

COUNCIL ON AGING

South Hadley Massachusetts

The sun never sets on our Activities...

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Assistant Director: Lisa Napiorkowski

THE GOLDEN CHRONICLE

JANUARY 2009

Chairperson: Ken Guilbault

Social Services Coordinator:

Elinor White: E-Mail:

Elinorcoa@hotmail.com

CHRISTMAS BASKET THANKS:

This year's Christmas Basket program sponsored by the Council on Aging was the best we have ever had. The schools not only provided food but 29 high school students helped to transport, sort, pack and deliver the food to 89 South Hadley households. In addition 53 residents of all ages helped sort, pack and deliver. Thank you for the donations of high-quality food which is greatly appreciated. Thank you to all the folks who donated the food especially the South Hadley Knights of Columbus Council #1721; Masons; South Hadley Public Library; Town Hall Employees; Rosemary Fern; Ken & Jean Ellis; TOPS #436 South Hadley and two very generous anonymous donors. This project would not happen without their help.

Another big thank you goes to the First Congregational Church Cookie Sale for the \$1,065 they contributed; thanks also to the bakers and purchasers of the cookies. Their donation funded the purchase of a turkey or ham for each household. The Chamber of Commerce donated gift certificates. Contributions from many organizations and residents will enable the Council to put money toward elders' electric bills this winter. Special thanks to the First Congregational Church for their generous donations of \$920 for the "Lights On" fund.

The following individuals, organizations and businesses contributed \$100 or more to the project: Mary A. Abbey; Congregational Church of South Hadley Falls; South Hadley Lions Club; Luke & Josie Brunelle; Martha Blaney; Mr. & Mrs. David Richter and Mr. & Mrs. Kenneth Guilbault. Special thanks to Elinor White for organizing the list of recipients.

Marilyn

Every weekday: Nutritious & delicious lunch 11:45 am.—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 over 60 & \$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.

South Hadley Senior Travel Club

Trips for 2009 include: TUESDAY, MARCH 17-ST. PATRICK'S DAY SPECIAL -begin at Mohegan Sun (full casino package) followed by St. Patrick's Day Hooley at Cornerstone Playhouse in Olde Mystic Village, cost \$60 with full payment due by Feb. 3. Contact David Bellefeuille 533-7724. WED., APRIL 29: "PHANTOM OF THE OPERA" AT NORTH SHORE MUSIC THEATER preceded by lunch at the Danversport Yacht Club, cost \$82 with full payment due by Feb. 28. Contact Susan Canedy 536-2106. Tues., May 19th: ELLIS ISLAND & STATUE OF LIBERTY-lunch at "Little Italy, cost \$92. Contact the Travel Club 538-5042 for more information or Barbara J. Laramie at 536-8567. We are not responsible for any injuries on our trips. No refund prior to one month of trips unless it is an emergency. A Travel Club Representative is at the So. Hadley Senior Center every Thursday 10:00-11:30 or call 538-5042.

IN LIEU OF CHRISTMAS CARDS A DONATION WAS RECEIVED FROM LILLIAN SOLZAK and SHIRLEY MARTIN WHO WISH EVERYONE SEASON'S GREETINGS. THE DONATIONS WERE DEPOSITED INTO THE NUTRITION ACCOUNT.



HAPPY NEW YEAR!!!

NOTES FROM THE DIRECTOR

When you are contemplating what your resolution should be, please keep the senior center in mind. There are many opportunities to stay fit in mind, body and spirit. Tai Chi resumes on January 5th at 11 a.m. in addition to Beginning Exercise at 10 a.m. on Tuesday and Thursday as well as Osteo-exercise at 10:30 on Wednesday and Friday. A nutritionally balanced meal is served between 11:45 a.m. and 12:15 p.m. daily offering socialization as well as good food.

I want to take this opportunity to thank the staff and many volunteers who made the Holiday lunch a success. A special thanks to Venita Redding who made her debut as Mrs. Santa Claus and to Ken Ellis for taking pictures. We all thank Representative John Scibak for the flash-light/screwdriver kit.

