

Elinor's Notes

IS IT TIME FOR A MEDICAL ALARM?

A medical alarm gives seniors and those with chronic medical conditions the security and confidence to continue to live independently at home, the place where they feel most comfortable..

To find out if it's time to consider a medical alarm for yourself or someone you care for, answer the following questions:

1. Are you alone for several hours during the day or at night? = 2 points

2. In the past year, have you fallen, been anxious about falling or otherwise at risk for falling in your home? = 3 points

3. Have you been hospitalized, or been to the emergency room in the past year? = 2 points

4. Do you have at least one of these chronic ailments (heart disease, stroke, COPD, osteoporosis, diabetes, arthritis)? = 2 points

5. Do you use a cane, walker, wheelchair, or other assistive device to help with balance and walking? = 3 points

6. Are you required to take several daily medications? = 3 points

7. Do you require assistance with at least one of the following activities (bathing, toileting, dressing, meal prep, etc)? = 3 points

8. Would a medical alarm provide peace of mind for your loved ones? = 1 point

9. Is it important to you to continue to live independently? = 1 point

Total points: _____

Your total points indicates the level of need for a medical alarm.

20 to 8 Highly Recommended

7 to 1 Advise You To Consider

This self assessment is useful in identifying the need for an alarm, but every situation is unique, so if you have any particular concerns, do call me here at the COA. 538-5042 ext. 206

These response companies such as Lifeline, do charge an activation fee as well as a monthly fee for their 24 hour service. Basically, there is an answer when ever you press the button.

"Are You Ok?"

There is a program managed and sponsored jointly between our Triad program and the South Hadley Police Department called "Are You OK?"

"Are You OK? Is a FREE computerized reassurance program, operated from the South Hadley Police Dept. The "Are You OK?" program is designed for older adults, disabled persons or anyone in the community who lives alone and would like to be checked on daily. Through a special computerized software program, we will call your residence in the morning, seven days a week, to see if you are up and about.

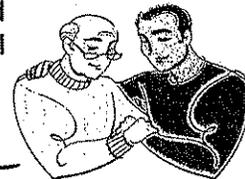
If this daily call is of interest to you, speak to any member of Triad, or call the Police Dept. directly 538-8231, non-emergency.

Many South Hadley seniors use a response program to make them feel safe and independent in their homes, maybe it's something for you to look into for yourself or a loved one. Please do call me if I can assist you.

Happy Fathers Day, to all the gentlemen who fill those shoes, real Dads and Grandpas and the many Step Dads and Mentors. I hope you Hug your children as my Dad hugged me and said "Strive To Be Happy". I can still feel his arms around me-----

Your Friend,

Elinor S. White



Veteran's meetings will take a summer recess for June and July, resuming in August.

Get Going will not meet on June 9, but will meet at a later date in June, you will be contacted.

THANK YOU, THANK YOU, THANK YOU! NATIONAL ASSOCIATION OF LETTER CARRIERS STAMP OUT HUNGER FOOD DRIVE

Our COA received a very generous amount of foods collected by the South Hadley Postal Workers This food will help fill bags for our Adopt A Senior program in future weeks. Thank you to everyone who donated, your support is so appreciated.

And a GIANT THANK YOU TO FIRE DEPT #2 for picking up the food and delivering it here to the COA; good work guys! Elinor

TRIAD TIP OF THE MONTH

DO NOT USE THROW RUGS ON BATHROOM FLOOR (OR ANY FLOOR).

COMING SOON TO CHANNEL 15, AN INFORMATIONAL SESSION FEATURING THE SOUTH HADLEY TRIAD S.A.L.T. COUNCIL. THE CHANNEL 15 SCHEDULE IS AVAILABLE AT www.shctv15.com.

