

# COUNCIL ON AGING

South Hadley Massachusetts

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

Director: Joanne Trybus

E-Mail: Councilonag-  
ng@southhadley.org

15 Dayton Street

South Hadley, MA 01075

Tel. 538-5042 Fax 532-8206

## THE GOLDEN CHRONICLE

**JULY—AUGUST 2009**

Asst. Director: Lisa Napiorkowski

AsstDirCoa@southhadley.org

Social Services Coordinator:

Elinor White: elinorca@hotmail.com

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### ANNUAL SUMMER PICNIC

THURSDAY, AUGUST 20TH

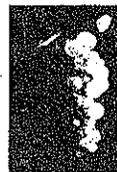
11:00 P.M. - 3 P.M.

SENIOR CENTER, 45 DAYTON ST.

CHOICE OF HOT DOG OR HAMBURGER

PLEASE TELL YOUR CHOICE AT TIME

OF RESERVATION



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. 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 & charge of \$3.00 for all others. This program is for people 60 and over, however those under 60 can come as a volunteer or a guest of a senior. FEDERAL GUIDELINES SPECIFY THAT FOOD SHOULD NOT BE TAKEN FROM THE LUNCH SITE. The only exceptions are bread, fruit, milk or non-perishable items.

#### SUGGESTED DONATION: \$2.25

In addition there will be salads, corn and the usual fixings to make for a great picnic lunch. Please call 538-5042; reservations for the picnic will be taken beginning August 3rd, at 8 a.m., limited to 136. Bingo and prizes courtesy of the Friends of South Hadley Elderly after the meal. The picnic lunch will be served to hot meals clients on Wednesday, August 19th.

#### GROCERY SHOPPING TRANSPORTATION

RESUMES ON WEDNESDAY, JULY 1ST. PASSENGERS WILL HAVE A CHOICE BETWEEN WEDNESDAY AND FRIDAY OR BOTH DAYS. CALL 538-5042 TO MAKE YOUR RESERVATION.

#### South Hadley Senior Travel Club

##### TRIPS FOR 2009

**TUESDAY, JULY 21ST-LOBSTERBAKE AT GLOUCESTER** followed by historic Rockport. Cost \$77.00 P/P. A SECOND BUS HAS BEEN ADDED SO COME AND JOIN IN ON THE FUN. For reservation call Judy Fortier 534-3598 or the COA at 538-5042. **FRIDAY, AUGUST 28TH-SARATOGA RACEWAY.** Reserved Grandstand seating followed by dinner at Grandma's Restaurant. Meal choices include: Yankee Pot Roast, Chicken with Apple Walnut Stuffing, Baked Haddock or Homemade Vegetable Lasagna. Cost \$62 P/P. For reservations call Barbara Laramee at 536-8567 or the COA at 538-5042. **SEPTEMBER 29TH POLKA FEST AT AQUA TURF** includes musical polka entertainment and a fabulous Polish style luncheon. Cost \$67 P/P. For reservations call David Bellefeuille at 533-7724. More trips are shown on the travel bulletin board at the senior center. A \$2.00 nonrefundable 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 the COA at 538-5042.



WELCOME TO THOSE  
OF YOU TURNING 60  
THIS YEAR!

HAPPY  
FOURTH  
OF JULY!



REMEMBER THIS IS A TWO-MONTH  
ISSUE SO SAVE FOR AUGUST



## NOTES FROM THE DIRECTOR

Welcome to the individuals receiving this newsletter for the first time. Each year the COA asks for a list of residents who will turn 60 during the year and adds their name to the mailing list. I do hope you all find the information interesting and helpful. This year there are 217 residents turning 60. If one visits the senior center and talks with people in their nineties, who are still active volunteers or enjoying programs and activities, it is possible to believe that the best is yet to come for those of us who are still working. Retirement is a time to learn new hobbies, or do activities that were not possible due to time constraints while working. This issue provides general information about the various services, activities and programs at the Senior Center. Also, it is a two-month issue. July is the only month we all take a break from publishing a newsletter. If by chance you receive more than one copy of this edition, or do not want it, please let us know.

In 2009 Elinor White and I mark twenty-three years at the Senior Center. We have seen many changes but one thing that has not changed for either one of us is our commitment to the seniors and this department. However the number of seniors receiving services continues to grow and therefore it is very important that you make an appointment to see Elinor. Please do not just drop by unannounced because that is not fair to the person she might be meeting with or have a scheduled appointment for assistance. Please consider how anyone would feel if a scheduled appointment is interrupted or delayed. So our request is for consideration of your friend or neighbor. If an emergency situation arises, call Elinor and leave a message. She listens to all messages every day but considering there are almost 4,000 seniors in town and many volunteers from neighboring towns, she must prioritize her time and sometimes that means closing her door. If her door is closed, please respect that as a sign that she is with someone and should not be disturbed. I know everyone will be cooperative with this request!

The staff is always open to suggestion regarding new activities. Please let us know what you would like to have available to you. Sometimes programs are scheduled for early evening so that the working seniors and their family members may attend. Some of our activities stop for the summer months so come September you will see many more programs listed.

As many of you probably know, the COA is overseen by a Board made of 11 members. Their names and official titles will appear in the September newsletter.

On behalf of everyone at the senior center, I want to express our deepest condolences to Pauline Casey and the family of Bill Bacis. Bill was a part-time custodian for many years at the senior center. He always had something humorous to share and made us all laugh.

As of June 29th there will be a new face in the office. Kathryn Gallivan will be joining the staff as Senior Clerk. She will be sharing an office with Lisa, so stop by and say hello.

Enjoy your summer and feel free to visit the air-conditioned senior center anytime. Remember your tax dollars help to support the Center. For many it is truly a home away from home, just as it should be.

*Joanne*

### SPECIAL THANKS TO:

\*The St. Patrick's Ladies Guild for the very generous donation of \$750 deposited into the nutrition account.

On behalf of everyone at the COA, we extend our sincere thanks for your generosity.

\*To the South Hadley Women's Club for the generous donation of \$200 for the nutrition program. It is only through this type of community support that the program has been able to continue without changes. Thank you again for the very generous donation to assist the COA in providing a very successful nutrition program.

