

COUNCIL ON AGING

South Hadley Massachusetts



The sun never sets on our Activities...

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 southhadley.org
 45 Dayton Street
 South Hadley, MA 01075-1924
 Tel. 538-5042 Fax: 532-8206
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THE GOLDEN CHRONICLE

MARCH 2009

Chairperson: Ken Guilbault
 Social Services Coordinator:
 Elinor White:
 E-Mail: elinorca@hotmail.com

ST. PATRICK'S DAY LUNCH & CONCERT


WEDNESDAY, MARCH 18TH
SUGGESTED DONATION \$2.25
 Come and celebrate the holiday with us. The entrée is corned beef and cabbage. A Colleen and court will be chosen via raffle shortly after lunch. Entertainment at 12:45 p.m. by the Choralites who will sing some wonderful holiday music. Reservations will be taken beginning on Friday, February 27th at 8 a.m. Call 538-5042 or stop by the office. Please do not leave a message.

CANDIDATES LUNCHEON

On Wednesday, March 25th at 11:15 a.m. come and meet the candidates for the various Town positions. The candidates will be invited to come and speak, if they wish, as well as mingle with the luncheon participants. The menu that day is Shepard's Pie/gravy, au gratin potato, carrots and mandarin oranges. Reservations must be made by 9 a.m. that morning. The Town Elections will be held on Monday, April 6th from 9 a.m. until 7 p.m. If you need a ride to vote call 538-5042. The cost of transportation for voting is paid by the Friends of South Hadley Elderly, Inc.

NOTE: DAYLIGHT- SAVING TIME BEGINS EARLY THIS YEAR. REMEMBER TO MOVE YOUR CLOCKS ONE HOUR FORWARD ON SUNDAY, MARCH 8TH.

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 & \$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

"PHANTOM" Trip CANCELLED. The South Hadley Senior Travel Club regretfully has cancelled "Phantom" on April 29, 2009. We are offering in its place the who-done-it comedy "Shear Madness" on Sunday, April 26, 2009. The play will be presented at the Stuart Street Playhouse in Boston with luncheon prior to the performance at Maggiano's. Cost: \$84.00. If you have signed up for "Phantom" and would like to consider "Shear Madness" instead, please call Susan Canedy at 536-2106 or the COA. If you do not want to see "Shear Madness", please see Susan Canedy and your "Phantom" deposit will be cheerfully refunded or applied to another trip of your choice. Thank you for your understanding. Friday, June 26, 2009 THE MAJESTIC Fine Dining Lunch Cruise and Newport Flower Show, Newport, RI. Enjoy a 2 1/2 hour cruise and a buffet lunch. Cost: \$82. For reservations call Judy Fortier at 534-3598 or the South Hadley COA at 538-5042. More trips are shown on the travel bulletin boards at the senior center. 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 Tuesday, Wednesday and Thursday between 10:00-11:30 or call 538-5042.

COA BOARD MEMBERS NEEDED TO FILL VACANCIES. If you are interested in being part of the board which oversees the operations of the Council on Aging, stop by the office and pick up an application. Meetings are held on the second Monday of each month at 4 p.m. at the senior center. Any resident 18 and over may serve on the board. Members help to plan for services and programs to insure the wellbeing of those 60 and over. If you would like more information, call Joanne Trybus, Director at 538-5042, Ext. 204.

NOTES FROM THE DIRECTOR

I am delighted that the end of winter is near. I am sure everyone else agrees. This has been a long, cold and difficult winter to endure. One highlight of winter is our Valentine's lunch. I want to extend special thanks to Marc Gaudreau and Wendy Story for their support of the event by bringing a cake that was both beautiful and delicious. Marc presented a slide show of 2008 allowing the audience to reminisce while enjoying great background music. I also thank the many other volunteers and staff who assisted in making this a happy event.

The Friends of South Hadley Elderly, Inc., courtesy of Claire Bielanski, sent nice Valentine Bags to the home-delivered meals clients via their drivers. Boxes of tissue and craft items were also sent home.

Now we are looking forward to the St. Patrick's luncheon and this is always a sell out; however, cancellations do occur. I encourage people to put their name on the waiting list.