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. JUNE 2009 MENU

- 1) TARRAGON CHICKEN, Confetti Rice, Summer Blend Vegetables, Cranberry Sauce, Whole Wheat Bread, Jell-o, Diet Jell-o.
- 2) VEAL PARMESAN/PASTA, Garlic Bread, Spinach, Tossed Salad: Congregate, Apricots, Diet Apricots.
- 3) MACARONI & CHEESE, Stewed Tomatoes, Green Beans, Peaches, Diet Peaches.
- 4) COLD PLATE: Ham Salad, Potato Salad, Cucumber & Onion Salad, Roll, Brownies, Diet Brownies.
- 5) BROCCOLI QUICHE, Scalloped Potatoes, Mixed Vegetables, Multi-grain Bread, Mandarin Oranges, Diet Mandarin Oranges.
- 8) CHICKEN MARSALA, Mushrooms, Egg Noodles, Stewed Tomatoes, Pears, Diet Pears
- 9) BIRTHDAY/ANNIVERSARY— POT ROAST/SAUCE, Oven-browned Potatoes, Yellow Squash, Roll, Cake, Diet Cake.
- 10) STUFFED CABBAGE, Mashed Potatoes, Carrots, Pineapple, Rye Bread.
- 11) CHICKEN PATTY/GRAVY, Potato Puffs, Corn, Cranberry Sauce, Oatmeal Bread, Tropical Fruit, Diet Tropical Fruit.
- 12) CHEESE LASAGNA/SAUCE, Broccoli, Rolls, Garlic Bread, Cookies, Diet Cookies.
- 15) COLD PLATE: Turkey Salad, Pasta Salad, Carrot/Raisin Salad, Whole-grain Roll, Oranges.
- 16) POT LUCK, Pineapple.
- 17) BBQ PORK PATTY, Baked Potato, Corn Cobbet, Whole Wheat Bread, Spice Cake, Diet Spice Cake.
- 18) HAM W/PINEAPPLE SAUCE, Orange Juice, Mixed Vegetables, Beets, Pears, Diet Pears.
- 19) CELEBRATE TENNESSEE—BOURBON CHICKEN, Wild Rice, Brussels Sprouts, Whole-kernel Cornbread, Sweet Potato Pie, Diet Sweet Potato Pie.
- 22) OVEN FRIED CHICKEN, Roasted Potatoes, Rata-touille, Multi-grain Bread, Peaches, Diet Peaches.
- 23) SWEDISH MEATBALLS, Egg Noodles, Spinach, Roll, Cake, Diet Cake.
- 24) SWEET & SOUR PORK, Rice Pilaf, French-cut Green Beans, Rye Bread, Tropical Fruit, Diet Tropical Fruit.
- 25) SALISBURY STEAK/GRAVY, Mashed Potatoes, Carrots, Biscuits, Pineapple.
- 26) BREADED POLLOCK, Rice, California Blend Vegetables, Pudding, Diet Pudding.
- 29) LIVER & ONIONS, Mashed Potatoes, Broccoli & Cauliflower, Whole-grain Bread, Pears, Diet Pears.
- 30) MILD BEEF CHILI, Rice, Wax Beans, Biscuit, Orange Juice, Pie/Topping, Diet Pie/Topping. 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 PLEASE TRY TO CALL ON FRIDAY IF YOU WOULD LIKE TO EAT MONDAY.

FRUITS & VEGETABLES—MORE BENEFICIAL THAN JUST GREAT FLAVORS

By Christine M. Brown, Nutritionist WMEC

Now that summer is here, on June 21, it is time to be mindful of the multitude of fruits and vegetables, particularly native grown, that will be available at the farmers markets, farm stands and grocery stores. They will be displaying and selling a wonderful rainbow of colorful produce. This fruit and vegetable rainbow provides micronutrients and phytochemicals that keep you healthier-fighting germs, reducing cancer risk, improve vision and heart health. A study published in "lancet" indicates that eating more than five portions of fruits and vegetables per day can cut the risk of stroke by 26%! High blood pressure is related to strokes and the blood pressure lowering effect of potassium could be one of the major mechanism contributing a reduce risk of stroke with increased fruit and vegetables intake. Another effect of increased fruit and vegetables consumption is its positive effect on bone health. This effect of increased Vitamin C and other fruit specific antioxidants. The Vitamin C, which is abundance in many fruits and vegetables, regulates bone density and collagen formation. That is a plus when eating such delicious items such as strawberries, kiwi, oranges, orange juice and broccoli.