\*To the many volunteers who helped with the 90+ birthday party. The celebrants are truly inspirational and the COA loves this event, but it would not be possible without all of the volunteer assistance!

\*To Kenneth Guilbault for serving on the COA Board for six years and serving as Chairperson for the last three years. Your commitment and dedication is sincerely appreciated.

\*To Eileen Tonelli for serving on the COA Board for the past six years and always offering to help at the various special gatherings.



### IMPORTANT NUMBERS TO CALL FOR HELP

Mass Medline	1-866-633-1617
(A resource for prescription drug information and assistance. Pharmacists are available to assist you.)	
<a href="http://www.massmedline.com">www.massmedline.com</a>	
Mass Pro-Peer Review	1-800-252-5533
(Hospital Discharge Decisions)	
Medicare Advocacy Project MAP	1-800-323-3205
(Help with Medicare Appeals)	
Medicare	1-800-633-4227
<a href="http://www.medicare.gov">www.medicare.gov</a>	
WestMass ElderCare	413-538-9020
(for home-delivered meals and case management)	

**TRANSPORTATION CHANGE:** Beginning on July 1st, the South Hadley COA will offer transportation to South Hadley appointments on Tuesdays and Thursdays. This will be on a trial basis to determine if this service can be accomplished with one van and driver. Please call early if you have an appointment because the service will be offered on a first-come, first-served basis and the schedule will center around Senior Center activities.

# Elinor's Notes

## My Joy As Social Service Coordinator

My name is Elinor S. White and I care about elders and the quality of the lives of our South Hadley seniors. It is my pleasure and joy to work for you.

As Social Service Coordinator, I am your source for information and referral pertaining to area elder services. I know who, what, when and where, or I will do my very best to find, who does know and get an answer for you. I will advocate and assist you or your loved one in getting needed services, I will navigate the system with you!

Appointments with me are always confidential, whether here in my office at the C.O.A. or in your home.

Everyday is a new challenge for elders, as their needs change and government programs change.

If I have been a help to you in the past, please do keep in touch. If I haven't met you and there is anyway I can assist you, do call, appointments are appreciated.

And if you need to talk, I do listen.

Your Friend, *Elinor S. White*  
**"WE ALL LAUGH AND CRY ALIKE"**

*My granddaughter's family is active in a church which is adopting and supporting a foreign family.*

*The new family of four are of another race, color and faith, so the church must prepare for a happy mix. In this effort the Sunday School teachers, used these words to help the children understand the difference between the families.*

*He prayed---It wasn't my religion*

*He ate-----It wasn't what I ate.*

*He dressed-It wasn't what I wore*

*He took my hand ---It wasn't the color of mine.*

*But when he laughed---it was how I laughed and when he cried---it was how I cried.*

*These words made a big impression on our boys 10 and 11 years old---- one of the boys said "We could share music!"*

*This could very well be a message for each of us---- young and old! E.S.W.*

## Thank You

\*\*Thank you to the Egg and I Restaurant for hosting the Veteran's Breakfast and the Get Going Lunch.

\*\*Thank you, also to Ann Root of the Old Firehouse Museum for guiding both groups on their visit to the new Canal Room. Both adventures were enjoyed by all.

Thank you to Suzanne McElroy, owner of Home Instead of Chicopee for speaking at our June Get Going meeting, you inspired us to get going!

The following are some programs which might be helpful to you:

## Fuel Assistance 09/10

Federal and State Fuel Assistance is available to approved income eligible household during the heating season Nov. 1, 2009 to Apr. 30, 2010. Assistance is available for some help with your heating bills during that period.

All sources of a primary heat can be covered, including oil, gas, natural and propane, electric, wood, coal, pellets and some landlord heated apartments (not elder housing).

The South Hadley C.O.A. is the intake site for South Hadley elders and disabled of all ages.

Last year 08/09 the Federal income guidelines and benefits were increased making many eligible. As of this writing we do not know what the 09/10 guidelines will be; we do know there will be a program and that our C.O.A. will take care of South Hadley elders.

If you received benefits in 08/09 during Aug. or Sept. you will receive a reapplication in the mail. Return that application to Greenfield immediately, DON'T WAIT!!! But not till you have proof of all current income and documentation required. Photo copy every thing you send. An incomplete application or missing info may hold up your benefits for as long as 5 or 6 months.

The fuel office in Greenfield is required to check your application, each and every document. Without their having the information in their hands, you will not be funded.

If you need help with your application call Elinor for an appointment, don't just stop in expecting to get help that minute.

More news on Fuel Assistance will be in our Sept. newsletter.

## Food Stamps

There are lots of questions about the new benefit available for the Food Stamp Program for those 60 and over.

As of 2009 the program is expanding to help those in a higher income bracket, who have high cost of housing and high medical expenses. Assets are no longer considered for those whose income falls within certain guidelines. It may help to itemize these expenses. We have a work sheet of needed info and a list of current documents.

Please do call Elinor for further explanation or an appointment at 538-5042, Ext. 206.

# 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:

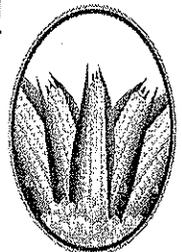
## WESTMASS ELDERCARE, INC. JULY 2009 MENU