Sincere thanks to all who named the South Hadley Senior Center for memorial donations or made donations to various accounts. Your generosity is deeply appreciated and helps to keep services at maximum level, adding additional funds to Town and grant support.

Prescription Advantage is available year round; call Elinor White for assistance. At this time there is no SHINE Volunteer in South Hadley. Calls will be referred to the Springfield SHINE office until a resolution is found. I want to thank Laurene Kendall and Betty Innocent for helping us through the critical period of open enrollment for Medicare Part D plans between Nov. 15th and Dec. 31st.

One preventative measure everyone with an oil tank needs to implement is to have your oil company check your tank and possibly coat it to prevent leaks. The dollars you spend on this could save thousands if a leak develops, not to mention the inconvenience of oil in your basement.

Another possible resolution for all of us to consider is practicing patience because it will help our health. "Patience is allowing time to run its course and allowing people, including ourselves, to work and grow at our own pace. Patience moves our minds away from frustrations, expectations or [shoulds] and aligns us with reality. When we are patient, our energy is available to make good things happen." (www.wisdomcommons.org) "Where there is patience and humility, there is neither anger nor vexation." (St. Francis of Assisi)

Best wishes for a Happy and Healthy New Year!

Joanne 

IMPORTANT REMINDER

Now that we are into the winter season there is a possibility that due to inclement weather meals, transportation and programs may be cancelled and the senior center closed. The senior center is open for staff unless Town Hall is closed. Be sure to watch Channels 40, 22 or 3 to learn the latest news.

PRESCRIPTION ADVANTAGE 2009 PRESENTATION TO BE HELD ON WEDNESDAY, JANUARY 7TH AT 10 A.M. IN THE CARD ROOM. COME AND HEAR ABOUT THE CHANGES IN THE PROGRAM.

SPECIAL THANKS TO:

*Thank you to the many faithful contributors of the Adopt-A-Senior Program, **especially the two anonymous donors who bought vegetables, fruits and groceries for the holidays.**

*Thank you to the Friends of South Hadley Elderly, Inc. for their continued support to fund special events.

*Thank you to Marilyn Ishler and Elinor White for coordinating the Christmas Basket program.

*Big Y for the donation of bakery products for the participants and nutrition program.

*Carey's Florists for the monthly birthday/anniversary flowers.

*The gentleman who donates eggs on a regular basis for the Adopt-A-Senior Program.

*S.H. Women's Club Bowling League for the donation to the "Lights On" fund.

*Tech Fab for the \$250 donation to the "Lights On" fund.

*To Patrick & Carleen LaBonte for the subscription to WOMAN'S DAY.

*To the Choralites for sharing the donation from their performance.

*To Jennifer Jordan and Wingate of South Hadley for the apple pies.

*To Girl Scouts Troop #144 for the food and favors.

***TO JUDY AND PAUL DOBOSH, JUDITH GOOCH, CARLENE AND ROLAND ALLARD AND DR. CAROL CRAIG FOR THEIR GENEROUS DONATIONS TO THE SOUTH HADLEY COUNCIL ON AGING. ALL OF THE MONEY HAS BEEN DEPOSITED INTO THE NUTRITION ACCOUNT.**

***THANK YOU TO KAREN ANDERSON FOR COORDINATING THE COOKIE SALE AND THE FIRST CONGREGATIONAL CHURCH FOR THE \$1,065 FOR THE CHRISTMAS BASKETS.**

COOKIE SALE WAS A SUCCESS!

Do you think that baking 1 batch of cookies or bars can make a difference? Absolutely! The 9th Annual Cookie sale was held on December 5th and 6th at the First Congregational Church, South Hadley Center. Thanks to the amazing generosity of the many bakers, which includes members of the churches, Brownie Troop #423 and Council on Aging members, we had lots of wonderful donations. The cookie sale organizers are very grateful to the buyers for their support. We heard many folks say how much they look forward to the sale, especially being able to choose from so many varieties. This year we were able to give the South Hadley Council on Aging \$1,065, which will be used for the Christmas Basket Program. Many, many thanks for all who participated in this community event that truly lives up to the bumper sticker "South Hadley is a wonderful place to live."