The following is a colorful, nutritious stir fry that is good for the summertime: This recipe is low in fat, very low in sodium, high Vitamins C & A, and a good source of iron, calcium and fiber.

Broccoli Stir Fry



- 3-5 cups cut broccoli
 - 1 Tbsp. vegetable oil
 - 1 red pepper, cut into small squares
 - 1-2 tsp. finely chopped ginger root or 1/2 tsp. powdered ginger
 - 1-2 cloves garlic, minced
 - 1 Tbsp. water
 - 1Tbsp. Toasted sesame seeds (optional)
- Cook broccoli in boiling water until tender (3-4 minutes). Drain broccoli & cool quickly under cold water. Drain and set aside. Heat a frying pan or wok over high heat. Add oil. When oil is hot, add ginger and garlic. Cook about 30 seconds. Add broccoli, peppers & water. Stir until heated through (about 2 minutes). Place in a warm dish and garnish with seeds.

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IN MEMORY OF:

FROM:

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Theresa Roy

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Angus Bainbridge

ANNA SZYMANSKI

Frances Szymanski

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MARCEL DUPUIS

Bill & Claire Bielanski

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Bill & Claire Bielanski

JOHN O'CONNOR

Lathrop Village/Newton Manor
Tenant's Association

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Lathrop Village/Newton Manor
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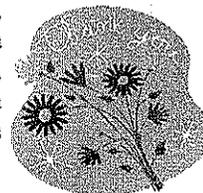
Frances Szymanski

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Tenant's Association

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<p>1 TARRAGON CHICKEN 11 Tai Chi-EX 1 Poker/Pinochle-DR 1 Canasta-DR 1 Stained Glass-CE 1 Red Hat Society-CR</p>	<p>2 VEAL PARMESAN/PASTA 10 Beginning Exercise-EX 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>3 MACARONI & CHEESE 8-HIP-EX 10 Travel Club-C1 10:30 Osteoporosis Exercise-EX 1 Senior Poetry-C2 1 Pitch-CR 1 Mah jongg Play/Learn-CE 1 Choralites-DR</p>	<p>4 COLD HAM SALAD PLATE 10 Alzheimer's Support -C2 10 Beginning Exercise-EX 10 Travel Club-C1 1 Scrabble-L 1 Golden Age Club-CR 1 Quilting-CE</p>	<p>5 BROCCOLI QUICHE 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</p>
<p>8 CHICKEN MARSALA 9:30 FOOT NURSE BY APPT. 11 Tai Chi-EX 1 Poker/Pinochle-DR 1 Canasta-DR 1 Stained Glass-CE 4 COA BOARD MEETING</p>	<p>9 BIRTHDAY/ANNIVERSARY POT ROAST/SAUCE 10 Travel Club-C1 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</p>	<p>10 STUFFED CABBAGE 8-HIP-EX 10 Junette King, Dir. Admissions Willimansett Centers-East West "Health Care Proxies" 10 Travel Club-C1 10:30 Osteoporosis Exercise-EX 1 Pitch-CR 1 Mah jongg Play/Learn-CE 1 Choralites-DR</p>	<p>11 CHICKEN PATTY/GRAVY 10 Travel Club-C1 1 Scrabble-L 1 Golden Age Club-CR 1 Quilting-CE</p>	<p>12 CHEESE LASAGNA/SAUCE 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</p>
<p>15 COLD TURKEY SALAD 11 Tai Chi-EX 1 Poker/Pinochle-DR 1 Canasta-DR 1 Stained Glass-CE 1 Monday Cribbage-CR</p> 	<p>16 POT LUCK 10 LoVision Support-C2 10-11 Brown Bag-CE 10 Travel Club-C1 1 Bingo-CR/ Movie-EX 2 Needlecraft-CE 1:30 Calligraphy-C2 6:15 Men's Night/Mah Jongg</p>	<p>17 BBQ PORK PATTY 8-HIP-EX 9:30 Avada Free Hearing 10 Travel Club-C1 10 Book Club 10:30 Osteoporosis Exercise-EX 1 Senior Poetry-C2 1 Mah jongg Play/Learn-CE 1 Choralites-DR/Pitch-CR</p>	<p>18 HAM W/PINEAPPLE SAUCE 10 Travel Club-C1 1 Scrabble-L 1 Golden Age Club-CR 1 Quilting-CE</p>	<p>19 CELEBRATE TENNESSEE BOURBON CHICKEN 9:30 Grocery Shopping 10 Coffee & Conversation-DR 10:30 Osteoporosis Exercise-EX 11:30 Rep. John Scibak 1 Knitting-L/ Bridge-CE 1 Cribbage-CR 1 Canasta/Poker-DR</p>
<p>22 OVEN FRIED CHICKEN 9:30 FOOT NURSE BY APPT. 11 Tai Chi-EX 1 Poker/Pinochle-DR 1 Canasta-DR 1 Stained Glass-CE</p> 	<p>23 SWEDISH MEATBALLS 9 Newsletter Mailing Party 10 Travel Club-C1 1 Bingo-CR/ Movie-EX 2 Needlecraft-CE 1:30 Calligraphy-C2 6:15 Men's Night/Mah Jongg</p>	<p>24 SWEET & SOUR PORK 8-HIP-EX 10 Travel Club-C1 10:30 Osteoporosis Exercise-EX 1 Pitch-CR 1 Mah jongg Play/Learn-CE 1 Choralites-DR 2 90+ Birthday Party</p>	<p>25 SALISBURY STEAK/GRAVY 10 Travel Club-C1 10:30 Blood Pressure Screening w/ Fire District #1-DR 1 Scrabble-L 1 Golden Age Club-CR 1 Quilting-CE</p>	<p>26 BREADED POLLOCK 9:30 Grocery Shopping 10 Coffee & Conversation-DR 10-11:30 Bereavement Support 10:30 Osteoporosis Exercise-EX 1 Knitting-L/Bridge-CE 1 Cribbage-CR 1 Canasta/Poker-DR</p>
<p>29 LIVER & ONIONS SHINE Counselor available by appointment 11 Tai Chi-EX 1 Poker/Pinochle-DR 1 Canasta-DR 1 Stained Glass- CE</p>	<p>30 MILD BEEF CHILI 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>JUNE 2009</p>	<p><i>Summer</i></p>	<p>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</p>