- 1) OVEN-ROASTED CHICKEN, Baked Potato, Vegetable Medley, Whole Wheat Bread, Mixed Fruit, Diet Mixed Fruit.
- 2) COLD PLATE: Tuna Fish Salad, Potato Salad, Carrot Raisin Salad, Rye Bread, Cookies, Diet Cookies.
- 3) CLOSED-INDEPENDENCE DAY HOLIDAY.
- 6) POT LUCK, Pineapple.
- 7) BIRTHDAY/ANNIVERSARY— ROAST PORK LOIN, Oven Roasted Potatoes, Mixed Vegetables, Roll, Cake, Diet Cake.
- 8) FRENCH MEAT PIE/GRAVY, Noodles, Spinach, Multi-grain Bread, Pears, Diet Pears.
- 9) SWEET & SOUR CHICKEN, Sweet Potatoes, Broccoli Florets, Diet Peaches.
- 10) FIESTA POLLOCK, Confetti Rice, Green Beans, Cranberry Juice, Oatmeal Bread, Pudding, Diet Pudding.
- 13) SHEPHERD'S PIE/GRAVY, Green Beans, Biscuit, Mandarin Oranges, Diet Mandarin Oranges.
- 14) COLD PLATE: Turkey Salad, Macaroni Salad, Three-Bean Salad, Lettuce/Tomato, Roll, Plums, Orange Juice.
- 15) MACARONI & CHEESE, Stewed Tomatoes, Peas, Rye Bread, Brownies, Diet Brownies.
- 16) BEEF STEW W/POTATOES, Mixed Vegetable Blend, Roll, Tropical Fruit, Diet Tropical Fruit.
- 17) CELEBRATE INDIANA— PORK SAUSAGE LINKS Peppers & Onions, Confetti Rice, Corn Cobbets, Fruit Pie, Diet Fruit Pie.
- 20) STUFFED CABBAGE/SAUCE, Mashed Potatoes, Carrots, Rye Bread, Fruit Crisp, Diet Fruit Crisp.
- 21) MILD BEEF CHILI, Rice, Wax Beans, Cornbread, Pineapple.
- 22) VEAL PATTY/GRAVY, Egg Noodles, Corn, Whole Grain Wheat Bread, Tropical Fruit, Diet Tropical Fruit.
- 23) ROASTED TURKEY/GRAVY, Mashed Potatoes, Peas & Mushrooms, Peaches, Diet Peaches.
- 24) POLLOCK W/CHEESE, Rice, Spinach, Pie, Diet Pie.
- 27) BAKED HAM/RAISIN SAUCE, Sweet Potatoes, Broccoli, Whole Grain Bread, Jell-o, Diet Jell-o. **Higher Sodium Meal.**
- 28) BBQ CHICKEN, Mashed Potatoes, Corn Cobbets, Apricots, Diet Apricots.
- 29) COLD PLATE— Egg Salad, Pasta Salad, Pickled Beets, Fresh Fruit/Melon.
- 30) SWEDISH MEATBALLS/GRAVY, Egg Noodles, Carrots & Cauliflower, Roll, Orange Juice, Cake, Diet Cake.
- 31) BREADED POLLOCK LOINS, Rice Pilaf, Brussels Sprouts, Whole Wheat Bread, Pineapple.

## AUGUST 2009 MENU

- 3) CHICKEN NUGGETS, Potato Puffs, Summer Blend Vegetables, Roll, Fruit Cocktail, Diet Fruit Cocktail.
- 4) SWEET & SOUR PORK, Rice Pilaf, Green Beans, Biscuit, Cranberry Juice, Cookies, Diet Cookies.
- 5) MEATLOAF/GRAVY, Mashed Potatoes, Corn, Rye Bread, Fresh Fruit/Apples.
- 6) TARRAGON CHICKEN, Confetti Rice, Broccoli, Cranberry Sauce, Oatmeal Bread, Pudding, Diet Pudding.
- 7) BREADED POLLOCK LOINS, Au Gratin Potatoes, Spinach, Multi-grain Bread, Pears, Diet Pears.
- 10) POT LUCK, Tropical Fruit, Diet Tropical Fruit.
- 11) BIRTHDAY/ANNIVERSARY—VEAL PARMESAN/PASTA, Garlic Bread, Peas & Carrots, Orange Juice, Cake, Diet Cake. **Tossed Salad: Congregate.**
- 12) COLD PLATE: Tuna Salad, Macaroni Salad, Three-bean Salad, Whole Grain Roll, Pineapple.
- 13) ROAST TURKEY/GRAVY, Mashed Potatoes, Corn, Cranberry Sauce, Apricots, Diet Apricots.
- 14) TUNA & NOODLE CASSEROLE, Mixed Vegetables, Roll, Cranberry Juice, Bread Pudding, Diet Bread Pudding.
- 17) OVEN FRIED CHICKEN, Roasted Potatoes, Ratatouille, White Bread, Brownies, Diet Brownies.
- 18) SPAGHETTI/MEATBALLS, Mixed Vegetables, Garlic Bread, Pineapple.
- 19) HAM W/PINEAPPLE SAUCE, Sweet Potatoes, Beets, Rye Bread, Mandarin Oranges, Diet Mandarin Oranges. **Higher Sodium Meal.**
- 20) PICNIC DAY—Hamburgers/Hot Dogs, Baked Beans, Corn on the Cob, Coleslaw, Potato Chips, Rolls, Watermelon, Ice Cream.
- 21) CATFISH FILLETS, Rice, Spinach, Wheat Bread, Mixed Fruit, Diet Mixed Fruit.
- 24) COLD PLATE: Egg Salad, Potato Salad, Carrot/Raisin Salad, Roll, Jell-o, Diet Jell-o.
- 25) STUFFED CABBAGE/SAUCE, Mashed Potatoes, Wax Beans, Rye Bread, Pears, Diet Pears.
- 26) SHEPHERD'S PIE, Carrots, Biscuit, Pineapple.
- 27) CHICKEN PATTY/GRAVY, Rice Pilaf, Succotash, Whole Grain Bread, Tropical Fruit, Diet Tropical Fruit.
- 28) CELEBRATE NEBRASKA—BEEF SIRLOIN TIPS/GRAVY, Egg Noodles, Broccoli Florets, Cornbread, Spice Cake, Diet Spice Cake.
- 31) LIVER & ONIONS, Mashed Potatoes, Green Beans & Tomatoes, Multi-grain Bread, Peaches, Diet Peaches.

\*FOR RESERVATIONS, PLEASE CALL 538-5042 BY 9:00 A.M. AND REMEMBER TO CALL IF YOU MUST CANCEL. PLEASE TRY TO CALL ON FRIDAY IF YOU WOULD LIKE TO EAT ON MONDAY.