Karen Anderson

Elinor's Notes

A GOOD LIFE, A GOOD WAY TO BEGIN THE YEAR

1. Take a 10 minute walk everyday. And while you walk, smile. It is the ultimate antidepressant.
2. Sit in silence for a least 10 minutes each day.
3. Video tape your favorite evening shows and get more sleep.
4. When you wake up in the morning complete the following statement, "I'm thankful for-----"
5. Live with the 3 E's, ENERGY, ENTHUSIASM AND EMPATHY.
6. Play more games and read more books than you did last year.
7. Always pray and make more time for exercise.
8. Spend more time with people over 70 and under the age of 6.
9. Dream more while you are awake.
10. Eat more food that grows on trees and plants and less foods that are manufactured in food factories.
11. Drink green tea and plenty of water. Eat blueberries, salmon, broccoli, almonds and walnuts.
12. Try to make at least 3 people smile each day.
13. Clear your clutter from your home, your car, your desk to let new energy flow into your life.
14. Don't waste your precious energy on gossip, negative thoughts, and things you cannot control, instead invest your energy in the positive present moments.
15. Stop waiting for a special occasion. Everyday is special.
16. Forgive everyone for everything!
17. Agree to disagree. Try to always do the right thing.
18. Smile and laugh more! The best is yet to come!

LIVE, LOVE, LAUGH! LIFE'S A GIFT—UNWRAP IT!

Wishing each of you, good health, happiness and much love in 2009!

Your Friend,

Elinor A. White

Veterans and Get Going

A joint meeting for the two groups, Tues, Jan 13 at 1p.m. in COA dining room. Marilyn Ishler, our former COA director and now selectman will be our guest speaker. Last fall, she and her husband Harry traveled to Normandy, France. They will be sharing with the groups their video and experiences.

Thinking of children, grandchildren and the great ones, I'd like to share the following;

In my family, as I'm sure in yours, we have done our utmost to raise each grandchild well, teaching right from wrong, independence, responsibility, caring, and hopefully developing them into good human beings. Then they go off to college. They said, "Gram, FREEDOM AT LAST" At our house we love BUTTERFINGER candy bars. Those grandkids took that tradition to college. They call and say "Send more \$\$ for BUTTERFINGERS." When I ask how the grades are, they all say, "Great, college is awesome." More than once I've wondered just what was happening on those college campuses!!!! Well soon they will be home for holiday break and we'll be finding out how the grades are according to the professors. Read on----

Clever Ploy?

A father passing by his son's bedroom was astonished to see the bed was made, everything was picked up. Then, he saw an envelope, propped up on the pillow. It was addressed, "Dad " with the worst premonition, he opened the envelope and read the letter, with trembling hands.

Dear Dad,

It is with great regret and sorrow that I'm writing to you. I had to elope with my new girlfriend because I wanted to avoid a scene with Mom and you. I've been finding a real passion with Stacy, she is so nice, but I knew you would not approve of her because of all her piercings, tattoos, her tight motorcycle clothes, and because she is so much older than I am.

But, it's not only the passion...Dad, she's pg. Stacy said that we will be very happy. She owns a trailer in the woods and has a stack of firewood for the whole winter. We share a dream of having many more children. Stacy has opened my eyes to the fact that marijuana doesn't really hurt anyone. We'll be growing it for ourselves and trading it with other people in the commune for all the cocaine and ecstasy we want.

Don't worry, Dad, I'm 17 and I know how to take care of myself. Someday, I'm sure we'll be back to visit, so you can get to know your grand children.

Love, your son, John

P.S. Dad, none of the above is true. I'm over at Jimmy's house. I just wanted to remind you that there are worse things in life than the report card that's in my desk drawer. I love you! Call when it's safe to come home. J

Brown Bag

This program may be in jeopardy, the Western Mass Food Bank is having more and more need for food.

How can you help? #1 Pick up your bag every month; #2 If don't need your bag, cancel it; #3 if you do take a bag, won't you please consider the donation of \$3.00 per bag? If you can't do \$3.00 maybe you can do \$1.00. Every donation is appreciated.

