ Clinic Account	_____ Nutrition Gift Account
_____ Minibus Maintenance Acct.	_____ Transportation Account	_____ Mothers' Garden
_____ Adopt A Senior	_____ Minibus (Future Purchase)	_____ Shopping Assistance
_____ Subsidized Senior Transportation	_____ Senior Net	_____ Services Account
_____ Building Fund	_____ Newsletter Account	_____ Christmas Baskets
_____ "Lights On"	_____ Emergency Fund	_____ Dishwasher Fund
_____ Wherever needed most		

Contribution in memory/honor of _____

Send card to: (please indicate name and address): _____

Make check payable to: South Hadley Council on Aging, 45 Dayton Street, South Hadley, MA 01075. Contributions are tax deductible. All contributions of \$250 or more will receive receipt for tax purposes.

Please check here if you do not want your name published.

South Hadley's New Master Plan Needs You

Since late 2007, the Comprehensive Plan Advisory Committee (CPAC) has been working on the Town's new Master Plan (also known as a comprehensive plan). The last time the Town developed such a plan was 30 years ago – the world and the Town have changed a lot since then. Those of us unfamiliar with such terms wonder what is a Master Plan? What does it mean to me and neighbors? What does it mean to the community? What can I do?

A Master Plan is a community's vision and strategy (a road map of sorts) designed to help guide the community for the next several decades. It helps us to collectively look at where we are and, most importantly, where we want to go – what do we as a community want to look like 10 or 20 years from now and how do we want achieve that look. Thus, it helps us to answer such questions as

How and where should we meet the diverse housing, shopping, travel, and recreation needs of our senior citizens and younger families?

Where and how much of the new residential development should be in low density subdivisions or higher density condo or apartment developments?

How should commercial development be integrated into the Newton Street and Granby Road corridors?

What role does the Falls play in South Hadley's economic future?

How should the Town balance the desire to protect its community character (historical buildings and open spaces in particular) with the need to accommodate new housing and businesses?

What type of recreational spaces should the Town be developing?

Members of CPAC, working with VHB, Inc., have developed four chapters of the plan addressing Economic Development, Housing, Municipal Facilities, and Transportation issues. They are currently working to develop the final four chapters regarding Community Design & Land Use, Historic & Cultural Resources, Natural Resources, and Recreation & Open Space.

However, to achieve its objective of developing a community Master Plan, CPAC needs your involvement. As part of this last phase of planning activities, there are several ways to be involved. First, the Natural Resources, Recreation & Open Space subcommittee have provided a survey which can be picked up at the Council on Aging or either library. Second, attend the next and final scheduled Community Gathering on the final four chapters. This event is scheduled for Wednesday, April 29, 2009 at 7:15 p.m. in the Town Hall Auditorium. A final way to be involved is to stay informed by keeping up with the plan's website at: <http://www.vhb.com/southhadley/default.asp>

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 am so thankful that Spring has finally arrived! I look forward to walking outdoors, to seeing the world turn green, to the scents and colors of flowers blooming and I love the sound of birds chirping when I wake up.

This month is our opportunity to show our gratitude to the committed volunteers who gave of their time at the Council on Aging in 2008. On April 24 from 6-8 p.m. we will be having our annual Volunteer Appreciation Event. We will be hand delivering as many invitations as possible during the first two weeks of April. If you do not receive one and were an active volunteer in 2008 please see or call me so we can include you.

I'd like to welcome several new volunteers who joined us at the Council on Aging in March. They are: Josephine Grycel-Newsletter, Faye Taylor-Newsletter and Brown Bag, Charlotte Shea-Substitute Office Volunteer, Karen Shea-Substitute Office Volunteer, Helene Jenkins-Substitute Office Volunteer, and Christine Cunliffe-Substitute Office Volunteer. When you see them in their new positions, please introduce yourself and make them feel welcome.

If you have never been to the Senior Center, or if it has been a long time, I'd love to talk to you about the many activities offered here, the delicious meals offered at our luncheons and the wonderful people who come here. There really is something for everyone! I know sometimes it's difficult to come alone to a new place and I'd like to offer to show you around and introduce you to people who share your interests. Please call me at 538-5042 to plan a time.

The Golden Agers would like to extend an invitation for new members. They are a social club, for people 60 and over, which meets every Thursday at 1:00 p.m. here at the Senior Center. Their dues are \$1.00 per week, which goes towards the cost of your meal at the monthly restaurant trip. After a brief weekly business meeting the group plays either Bingo or "South Hadley Poker", depending on how many people attend. They are a fun and very friendly group who would love to have you join them. Give it a try!

The staff at SeniorNet is planning the next classes. Possible subjects are listed below. Call us at 533-6889 to leave a message about the course(s) you'd like. Everyone 55 and older is eligible.

The courses are based on Windows software. Topics may include:

Digital camera workshop: Learn the ins and outs of your digital camera. Also there may be a workshop to demonstrate how to edit and print pictures.

Fundamentals: Teaches the basics of computer skills. Practice with the mouse, and the keyboard, as well as an introduction to hardware and software.

Word Processing: Teaches basic concepts such as how to create, save, retrieve and print documents. Explains font styles, how to use tabs, spell check, and more. You'll be able to design your own greeting cards.

Internet: Teaches how to access and search the World Wide Web, used of email, participation in News Groups, transfer files, as well as security, cookies, and other on-line issues.

Graphics: A computer program showing how to design your own cards, format newsletters, modify a flyer and many other graphics features.

Photo Editing: Demonstrates how to edit photos and offers other helpful information about ways to improve your pictures.

Exploring Windows: Introduces the basic components of Windows XP operating system including managing disks, folders and files.

Each class session lasts 2 hours. Most classes meet twice a week for 4 weeks. Students receive their own workbook and practice disc. These are yours to keep. Coaches are available to assist the students. Every Friday there is a 2 hour workshop/lab open to all those who have taken, and are taking, a course during the calendar year.

SeniorNet is always interested to hear about additional topics that people would like offered. Call us at 533-6889 and let us know.

Anne

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