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

<p><b>ROOM KEY</b>  <b>B=Billiards Room</b>  <b>CR=Card Room</b>  <b>CE=Ceramics</b>  <b>C2=Formerly Old Office</b>  <b>C1=Conf. Room Off Library</b>  <b>EX=Exercise Room</b>  <b>DR=Dining Room</b>  <b>L=Library</b></p>	<h1>JULY</h1> <h1>2009</h1>	<p><b>1 OVEN-ROASTED CHICKEN</b>  8 HIP-EX  9:30 Grocery Shopping  10 Travel Club-C1  10:30 Osteoporosis Exercise-EX  1 Senior Poetry-C2  1 Pitch-CR  1 Mah Jongg Play/Learn-CE</p>	<p><b>2 COLD TUNA SALAD PLATE</b>  10 Alzheimer's Support -C2  10 Travel Club-C1  1 Scrabble-L  1 Quilting-CE</p>	<p>3 CENTER CLOSED FOR  <b>INDEPENDENCE DAY</b>  <b>HOLIDAY</b></p> 
<p><b>6 POTLUCK</b>  <b>9:30 FOOT NURSE BY APPT.</b>  1 Poker-DR  1 Pinochle-DR  1 Canasta-DR</p>	<p><b>7 BIRTHDAY/ANNIVERSARY</b>  <b>ROAST PORK LOIN</b>  <b>9-12 SHINE (by appt.)</b>  10 Travel Club-C1  1 Bingo-CR  1 Movie-EX  1 Needlecraft-CE  1:30 Calligraphy-C2  6:15 Men's Night/Mah Jongg</p>	<p><b>8 FRENCH MEAT PIE</b>  <b>WMEC Picnic in W. Springfield</b>  8 HIP-EX  9:30 Grocery Shopping  10 Travel Club-C1  10:30 Osteoporosis Exercise-EX  1 Pitch-CR  1 Mah Jongg Play/Learn-CE</p>	<p><b>9 SWEET &amp; SOUR CHICKEN</b>  10 Travel Club-C1  1 Scrabble-L  1 Quilting-CE  <b>1 Friends Meeting—DR</b></p>	<p><b>10 FIESTA POLLOCK</b>  9:30 Grocery Shopping  10 Coffee &amp; Conversation-DR  10:30 Osteoporosis Exercise-EX  1 Knitting-L  1 Bridge-CE  1 Cribbage-CR  1 Canasta/Poker-DR  1:30 Memoir Writing-C2</p>
<p><b>13 SHEPHERD'S PIE</b>  1 Poker-DR  1 Pinochle-DR  1 Canasta-DR  <b>4 COA BOARD MEETING</b></p>	<p><b>14 TURKEY SALAD PLATE</b>  10 Travel Club-C1  <b>1-2:30 Blood Press. Screen-Nurse</b>  1 Bingo-CR  1 Movie-EX  1 Needlecraft-CE  1:30 Calligraphy-C2  6:15 Men's Night/Mah Jongg</p>	<p><b>15 MACARONI &amp; CHEESE</b>  8 HIP-EX  <b>9:30 Avada Free Hearing</b>  9:30 Grocery Shopping  10 Travel Club-C1  <b>10 Book Club</b>  10:30 Osteoporosis Exercise-EX  1 Senior Poetry-C2/Pitch-CR  1 Mah Jongg Play/Learn-CE</p>	<p><b>16 BEEF STEW W/POTATOES</b>  10 Travel Club-C1  1 Scrabble-L  1 Quilting-CE</p> <p>Apollo 11 lifted off  this day in 1969.</p> 	<p><b>17 CELEBRATE INDIANA</b>  <b>PORK SAUSAGE LINKS</b>  9:30 Grocery Shopping  10 Coffee &amp; Conversation-DR  10:30 Osteoporosis Exercise-EX  <b>11:30 Rep. John Seibak</b>  1 Knitting-L/ Bridge-CE  1 Cribbage-CR  1 Canasta/Poker-DR  1:30 Memoir Writing-C2</p>
<p><b>20 STUFFED CABBAGE</b>  <b>9:30 FOOT NURSE BY APPT.</b>  1 Poker-DR  1 Pinochle-DR  1 Canasta-DR  1 Monday Cribbage-CR</p>	<p><b>21 MILD BEEF CHILI</b>  <b>9-12 SHINE (by appt.)</b>  <b>10-11 Brown Bag-CE</b>  10 Travel Club-C1  1 Bingo-CR/Needlecraft-CE  1 Movie-EX  1:30 Calligraphy-C2  6:15 Men's Night/Mah Jongg</p>	<p><b>22 VEAL PATTY/GRAVY</b>  8 HIP-EX  9:30 Grocery Shopping  10 Travel Club-C1  10:30 Osteoporosis Exercise-EX  1 Pitch-CR  1 Mah Jongg Play/Learn-CE</p>	<p><b>23 ROASTED TURKEY/GRAVY</b>  10 Travel Club-C1  1 Scrabble-L  1 Quilting-CE</p> <p>The ice cream cone was  Introduced on this day in  1909.</p> 	<p><b>24 POLLOCK W/CHEESE</b>  9:30 Grocery Shopping  10 Coffee &amp; Conversation-DR  10:30 Osteoporosis Exercise-EX  1 Knitting-L/Bridge-CE  1 Cribbage-CR  1 Canasta/Poker-DR  1:30 Memoir Writing-C2</p>
<p><b>27 BAKED HAM/RAISIN</b>  1 Poker-DR  1 Pinochle-DR  1 Canasta-DR</p>	<p><b>28 BBQ CHICKEN</b>  10 Travel Club-C1  1 Bingo-CR  1 Movie-EX  1 Needlecraft-CE  1:30 Calligraphy-C2  6:15 Men's Night/Mah Jongg</p>	<p><b>29 EGG SALAD PLATE</b>  8 HIP-EX  9:30 Grocery Shopping  10 Travel Club-C1  10:30 Osteoporosis Exercise-EX  1 Pitch-CR  1 Mah Jongg Play/Learn-CE</p>	<p><b>30 SWEDISH MEATBALLS</b>  10 Travel Club-C1  <b>10:30 Blood Pressure Screening</b>  <b>w/ Fire District #1-DR</b>  1 Scrabble-L  1 Quilting-CE</p>	<p><b>31 BREADED POLLOCK LOIN</b>  9:30 Grocery Shopping  10 Coffee &amp; Conversation-DR  10:30 Osteoporosis Exercise-EX  1 Knitting-L/Bridge-CE  1 Cribbage-CR  1 Canasta/Poker-DR  1:30 Memoir Writing-C2</p>