Always the 3rd Tues of every month, pick up time at the COA is between 10 and 11 A.M.

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.

JANUARY 2009 MENU

1) CENTER CLOSED—HOLIDAY

- 2) BREADED POLLOCK LOINS, Rice Pilaf, Creamed Corn, Multi-grain Breads, Tropical Fruit.
- 5) SWEET & SOUR CHICKEN, Egg Noodles, Squash Blend, Oatmeal Bread, Pears, Orange Juice.
- 6) BIRTHDAY/ANNIVERSARY—FRENCH MEAT PIE/ GRAVY, Broccoli, Roll, Cake.
- 7) MEATBALLS/SPAGHETTI, Tomato Sauce, Garlic Bread, Spinach, Peaches.
- 8) VEAL PATTY/GRAVY, Mashed Potatoes, Mixed Vegetables, Pudding, Rye Bread.
- 9) FLORENTINE POLLOCK, Rice Pilaf, Corn, Whole Grain Roll, Pineapple.
- 12) MEATLOAF/SAUCE, Mashed Potatoes, Carrots, Jell-o, Whole Wheat Bread.
- 13) CHICKEN TERIYAKI, Rice, Oriental Mixed Vegetables, Mandarin Oranges.
- 14) BEEF STROGANOFF, Noodles, Broccoli, Biscuit, Fruit.
- 15) HAM & NOODLE CASSEROLE, Green Beans, Rye Bread, Tropical Fruit, Juice.
- 16) CELEBRATE NORTH CAROLINA—BBQ CHICKEN STRIPS, Long-grain Wild Rice, Spiced Beets & Onions, Cornbread, Orange Juice, Special Dessert.
- 19) CENTER CLOSED—HOLIDAY.
- 20) LIVER & ONIONS/Gravy, Scalloped Potatoes, Wax Beans, Whole Grain Bread, Brownies.
- 21) STUFFED PEPPERS/TOMATO SAUCE, Cornbread, Broccoli, Garlic Bread, Fruit.
- 22) ROASTED TURKEY/GRAVY, Mashed Potatoes, Mixed Vegetables, Cranberry Sauce, Peaches.
- 23) FIESTA POLLOCK, Egg Noodles, Spinach, Roll, Fruit Crisp, Juice.
- 26) LASAGNA W/MEAT SAUCE, Broccoli/Cauliflower, Garlic Bread, Peaches.
- 27) OVEN-FRIED CHICKEN, Baked Potato, Peas & Onions, Whole Wheat Bread, Jell-o.
- 28) MACARONI & CHEESE, Stewed Tomatoes, Green Beans, Roll, Pears.
- 29) BEEF STEW, Mashed Potatoes, Wax Beans, Biscuits, Cookies.
- 30) POLLOCK & CHEESE, Potato Puffs, Spinach, Roll, Mixed Fruit, Juice.

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



Start the Year Off Right... Keep Food Safety in Sight!

By: Andrea Samson, UMass Dietetic Intern

The New Year often brings many different types of resolutions. Maybe you want to exercise more, lose some of those extra "Holiday" pounds or eat healthier. If you're looking for a different New Year's Resolution for 2009, make Food Safety your focus. Use these guidelines and help prevent foodborne illness!

Clean Thoroughly

1. Wash your hands before and after you touch food in warm, soapy water for at least 20 seconds (or the time it takes to sing "Happy Birthday twice"). Make sure to scrub in between fingers and behind rings.
2. Clean surfaces and cooking tools before and after each use in hot soapy water.
3. Always wash countertops after handling food on them.
4. Frequently disinfect sponges and dishcloths in the dishwasher to prevent the spread of germs.

Separate completely

1. Keep raw meats separate from other food, from when it's in your grocery cart until the time it's cooked.
2. Place raw meat at the bottom of your refrigerator so juices from the meat won't drip onto other foods.
3. Use separate cutting boards—one for preparing meat and another for preparing fruits, vegetables and ready-to-eat items.
4. Never re-use plates, marinades or cooking utensils that may have come in contact with raw meat.