ANNE'S NEWS

June is the month to celebrate Dads, our Flag and begin Summer. The weather is beginning to feel warm, sunny and I am extremely happy to be outdoors more. Here at the COA we will be honoring a VERY special group of people – those that are having “over 90” birthdays this year!

On Wednesday, June 24th at 2:00 p.m. we will be having our annual 90+ Birthday Party. All South Hadley Seniors born during or before 1919 are invited for a party in their honor. I hope you will join us and allow us to celebrate with you!

A new opportunity for activity is available to us, if there is enough interest. A Line Dancing instructor is available to start a class here on Thursdays from 2:00-3:00 p.m. at a cost of \$2.00 per person per week. Please call and let us know if you are interested in this class, which we would begin in the Fall.

On Tuesday, June 9th we will be celebrating with all who have a birthday or anniversary in June. Our menu will be Pot Roast with sauce and, of course, birthday cake! If you would like to be our guest please call our office and let us know your date and if you would like anyone to accompany you at your table. We would love to have you!

On Friday, June 19th we will have a special luncheon to Celebrate Tennessee. One of our volunteers prepares trivia to inform you about the state and a delicious lunch of Bourbon Chicken will be served to go with our theme. Why not come and see what the Senior Center is all about?

Last month we had a Volunteer Appreciation Evening. I was in awe looking out at the group of 130 volunteers in attendance that evening. I was thinking about what each person does to make our Senior Center so special. I can't express how much you mean to me and how honored I feel to be involved with such amazing group of people.

YOU BLESS ME!!!

Anne

South Hadley Council on Aging

SeniorNet

Computer Learning Center



Address: 45 Dayton Street

South Hadley

Telephone: 533-6889

Coordinator: Irene Bernstein

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.

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