As the ground begins to thaw, one idea to keep in mind, is the importance of having a visible house number. One night I was looking for a home that was set back in an area where lighting was poor. If it were not for the TRIAD house number sign, I would not have been able to find the house while driving and keeping my eyes on the road. In an emergency situation, the last thing anyone would want is to have emergency vehicles have difficulty finding one's home. I personally experienced the challenge of locating an unfamiliar home in the dark. Do not become a victim of lost, valuable time during an emergency! Have a TRIAD volunteer install a number this spring. Call the COA at 538-5042 and put your name on the list. A very small donation of \$5 is requested to help defray the cost of the post and number sign. All time involved is donated. Thank you to the volunteers who provide residents with the house numbers.

On another note, the list of people wishing to participate in the Cooley Dickinson Hospital VNA Fall Prevention Program is growing. This is an excellent opportunity to learn how to avoid the most prevalent reason for hospitalization and potential disability. It is free and relevant new topics will be presented each week throughout the 6-week session. I encourage everyone to think about attending.

I also want to thank everyone for being patient and understanding with the situation at the senior center. With the many recent staff transitions, added requests for fuel assistance due to higher income guidelines, changes in Prescription Advantage, the lack of a SHINE volunteer, and obviously learning curves for new employees, the staff and volunteers are working diligently to maintain all of the programs and services.

So if your call is not returned as quickly as in the past, please do not take it personally and know we are all doing our best!



Joanne

SPECIAL THANKS TO:

**CHURCH WORLD SERVICE, INC. for the very generous donation of \$621.31 for the nutrition program. Thank you to the people who took part in the Crop Walk and helped to make this donation possible.

**Florence Gallivan for her many years of participation in the South Hadley Senior Travel Club.

**George O'Connell for the typewriter he donated to the Council on Aging.

**To Joe Rodio, Director of the Public Library, for the very nice wooden file cabinet donated to our COA.

**Lynn Robert for helping with the data entry for our COATS statistical program.

**Russell (Russ) Mayo for the very generous donation of Kleenex and lotion.

SUBSTITUTE HOT MEALS ON WHEELS DRIVERS NEEDED FOR OCCASIONAL DELIVERY OF MEALS. THIS IS A GREAT JOB FOR SOMEONE WHO IS NOT INTERESTED IN A STEADY INCOME BUT WOULD LIKE TO HELP ELDERS DEPENDENT ON A MEAL DELIVERED TO THEIR HOME. THE PAY IS \$7.50 PER HOUR AND \$.52 PER MILE. AN APPLICATION MUST BE COMPLETED AND ONE MUST PASS A CORI CHECK. FOR MORE INFORMATION CALL JOANNE AT 538-5042.

SENIOR CITIZENS CAN LOSE LIFE SAVINGS VIA POWER OF ATTORNEY

By Sandra Block, USA TODAY

"Vulnerable senior citizens are increasingly losing their life savings to unscrupulous individuals who have power of attorney over their finances, the AARP says in a report set to be released Thursday. By giving a spouse, adult child or other individual power of attorney, seniors can ensure that someone will manage their affairs if they become incapacitated. The individual who has power of attorney—known as the agent—can do everything from writing checks to selling property. But because most states lack adequate safeguards, those broad powers give dishonest agents a license to steal, says Naomi Karp, strategic policy adviser for the AARP Public Policy Institute. Adult protective services agencies are reporting a sharp rise in financial exploitation cases involving power of attorney, the AARP report says. The economic downturn could lead to more abuses, says Sarah Prout, an attorney for Lakeshore Legal Aid in Port Huron, Michigan." THE POINT IS TO CAREFULLY CONSIDER WHO YOU WANT TO CONTROL YOUR FINANCIAL AFFAIRS IF YOU ARE UNABLE TO DO SO. (Above is taken from the NATI Newswire-Senior Safety Issues Newsletter, courtesy of the National Sheriff's Association, February 2009)

Elinor's Notes

Never Say, "I Know How You Feel"

Because You Don't---No One Knows----

When you lose a loved one, no one can ever come close to knowing how your heart is affected.

Everyone mourns in different ways. Each of us has to come to terms with our loss in our own way and in our own time.

You survive the death, hopefully the services were heartfelt and lovely, hopefully family and friends were supportive with condolences and then you go home---it's over---but really it's just beginning---How to cope? How to adjust to a different life? How to face so many problems? What will become of me?

Our C.O.A. offers a bereavement support group, facilitated by an experienced, licensed and trained counselor. Working and talking together, the group helps each other resolve, cope and go forward with their lives. In years past, many folks who have lost a loved one and have participated said they found attending beneficial.