<b>3 CHICKEN NUGGETS</b> 1 Poker 1 Pinochle-DR 1 Canasta-DR	<b>4 SWEET &amp; SOUR PORK</b> <b>9-12 SHINE (by appt)</b> 10 Travel Club-C1 1 Bingo-CR 1 Movie-EX 1 Needlecraft-CE 1:30 Calligraphy-C2 6:15 Men's Night/Mah Jongg	<b>5 MEATLOAF/GRAVY</b> 8 HIP-EX 9:30 Grocery Shopping 10 Travel Club-C1 10:30 Osteoporosis Exercise-EX 1 Senior Poetry-C2 1 Pitch-CR 1 Mah jongg Play/Learn-CE	<b>6 TARRAGON CHICKEN</b> <b>10 Alzheimer's Support -C2</b> 10 Travel Club-C1 1 Scrabble-L 1 Quilting-CE	<b>7 BREADED POLLOCK LOINS</b> 9:30 Grocery Shopping 10 Coffee & Conversation-DR 10:30 Osteoporosis Exercise-EX 1 Knitting-L 1 Bridge-CE 1 Cribbage-CR 1 Canasta/Poker-DR 1:30 Memoir Writing-C2
<b>10 POTLUCK</b> <b>9:30 FOOT NURSE BY APPT.</b> 1 Poker 1 Pinochle-DR 1 Canasta-DR	<b>11 BIRTHDAY-ANNIVERSARY</b> <b>VEAL PARMESAN/PASTA</b> 10 Travel Club-C1 <b>12 Get Going Picnic-Canoe Club</b> 1-2:30 Blood Press. Screen-Nurse 1 Bingo-CR 1 Movie-EX 1 Needlecraft-CE 1:30 Calligraphy-C2 6:15 Men's Night/Mah Jongg	<b>12 TUNA SALAD PLATE</b> 8 HIP-EX 9:30 Grocery Shopping 10 Travel Club-C1 10:30 Osteoporosis Exercise-EX 1 Pitch-CR 1 Mah jongg Play/Learn-CE	<b>13 ROAST TURKEY/GRAVY</b> 10 Travel Club-C1 <b>12 Veteran's Group Picnic At Canoe Club</b> 1 1 Scrabble-L 1 1 Quilting-CE	<b>14 TUNA NOODLE CASSEROLE</b> 9:30 Grocery Shopping 10 Coffee & Conversation-DR 10:30 Osteoporosis Exercise-EX 1 Knitting-L 1 Bridge-CE 1 Cribbage-CR 1 Canasta/Poker-DR 1:30 Memoir Writing-C2
<b>17 OVEN FRIED CHICKEN</b> 1 Poker 1 Pinochle-DR 1 Canasta-DR 1 Monday Cribbage-CR	<b>18 SPAGHETTI/MEATBALLS</b> <b>9-12 SHINE (by appt)</b> <b>10-11 Brown Bag-CE</b> <b>10 Lo-Vision Support-C2</b> 10 Travel Club-C1 1 Bingo-CR/Needlecraft-CE 1 Movie-EX 1:30 Calligraphy-C2 6:15 Men's Night/Mah Jongg	<b>19 HAM W/PINEAPPLE SAUCE</b> <b>HMOw Picnic Lunch</b> 8 HIP-EX <b>9:30 Avada Free Hearing</b> 9:30 Grocery Shopping 10 Travel Club-C1 <b>10 Book Club</b> 10:30 Osteoporosis Exercise-EX 1 Senior Poetry-C2/Pitch-CR	<b>20 PICNIC DAY AT THE COA</b> <b>HAMBURGERS/HOT DOGS</b> 10 Travel Club-C1 1 Scrabble-L 1 Quilting-CE	<b>21 CATFISH FILLETS</b> 9:30 Grocery Shopping 10 Coffee & Conversation-DR 10:30 Osteoporosis Exercise-EX <b>11:30 Rep. John Scibak</b> 1 Knitting-L/ Bridge-CE 1 Cribbage-CR 1 Canasta/Poker-DR 1:30 Memoir Writing-C2
<b>24 EGG SALAD PLATE</b> <b>9:30 FOOT NURSE BY APPT.</b> 1 Poker 1 Pinochle-DR 1 Canasta-DR	<b>25 STUFFED CABBAGE</b> <b>9 Newsletter Mailing Party</b> 10 Travel Club-C1 1 Bingo-CR 1 Movie-EX 1 Needlecraft-CE 1:30 Calligraphy-C2 6:15 Men's Night/Mah Jongg	<b>26 SHEPHERD'S PIE</b> 8 HIP-EX 9:30 Grocery Shopping 10 Travel Club-C1 10:30 Osteoporosis Exercise-EX 1 Pitch-CR 1 Mah jongg Play/Learn-CE	<b>27 CHICKEN PATTY/GRAVY</b> 10 Travel Club-C1 <b>10:30 Blood pressure Screening w/ Fire District #1 - DR</b> 1 Scrabble-L 1 Quilting-CE	<b>28 CELEBRATE NEBRASKA BEEF SIRLOIN TIPS/GRAVY</b> 9:30 Grocery Shopping 10 Coffee & Conversation-DR 10:30 Osteoporosis Exercise-EX 1 Knitting-L/Bridge-CE 1 Cribbage-CR/Canasta/Poker-DR 1:30 Memoir Writing-C2
<b>31 LIVER &amp; ONIONS</b> 1 Poker 1 Pinochle-DR 1 Canasta-DR		<h1 style="text-align: center;">AUGUST 2009</h1>	<b>IN TOWN TRANSPORTATION AVAILABLE THURSDAYS BY APPOINTMENT FROM 9-3.</b> 	<b>ROOM KEY</b> B=Billiards Room CR=Card Room CE=Ceramics C2=Formerly Old Office C1=Conf. Room Off Library EX=Exercise Room DR=Dining Room