Cook Throughout

1. Avoid keeping foods in the "Danger Zone", which is between 40°F and 140°F for more than two hours. This is where bacteria can grow best. Keep hot food hot—above 140°F and cold food cold—below 40°F.
2. Color is not an accurate way to tell if a food is cooked through. Instead, use a Cooking Thermometer and Temperature Chart to make sure all foods are cooked to their safe internal temperature.
3. When heating food in the microwave, stir halfway through cooking and rotate the dish to make sure your food is cooked evenly.

Chill Immediately

1. Be mindful not to over-fill your refrigerator and freezer, to allow for proper air circulation and cooling.
2. Marinate and thaw frozen foods in the refrigerator—never thaw food on the countertop.
3. Never let food sit out for more than two hours (or one hour if the temperature outside is over 90°F).
4. Place leftovers in shallow dishes, and put in the refrigerator right away to allow quick, even cooling.
5. For leftovers or meals, that you are not ready to eat, place in the refrigerator and reheat thoroughly (until the food reaches at least 165°F) in the microwave or oven when needed.

IN MEMORIAM

IN MEMORY OF:

FROM:

NUTRITION ACCOUNTS:

MARGE VANDERMINDEN Ken & Jean Ellis

STANLEY & JEAN MAMULSKI from children: Honey,
Nancy & Dennis

RENE LAVERDIERE Tillie Laverdiere

HELEN DUDEK Dick & Kathy Kirby

ROGER BELANGER Rose Ann Borger & Family

STANLEY STRZEMPKO Judith Strzempko

JOSEPH MYTKOWICZ Frances Mytkowicz

JOSEPH U. BROSKE Al & Nora Biseinere

CHRISTMAS BASKETS:

BARBARA MORRELL MACARTHUR David & Cindy
Morrell

PAUL NORMAND Melide C. Normand

DORIS CORRIVEAU Richard Corriveau

RENALD P. LABRECQUE Ellen Labrecque
Daughter & Grandchildren

RENE LAVERDIERE Tillie Laverdiere

GARY WOJCIK Stanley Wojcik

LEO DUGUAY Mrs. Jo Duguay

LILLIAN HEROUX Rita Patruno

JAMES & GERTRUDE BURNETT Elinor Burnett

LEO ROUSSEAU Jean C. Rousseau

HELEN SOPHIE DZURIS "Ed" & Eddie Dzuris
& Family

MOTHER'S GARDEN:

MARY BATOR Ron & Mary Grzesik

LENA CAMPBELL Jean C. Rousseau

LIGHTS-ON:

BARBARA MORRELL MACARTHUR David & Cindy
Morrell

JAMES W. BURNETT Elinor Burnett

IN MEMORIAM

IN MEMORY OF:

FROM:

SENIOR NET:

DR. JOHN YELLE Shirley Larochele Salem
Alfred & Maude Martel
Suzanne Skibiski, Exec. Dir., and
Members of Hampden District Medical Society
Leonard & Lucille Moreau
Philip & Marilyn Sheridan
Irene Bernstein
William & Ann Marie Woods
& Family
The Paige Family
Raymond Yelle

TRANSPORTATION:

STANLEY KARCZMARCZYK Ron & Mary Grzesik

ACTIVITY GIFT/NECC:

The L' ESPERANCE FAMILY June Forhan

NEWSLETTER:

HELEN DUDEK Dick & Kathy Kirby

DONALD GILPATRICK Barbara Gilpatrick

THE L'ESPERANCE FAMILY Lois L'Esperance

SUBSIDIZED SENIOR TRANSPORTATION:

EDWARD WARZENSKI Stella Warzenski

WINTER DRIVING TIPS

During the winter months, remember that we may not be able to just hop in our vehicles and drive away. Snow on the windshield, frozen windshield wipers, slippery roads and low visibility are just a few obstacles the cold weather may bring.