One member of last year's group said, "I was lost and I found others who were suffering too, and together we bonded and supported each other---Thank you to the caring facilitator and every person in the group, you made me feel whole again."

If you have an aching heart from your loss, call me now, as our 2009 group will be starting for 8 weeks in mid March.

Easter is coming, and for Christians, it promises, that one day we'll see them again---

Your Friend,

Elinor A White



P.S. The Bereavement Support Group starts on Friday, March 27th at 10 a.m. in the Craft Room.

Circuit Breaker Tax Refund

Everyone 65 and over living in their home or high-rent apartment (not elder housing) should consider filing Massachusetts Income Taxes and Schedule C.B. to receive a rebate of up to \$930 from the Comm. of Mass. Pick up information on this program at the reception office of the senior center.

Pick up information on this program at our C.O.A. office.

Get Going

Next meeting will be held on Tuesday, March 27th at C.O.A. A very special thank you to Lisa Marie Lanno of So. Hadley for analyzing everyone's handwriting at our February meeting. Lisa, you are fun lady!

THE TIME IS NOW

If you are ever going to love me,
Love me now, while I can know
The sweet and tender feelings
Which from true affection flows.
Love me now while I am living,
Do not wait until I am gone.
And then have it chiseled in marble,
Sweet words on ice cold stone.

If you have tender thoughts of me,
Please tell me now.
If you wait until I am sleeping,
Never to waken,
There will be death between us,
And I won't hear you then.

So, if you love me, even a little bit,
Let me know it while I am living
So I can treasure it.



Veteran Meeting

Our March meeting will be held on Tuesday, March 3rd at 10.A.M. at C.O.A. The guest speaker will be a representative of the USO, Westover Air Base.

A very special thank you to Jo and Lisa from Homewatch of W. Springfield. All of your information on Veterans' services and benefits was helpful and your music was so much fun!



PEEK AND POKE

There is a rack of ladies clothing outside Elinor's office door, come and peek and poke, any time. If the garment fits you, it's yours free. If you wish to donate clothing, we welcome only ladies', men never come and poke. Please no shoes or under clothing, also items must be in current style, in season and of course clean. Please give to Elinor or leave outside her office door. We have volunteers who take good care of the rack. Clothing which remains on the rack for a month or more is donated to Good Will.

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. MARCH 2009 MENU

- 2) AMERICAN CHOP SUEY, Spinach, Cornbread, Brownies, Diet Dessert.
- 3) VEAL PATTY/GRAVY, Mashed Potatoes, Mixed Vegetables, Whole Wheat Bread, Peaches, Diet Peaches.
- 4) BAKED HAM W/PINEAPPLE, Brown Rice, Succotash, Whole-grain Bread, Mandarin Oranges, Diet Mandarin Oranges.
- 5) SWEET & SOUR CHICKEN, Egg Noodles, Squash Blend, Orange Juice, Rice Pudding, Diet Rice Pudding.
- 6) BAKED STUFFED SHELLS/SAUCE, Broccoli/Cauliflower, Garlic Bread, Pineapple.
- 9) STUFFED PEPPERS/SAUCE, Confetti Rice, Beets, Cornbread, Tropical Fruit, Diet Tropical Fruit.
- 10) BIRTHDAY/ANNIVERSARY—FRENCH MEAT PIE/GRAVY, Scalloped Potatoes, California Blend Vegetables, Cake, Diet Dessert.
- 11) OVEN-BAKED CHICKEN/GRAVY, Red Potatoes, Corn, Whole Wheat Bread, Pears, Diet Pears.
- 12) ROAST TURKEY/GRAVY, Mashed Potatoes, Wax Beans, Whole Grain Roll, Cookies, Diet Cookies.
- 13) POLLOCK LOINS, Rice Pilaf, Peas, Roll, Orange.
- 16) BAKED HAM & NOODLE CASSEROLE, Green Beans, Oatmeal Bread, Fruit.
- 17) GROUND BEEF STROGANOFF, Noodles, Broccoli, Multi-grain Bread, Pears, Diet Pears.
- 18) ST. PATRICK'S DAY LUNCHEON, CORNED BEEF/CABBAGE, Boiled Potatoes, Carrots, Soda Bread, Cake w/ Mint Frosting, Diet Dessert.
- 19) POT LUCK, Pineapple.
- 20) FIESTA POLLOCK, Rice, Corn, Roll, Orange Juice, Tapioca Pudding, Diet Pudding.
- 23) CELEBRATE SOUTH CAROLINA— HONEY BBQ CHICKEN, Long-grained Rice, Corn Cobblets, Biscuits, Orange Juice, Fruit Cobbler, Diet Fruit Cobbler.
- 24) STUFFED CABBAGE/SAUCE, Mashed Potatoes, Mixed Vegetables, Rye Bread, Mixed Fruit, Diet Mixed Fruit.
- 25) SHEPARD'S PIE/GRAVY, Au Gratin Potatoes, Carrots, Oatmeal Bread, Mandarin Oranges, Diet Mandarin Oranges.
- 26) ROASTED PORK/GRAVY, Roasted Potatoes, Green Beans, Multi-grain Bread, Jello, Diet Jello.
- 27) BROCCOLI & CHEESE QUICHE, Potato Puffs, Peas/Onions, Multi-grain Bread, Pineapple.
- 30) LIVER & ONIONS, Mashed Potatoes, Zucchini Blend, Roll, Brownies, Diet Dessert.
- 31) MEATBALLS/SPAGHETTI, Tomato Sauce, Garlic Bread, Spinach, Peaches, Diet Peaches.