## IN MEMORIAM

### IN MEMORY OF:

### FROM:

#### MOTHER'S GARDEN:

CAROL BOARDWAY Patricia Brodeur

ESTELLE DICKINSON Marie Houle

#### NEWSLETTER:

HELEN CLARK Dorothy R. Lathrop

HELEN LUKASIK Dorothy R. Lathrop

JEAN POWERS Verett Dupre

PAUL BRODEUR Patricia Brodeur

WILLIAM BACIS Cile Stuntz

HAZEL QUENNEVILLE Cile Stuntz

#### NUTRITION ACCOUNTS:

WILLIAM BACIS Francis Mytkowicz  
Betty Vieu  
Esther Lennon  
Joanne Trybus  
Elinor White  
Barbara J. White

VIOLETTA FERRARO Gerry & Helen Bernard

NORMAN CARRIGNAN Elinor White

JOHN TONY MALANOWSKI John & Dorothy Orlowski

WALTER & LOUIS  
WOJCIEHOWSKI John & Dorothy Orlowski

BERNARD & JULIA  
RATKIEWICZ John & Dorothy Orlowski

PAUL MARCINIAK John & Dorothy Orlowski

#### SUBSIDIZED SENIOR TRANSPORTATION:

EDWARD WARZENSKI Stella Warzenski

RUSSELL BERNSTEIN Kathryn Bernstein  
Douglas Bernstein  
Jeris & Raymond Ragusa  
Benson & Kristy Krusz  
Lucas Ragusa

#### TRANSPORTATION:

WILLIAM BACIS Barbara J. White

#### MINIBUS MAINTENANCE ACCOUNT:

LIONEL DESFORGES Lathrop Village/Newton  
Manor Tenants Association

VERA URBANO Lathrop Village/Newton  
Manor Tenants Association

#### SERVICES GIFT:

HELEN CLARK Joseph Zembiski & Monica Jurczyk

PAUL BRODEUR Grandsons: Chris, Colin, Connor,  
Mark and Granddaughters: Holly,  
Heather, Kristen & Laura

## **5 A DAY! BY LAURA MALONI/WESTMASS ELDERCARE INTERN**

The 5 a day campaign is designed to educate people of the importance of having 5 or more servings of fruits and vegetables a day and it may be easier than you think. What is a serving? One serving of vegetables is one cup of leafy vegetables like lettuce or spinach, 1/2 cup of other raw or cooked vegetables like carrots or green beans, or a glass of low sodium vegetable juice. One serving of fruit would be one medium piece of fresh fruit like an apple or banana, 1/2 cup of chopped, cooked, or canned fruit like applesauce or fruit salad, or a cup of fruit juice like apple or orange juice.

### **Blue/Purple-**

- ◆ Helps lower risks of some cancers
- ◆ Urinary tract health
- ◆ Memory function
- ◆ Healthy aging

Some examples are: Purple cabbage, eggplant, raisins, blueberries, and plums

### **Green-**

- ◆ Helps risks of some cancers
- ◆ Vision healthy
- ◆ Strong bones and teeth

Some examples are: Avocados, broccoli, asparagus, zucchini, spinach, lettuce, and peas

### **White-**

- ◆ Heart health
- ◆ Cholesterol levels that are already healthy
- ◆ Helps lower risks of some cancers

Some examples are: Bananas, dates, cauliflower, mushrooms, onions, potatoes, and garlic

### **Yellow/Orange-**

- ◆ Healthy heart
- ◆ Vision health
- ◆ Healthy immune system
- ◆ Helps lower risks of some cancers

Some examples are: Oranges, mangos, sweet corn, pineapples, carrots, yellow peppers, and butternut squash

### **Red-**

- ◆ Heart Health
- ◆ Memory function
- ◆ Helps lower risks of some cancers
- ◆ Urinary tract health

Some examples are: Red apples, watermelon, beets, tomatoes, raspberries, pink grapefruit, and red peppers.

### **SOUTH HADLEY COA STAFF:**

**Director:** Joanne Trybus  
**Assistant Director:** Lisa Napiorkowski  
**Social Services Coordinator:** Elinor White  
**Activity/Volunteer Coordinator:** Anne O'Connor  
**Food Service Coordinator:** Billy Poe  
**Senior Clerk:** Kathy Gallivan  
**Assistant Cook:** Wayne Walton  
**Hot Meals Coordinator:** Liz Methot  
**Office Senior Aide:** Muriel Hunter  
**Custodian:** Bob Methot  
**Minibus Driver:** Richard Carrigan  
**Substitute Minibus Drivers:** Francis Wagner  
Richard Kirby  
Albert Guyotte  
Bob Blodgett  
**Hot Meals Drivers:** George Perreault  
Nancy Blodgett  
Francis Cyr  
**Sub Meals Drivers:** Alice Pont, Sal Canata, Albert Guyotte, Bob Blodgett, Kathy Lamontagne, Judith Underwood, Roger Cote  
**Sub Cook:** Howard Kirkpartrick  
**Shopper:** Anita Stefanik  
**Chores:** Rick Landry  
**SHINE COUNSELOR:** Eileen Burke  
**WestMass ElderCare Executive Board:** Ken Ellis  
**WestMassElderCare Advisory Council:**  
Roland Roberts, Donna Robideau, Betsy Bergen  
**PVTA Advisory:** Marilyn Ishler  
**Triad Chairperson:** Claire Kane  
**Travel Club Chairperson:** David Bellefeuille  
**Friends President:** Kay Washburn  
**Golden Age President:** Chet Janek  
**Senior Net Coordinator:** Irene Bernstein  
**Newsletter Printer:** Patrick Labonte

**AND NUMEROUS DEDICATED, LOYAL AND HARDWORKING VOLUNTEERS**

### **FUNDING FROM THE OLDER AMERICANS ACT THROUGH the Massachusetts Executive Office of Elder Affairs provides**

**GRANTS FROM WESTMASS ELDERCARE, INC.** The programs include an Alzheimer's Caregivers Support Group, a Diabetic Support Group, Chores/Snow Removal and Companion/Escort transportation. Call the COA at 538-5042 and ask for Joanne or Elinor if you would like more information. Currently the only service being provided is the Caregiver's Support Group.