For your safety, as well as others, remember to:

- ◆ Clean off your windshield and other windows
- ◆ Clean off your lights and license plate
- ◆ Keep your windshield washer fluid topped off
- ◆ Make sure your tires are in good condition
- ◆ Always check behind your vehicle before backing up
- ◆ Give yourself plenty of room between you and the vehicle in front of you
- ◆ Be extra careful at intersections; and at snow banks
- ◆ Allow yourself plenty of time
- ◆ Slow down and take your time
- ◆ Getting there slowly is the right way to get there
- ◆ Drive safely

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

JANUARY 2009

**1 NEW YEARS' DAY
CENTER CLOSED**



2 BREADED POLLOCK
 9:30 Grocery Shopping
 10 Coffee & Conversation-DR
 10:30 Osteoporosis Exercise-EX
 1 Knitting-L
 1 Bridge-CE Cribbage-CR
 1 Canasta/Poker-DR
 1:30 Memoir Writing-C2

5 SWEET & SOUR CHICKEN

11 Tai Chi-EX New Session
 1 Poker/ Pinochle-DR
 1 Canasta DR
 1 Stained Glass-CE
 1 Women's Conversation-L
 1 Red Hat Society-CR

**6 BIRTHDAY/ANNIV.
FRENCH MEAT PIE**

10-Beginning Exercise-EX
 1 Bingo-CR
 1-Movie-EX
 1-Needlecraft-CE
 6:15 Mens' Night/Mah Jongg

7 MEATBALLS/SPAGHETTI

8 Tops-EX
 9:30 Grocery Shopping
 10 Prescription Advantage-CR
 (Discussion on Changes)
 10:30 Osteoporosis Exercise ER
 1 Senior Poetry-C2
 1 Pitch-CR
 1 Mah Jongg Play/Learn-CE
 1 Choralites-DR

8 VEAL PATTY/GRAVY

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

9 FLORENTINE POLLOCK

9:30 Grocery Shopping
 10 Coffee & Conversation-DR
 10:30 Osteoporosis Exercise-EX
 1 Knitting-L
 1 Bridge-CE/Cribbage-CR
 1 Canasta/Poker-DR
 1:30 Memoir Writing C2

9 MEATLOAF/SAUCE

9:30 FOOT NURSE BY APPT.
 11 Tai Chi-EX
 1 Poker/ Pinochle-DR
 1 Stained Glass-CE
 1 Canasta-DR
 1 Women's Conversation-L
 4 COA BOARD MEETING

13 CHICKEN TERYAKI

10 Beginning Exercise-ER
 1 Get Going and Veterans-DR
 1 Bingo-CR
 1 Needlecraft-CE
 1 NO MOVIE
 6:15 Men's Night/Mah Jongg

14 BEEF STROGANOFF

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

15 HAM & NOODLE CASS.

10 Travel Club-C1
 10-Writing Group-CE
 10 Beginning Exercise-EX
 1 Quilting -CE
 1 Golden Age Club-CR
 1 Scrabble -L

**16 CELEBRATE N.CAROLINA
BBQ CHICKEN STRIPS**

9:30 Grocery Shopping
 10 Coffee & Conversation-DR
 10:30 Osteoporosis Exercise-EX
 11:30 Rep. John Scibak
 1 Knitting -L
 1 Bridge-CE/Cribbage-CR
 1 Canasta/Poker-DR
 1:30 Memoir Writing-C2

**19 MARTIN LUTHER KING DAY
CENTER CLOSED**



20 LIVER & ONIONS

10-11 Brown Bag-CE
 10 Beginning Exercise-ER
 1 Bingo-CR
 1 Needlecraft-CE
 1 Movie EX
 6:15 Men's Night/ Mah Jongg

21 STUFFED PEPPERS/SAUCE

8-Tops-EX
 9:30-Grocery Shopping
 9:30 Avada Free Hearing Screen
 10 Book Club
 10:30-Osteoporosis Exercise-EX
 1-Mah Jongg-CE, Senior Poetry-C2
 1-Choralites-DR, Pitch-CR

22 ROASTED TURKEY

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

23 FIESTA POLLOCK

9:30 Grocery Shopping
 10 Coffee & Conversation-DR
 10:30 Osteoporosis Exercise EX
 1 Knitting L
 1 Canasta/Poker DR
 1 Bridge-CE/Cribbage-CR
 1:30 Memoir Writing -C2