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*

Functional Foods and You

By Andrea Samson, UMass Dietetic Intern

March is National Nutrition Month®, and what better way to celebrate than with functional foods. Functional foods are foods that provide added benefits to your health – from lowering risk for cancer to reducing cholesterol level. Include foods from each group below to get the most out of what you eat and drink.

Berries are number one when it comes to foods that work for you. They contain phytochemicals (plant compounds) that have been shown to reduce the risk for heart disease and cancer – in addition to lowering cholesterol level. Include a variety, such as strawberries, blueberries or the less traditional açai berry, each day.

Whole grains are a must in every diet. They deliver fiber, vitamins and other important nutrients, which promote regularity and lower cholesterol for starters. Try air-popped popcorn, brown rice, whole grain pasta blends and oatmeal – or read labels to see which of your favorite foods are made with whole grains by looking for the word “whole” before the listed grain (i.e.: whole oats, whole wheat, whole barley).

Have you had your polyphenols today? You may have if you've included the next category into your diet! Tea is an excellent source of polyphenols and catechins, compounds that provide plentiful health benefits. Drink green, black, white or oolong tea daily to reduce your risk for heart disease and cancer.

Omega-3 fatty acids – are you getting enough? Whether from plant sources (such as flaxseed and walnuts), fish sources (such as salmon and tuna), or fortified sources (such as orange juice with added omega-3s) – make sure you are including these heart-healthy fats in your diet. They have been shown to reduce inflammation, improve brain function and lower the risk for heart disease, too.

As the list of functional foods goes on, from leafy green vegetables, nuts, legumes and spices – remember that balance and variety is still most important in a healthful diet. For the greatest health benefits, keep fruits, vegetables, low-fat dairy, lean protein, whole grains and heart-healthy unsaturated fats the base of your diet with these “superfoods” weaved throughout.



WELLNESS PROGRAMS

BOARD OF HEALTH NURSE'S OFFICE AT THE SENIOR CTR. 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, March 9th and March 23rd (by appointment). Please call 538-5042 for an apt. 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 7-week session begins on March 2nd. No classes on April 6th due to election or April 20th because of holiday. Cost: \$42

BEGINNING EXERCISE CLASS - Tuesdays and Thursdays 10 a.m. A certified YMCA trainer leads the class. New 8-week session will begin on March 17th. Cost: \$48.

THE LEPRECHAUN

The Leprechaun is an Irish fairy that according to legend are aloof, unfriendly, live alone and pass time making shoes.

Near a misty stream in Ireland in the hollow of a tree

Live mystical, magical leprechauns who are clever as can be

With their pointed ears, and turned up toes and little coats of green

The leprechauns busily make their shoes and try hard not to be seen.

Only those who really believe have seen these little elves

And if we are all believers

We can surely see for ourselves.

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, March 24th at 9 a.m. (Please come and help.)

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

VETERANS GROUP- Tuesday, March 3rd at 10 a.m. **GET GOING**- Tuesday, March 10th at 1 p.m.

BIRTHDAY/ANNIVERSARY PARTY WILL BE HELD ON TUES., MARCH 10TH.

BERKSHIRE HILLS MUSIC ACADEMY STUDENTS WILL ENTERTAIN ON WEDNESDAY, MARCH 4TH AT 11:15 A.M.