### **FRIENDS OF SOUTH HADLEY, ELDERLY, INC.**

THE FRIENDS OF SOUTH HADLEY ELDERLY, INC. ARE THE BOOSTER ASSOCIATION OF THE COUNCIL ON AGING. THIS GROUP OF VOLUNTEERS HOSTS FUND-RAISERS TO HELP PROVIDE THE EXTRAS FOR THE SENIORS. THE FRIENDS PURCHASED THE COA VAN. THE NEXT MEETING OF THE FRIENDS WILL BE ON THURSDAY, JULY 9TH AT 1 P.M. IN THE DINING ROOM. DUES ARE \$5.00. MEMBERSHIP IS OPEN TO RESIDENTS AND NON-RESIDENTS OF ALL AGES. IF YOU ARE INTERESTED IN LEARNING MORE ABOUT THE FRIENDS, COME TO THE NEXT MEETING.

THE FRIENDS THANK EVERYONE WHO CONTRIBUTED TO THEIR ANNUAL CARD PARTY MAKING IT A HUGE SUCCESS.

THE FRIENDS OF SOUTH HADLEY ELDERLY, INC. WILL BE HOSTING THEIR ANNUAL ICE CREAM SOCIAL ON WEDNESDAY, JULY 15TH AT THE SOUTH HADLEY SENIOR CENTER AT 1 P.M. ENTERTAINMENT BY IRENE ROY INCLUDING A SING-A-LONG. THE EVENT IS OPEN TO ALL MEMBERS OF THE SOUTH HADLEY FRIENDS GROUP. CALL 538-5042 AND MAKE YOUR RESERVATION. PLEASE LET THE RECEPTIONIST KNOW IF YOU WANT STRAWBERRY, BUTTERSCOTCH OR CHOCOLATE TOPPING.

### **STRETCHING YOUR DOLLARS**

It's time to consider some of the many programs which may be available to you. **Brown Bag:** Would a bag of easy to cook food help to stretch your monthly budget? The Food Bank of Western Mass. distributes groceries here every month. If you are 60, eligible for fuel assistance or live in elder housing, you can receive a bag. **Shopping Assistance:** Grocery shopping is available for homebound individuals if you have no one to help. Call Elinor or Joanne for more information. There is a fee for this service based on income. **Prescription Advantage:** This is a Massachusetts support program for Medicare Part D. The program has many benefits, of which the most important is saving you from the donut hole. Open enrollment.



**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.**

\*\*\*\*\*

**NEWSLETTER DONATIONS**

Another fiscal year begins on July 1st for the newsletter gift account. South Hadley continues to be one of the few remaining communities where newsletters are mailed to individual homes, free of charge. It is only through the generous donations of the businesses that place ads, the support of the Executive Office of Elder Affairs, volunteer assistance and the many generous donations throughout the year that the free mailing is made possible. People who live out of town must pay \$6.00 per year to cover the mailing expenses. Also, Patrick Labonte donates between 8 and 10 hours or more of his time every month to print the publication. This teamwork approach demonstrates that many hands working together do make light work and an economical service. Please know how greatly your donations are appreciated. Some people give many times throughout the year and for your generosity I extend much gratitude.

The majority of individuals who receive the newsletter find it educational and informative. I am always open to suggestions. However, if you have no interest in the newsletter, please notify us so we can take your name off of the mailing list.

Joanne

**TRIAD**



What is TRIAD? TRIAD is a community policing initiative made of senior citizens, law enforcement and service providers to increase safety through education and crime prevention. Our S.A.L.T. (Seniors and Lawmen Together) Council meets monthly. Locally, individuals representing the Hampshire County Sheriff's Office, Northwestern District Attorney's Office, S. H. Police Department, S. H. Fire Department, Council on Aging and elders represent the S.A.L.T. council.

One project "ARE YOU OK?" is a computerized calling program housed at the Police Department and automatically calls enrolled people each day to check on them. Any South Hadley resident is eligible for this program for a short or long term, or for a short recovery period, for example after surgery.

Another program TRIAD sponsors is the Police Outreach Program. Through this grant-funded program a TRIAD Police Officer and a member of the S.A.L.T. Council periodically visit seniors in their homes. They can check on your safety or just check how you are doing.

Other programs include house numbers, Files of Life, cell phone distributions for dialing 911 and presentations designed to educate, train seniors as well as the general public. TRIAD volunteers assist with the Annual COA picnic. For more information call Elinor White at 538-5042.

Currently on Channel 15 there is a program being shown about the South Hadley TRIAD.

**TWO HELPFUL REMINDERS: PAY ATTENTION TO THE NUMBER ON THE INSPECTION STICKER ON THE FRONT WINDSHIELD OF YOUR VEHICLE IN ORDER TO KEEP IT UP TO DATE. THERE IS A FINE FOR EXPIRED STICKERS. ALSO, NOTE THE EXPIRATION DATE OF YOUR DRIVER'S LICENSE AS THE REGISTRY WILL NO LONGER BE SENDING REMINDERS.**

# COA PROGRAMS & SERVICES

## FORMS, ETC. AVAILABLE AT THE SENIOR CENTER

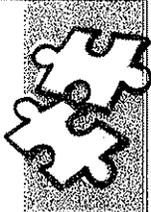
There are many forms which we have at the Senior Center to assist you. Unless a price is stated, it is free. Many other places would charge you, so take advantage of what we have to offer.

- **NOTARY PUBLIC** - Joanne Trybus is a Notary Public and will notarize papers free for South Hadley residents. Please call first to be sure she is here. You must sign your forms in front of the Notary, so please do not bring in things already signed. Have a picture I.D. with you.
- **HOMESTEAD PROTECTION** forms are available for those 62+ (\$500,000/of the principal residence per family). These protect you from losing your home due to a lawsuit. You must be the owner of the home to file a homestead. There is a \$35.00 filing fee payable to the Registry of Deeds. If one spouse is under 62 and the other over 62, the law changes. For detailed information stop by the Senior Center and pick up a booklet.
- **HEALTH CARE PROXY** is available for you to choose your health care agent and treatment. There are many choices in life support; it is important that your family know your wishes.
- **CABLE DISCOUNT** forms are available for those 63+, a 10% reduction on basic service. You will need a copy of your driver's license or birth certificate and a utility bill or tax bill as proof of your age and residence to include with the application.
- **FILE OF LIFE** is a magnetic holder which holds emergency & medical information (keep up-dated). Put one on your refrigerator so EMT's are able to find it. Available in wallet form also. If you use a pencil it will be easy to change the information as needed.
- **PVTA DISCOUNTED TICKETS** are available for sale in the office.