26 LASAGNA/MEAT SAUCE

9:30 FOOT NURSE BY APPT.
 11 Tai Chi-EX
 1-Poker/Pinochle-DR
 1-Stained Glass-CE
 1-Canasta-DR
 1-Women's Conversation-L
 1 Monday Cribbage-CR

27 OVEN FRIED CHICKEN

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

28 MACARONI & CHEESE

8-Tops-EX
 9:30-Grocery Shopping
 10:30-Osteoporosis Exercise-EX
 11:15 Berkshire Hills Music-DR
 1-Mah Jongg Play/Learn-CE
 1-Choralites-DR
 1-Pitch-CR

29 BEEF STEW

10 Travel Club-C1
 10-Writing Group-CE
 10 Beginning Exercise-EX
 1 Quilting -CE
 1 Golden Age Club-CR
 1 Scrabble -L

30 POLLOCK & CHEESE

9:30 Grocery Shopping
 10 Coffee & Conversation-DR
 10:30 Osteoporosis Exercise EX
 1 Knitting L
 1 Canasta/Poker DR
 1 Bridge-CE/Cribbage-CR
 1:30 Memoir Writing -C2

ANNE'S NEWS

I love the arrival of a new year! I feel energized to tackle unmet goals and find new enthusiasm for daily tasks. Also, as some of you may know, I LOVE SNOW and January generally brings some (or lots) of it.

In reflecting on my three months of 2008 at the Council on Aging, I can't say **THANK YOU** enough to the volunteers that give so much of their time and talent here. You make the Senior Center a wonderful place to come to and impact your world and community in countless ways! I'd like to welcome our new volunteers who joined us in December. They are Louise Hartwell, George Howe, Barbara Janik, Kathryn Rosa, and Maureen Sampson. Welcome to the team!

Moving forward, I would like to ask that everyone who volunteers please record all of your hours. Since I don't know everyone, or all that you do, it is very important that you do this each month. If you are not currently a volunteer and are interested, we have so many different opportunities. I am sure we can find something that is right for you. Please see me to talk and/or fill out an application. We have everyone go through a CORI check to protect all of you and meet state regulations.

New Years' is a time when many of us try to become more physically active. If you are interested in taking an exercise class or using the equipment, please be sure you have an up-to-date Emergency Contact Sheet and Physicians' Consent form on file. We require that you update these every 12 months, even if everything is the same.

We still have a need for a few substitute office volunteers. If you have previous office experience and like to work with the public in a busy environment, please see me.

You may not know that each month we have a luncheon during which we honor people who have a birthday or anniversary during that month. This month it is Tuesday, January 6th. If you can join us please call in advance and let us know your birth or marriage date and how many guests will be joining you. We'd like to celebrate with you!

Anne

South Hadley Council on Aging
SeniorNet
Computer Learning Center



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

A question often asked: How do I fix my computer? Here is a possible way to try to find a solution to a computer problem:

DON'T BE IN A HURRY: The natural thing to do when a problem arises is to jump right into it and try to fix it. Don't! Instead, force yourself to stop and think. Have a soft drink, take a walk, call a friend, or read a book. – In other words, stand back and do something else for a bit.

Why, diving right in almost guarantees you'll make mistakes and turn a minor problem into something major.

BE A DETECTIVE: At least half of all computer problems are created by some changes you've made. Maybe you just installed some new software or updated some old software. Maybe you installed a new printer.

When a new problem rises, think about some recent changes you made, that may have created the MESS. Sometimes just removing the new software or reversing the update can cause the problem. But often, simply removing the software or update can return things to normal. Sometimes there are automatic updates. There is a software program called System Restore that is basically a time machine. It returns all the inner settings of Windows back to a date when the computer was working fine.

Another source of possible help is SeniorNet, www.seniornet.org. The website is available to all who take SeniorNet classes as well as those who join SeniorNet.

New classes begin January 5. To sign up now, get more information about SeniorNet, its classes and resources, call 533-6889. We'll call back.

South Hadley Council On Aging
 45 Dayton Street
 South Hadley, MA 01075
 (413) 538-5042
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