**EDUCATION PROGRAMS**— our goal is to have at least one program monthly. The subject varies but we are always looking for new ideas. **EXERCISE PROGRAMS** - include Tai Chi, Osteoporosis Exercise, beginner's low impact.

## ABOUT THE SENIOR CENTER

In our library we have lots of books, some of them are large print. There is a puzzle table with two puzzles going at most times. Puzzles are available to take home. There are coupon boxes where we keep the many coupons that our volunteers clip, sort and file. We collect eye glasses for the Lions Club, soda & beer can tabs for the Shriner's Hospital and Campbell Soup labels (and other company products) for Plains & Mosier Schools.



**NUTRITION**—The Council on Aging, through a Title III Nutrition contract with WestMass ElderCare, Inc. and Town funds, offers a daily meal program at the Senior Center and Hot Meals on Wheels for homebound elders. Seniors 60 and over are welcome, but you need to make a reservation. The suggested donation is \$2.25. Anyone needing home delivered meals must call WestMass ElderCare at 538-9020 and ask for "I & R". If it is an emergency, let the Council on Aging know.

**TRANSPORTATION**—is currently provided to and from the Senior Center and scheduled activities such as mall trips, Wednesday and Friday morning grocery shopping and special requests with a minimum of five passengers and a week's notice. Transportation within South Hadley is available for Tuesdays and Thursdays beginning on July 1st, \$1.00 each way. The charge is \$.50 per trip to the Senior Center; \$1.00 per trip to South Hadley destinations; \$2.00 per trip to neighboring towns and \$3.00 per trip to Springfield, etc. For all other rides, please call PVTA paratransit services at 739-7436 by noon of the previous day or as soon as you know you have an appointment.

**SHOPPING ASSISTANCE**—We provide a shopper for homebound individuals who do not have anyone to get groceries for them (long or short term). A small fee is charged based on the client's income. This service is provided through a gift account.

**HEALTH EQUIPMENT**—Items such as canes, walkers, commodes, wheelchairs, transfer benches, tub seats and raised toilet seats are available to borrow for up to 3 months. All you need do is fill out a form so the COA knows where the equipment is for inventory.

**PEEK AND POKE**—Ladies come and peek and poke through the clothes rack outside of Elinor's office. Rules: If it fits YOU, you can have it—no cost. If you have clothes you would like to donate, we accept only ladies seasonal (no bikinis in December) clothing. It must be clean, in good repair, up to date and on hangers if possible. Please no shoes or undies. Check the rack often.

**ADOPT A SENIOR**—This is a food support program for five chosen elder households. A large bag of groceries is delivered weekly to each of these homes. Your generous donations of food and household supplies help keep these folks healthy and in their homes. If you would like to support this program call Elinor at 538-5042, Ext. 206.

**VOLUNTEER OPPORTUNITIES**—if you are interested, we have many ways you can spend some quality time helping the Council on Aging. We have friendly visitors, minibus drivers, nutrition volunteers, newsletter volunteers, craft instructors, data entry people, decorators, office volunteers and many other various slots you can fill if you would like to share some of your time.

**COMPANION/ESCORT TRANSPORTATION PROGRAM**—provides personalized transportation with assistance in a private vehicle. Donations are accepted, but there is no fee for this service. Call Elinor White at 538-5042, Ext. 206 if you need medical transportation or a ride to pick up a prescription. Currently we are taking names for a waiting list.



The next classes will offer the subjects that 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.

**Introduction to Computers:** An overview of what can be done with a personal computer. Topics briefly covered include Word Processing, Spreadsheets and Databases, Email and the Internet. If you are just getting started with your computer, this is a good place to begin.

**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, use of email, participation in News Groups, transfer files, as well as security, cookies, and other on-line issues.

**Exploring Windows:** Introduces the basic components of Windows XP operating system including managing disks, folders and files. The course also explains how to delete files from your folders and remove unwanted programs from your desktop.

Each class session lasts 2 hours. The 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. Coaches encourage their students to find the key and/or move the mouse on their own. They will help out only as needed.

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. It's a time to review what is being learned as well as get answers to questions.

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

## ANNE'S NEWS

Summer has officially arrived and hopefully the weather will start to catch on! As I write this it is cloudy, cool and about to rain...again! Thankfully, the Senior Center is warm and dry and more of you are enjoying activities and lunches here.

During the months of July and August some activities take a "vacation". Please check your calendar to be aware of scheduling. We have a few special events you may want to attend, also. Here is a list of highlights:

July 9 - Birthday/Anniversary Luncheon

July 15 - Ice Cream Social and Old Fashioned Sing-a-long (sponsored by the Friends of South Hadley)

July 17 - Celebrate Indiana-Lunch and Trivia  
Rep. John Scibak attending

August 11 - Birthday/Anniversary Luncheon

August 20 - Senior Center Picnic

August 28 - Celebrate Nebraska-Lunch and Trivia

Many of these events are very popular, so I suggest you call in advance to make your reservations. **DON'T FORGET** if you are celebrating your birthday or anniversary during that month, you will be our guest. Just call to let us know.

We have had several new volunteers join our team. Please welcome them and let them know how much you appreciate them. They are: Therese Dawson - Computer, Office and Activities; Jeanne Swindell - Substitute Exercise Instructor; Irene Hambley - Choralites; Doris Pichette - Newsletter, Food Drive, 90+ Birthday, Picnic; Alice Archambault - Friendly Visitor; and Barbara Todd - Office Volunteer. If you would like to join or would like information about volunteer opportunities, please call me. We have a wide variety of choices.

Summer may also be a perfect time to come for a tour. You may be turning 60, new to town or looking for more activity, great food and friends. Whatever your reason, I'd love to hear from you so we can schedule a tour and get you started.

Have a fun, safe, active summer!

A handwritten signature in cursive script, appearing to read 'Anne'.

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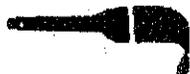
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