DIABETIC SUPPORT GROUP MEETS WEDNESDAY, MARCH 11TH AT 1 P.M. THIS IS THE LAST SESSION FOR THIS YEAR.

LOW VISION SUPPORT GROUP WILL RESUME MEETINGS ON TUESDAY, MARCH 17TH AT 10 A.M.

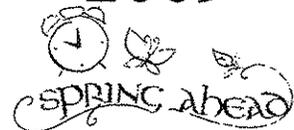
FREE HEARING SCREENING BY AVADA ON WED., MARCH 18TH BY APPOINTMENT (538-5042)

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



SOUTH HADLEY READS...The novel for this year's community reading event is "Water for Elephants" by Sara Gruen. Set during the Great Depression, it is the story of human-animal bonds, morals, and circus life. Jacob Jankowski's life truly begins when he leaves college during his final degree exam to join the circus. He ends up depending on his untrainable grey elephant for survival, falls in love with the schizophrenic animal trainer's wife, and immerses himself in the colorful idealistic, yet dangerous and brutal atmosphere of circus life. **Calendar of Events**—Thursday, March 5th at 6:30 p.m. there will be a Flea Circus with Ed Popielarczyk at Gaylord Memorial Library. Monday, March 16th at 6:30 p.m. there will be a group discussion of "Water for Elephants" at South Hadley Public Library. Tuesday, March 17 at 7:00 p.m., Jay Ducharme will present "Mountain Park Memories" at the Odyssey Bookshop. Wednesday, March 18 at 6:30 p.m. the South Hadley Public Library will host a program entitled Pet Matchmaking by "Pioneer Pets". On Thursday, March 19th at 10:30 a.m. Meg Clancy will read Elephant Stories at the Preschool Story time at the South Hadley Public Library and that afternoon at 1:00 p.m. the South Hadley Senior Center will show the film "All of our Girls...So Far" and the Book Club will review "Water For Elephants". Later that afternoon there will be Elephant Crafts at 3:30 p.m. at South Hadley Public Library for children ages 3-10 and in the evening at 6:30 pm the Gaylord Memorial Library will have a group discussion of "Water For Elephants". On Friday, March 20 at 10:30 a.m. Gaylord Library will have Preschool Story time with Mary Senecal and they will also make Elephant paper bag puppets. Tuesday, March 24, 6:30 p.m. Al Zippin will speak on the Shriner's Circus at S. Hadley Public Library. Thursday, March 26, 3:30 p.m. S. H. Public Library will show movie, "All of our Girls...So Far". The program ends with Mo Willems, author of "Watch Me Throw the Ball" signing copies of his book at the Odyssey Bookshop at 11:00 a.m. with a raffle to follow. South Hadley reads is made possible by a grant from Peoplesbank. Copies of "Water for Elephants" available: ask Anne O'Connor at the senior center, visit the libraries or Odyssey Bookshop.



<p>2 AMERICAN CHOP SUEY 11 Tai Chi-EX 1 Poker/ Pinochle-DR 1 Canasta DR 1 Stained Glass-CE 1 Red Hat Society-CR</p>	<p>3 VEAL PATTY/GRAVY 10 Veterans' meeting-C2 10 Beginning Exercise-EX 1 Bingo-CR/ Needlecraft-CE 1 Movie-EX 6:15 Men's Night/ Mah Jongg Note: The Travel Club will also meet on Tuesdays and Wednesdays @10am in C1.</p>	<p>4 BAKED HAM/PINEAPPLE 8-Tops-EX 9:30-Grocery Shopping 10:30-Osteoporosis Exercise-EX 11:15 Berkshire Hills Music-DR 1-Mah Jongg-CE, Senior Poetry-C2 1-Choralites-DR, Pitch-CR 1-Pitch-CR</p>	<p>5 SWEET & SOUR CHICKEN 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</p>	<p>6 BAKED STUFFED SHELLS 9-12 AARP Tax Assistance-C2 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 C1</p>
<p>9 STUFFED PEPPERS/SAUCE 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>10 BIRTHDAY/ANNIV. FRENCH MEAT PIE/GRAVY 10-Beginning Exercise-EX 1 Get Going-C2 1-2:30 Blood Pressure Screening In Office in C-2 1-Movie-EX 1-Needlecraft-CE/Bingo-CR 6:15 Mens' Night/Mah Jongg</p>	<p>11 OVEN BAKED CHICKEN 8 Tops-EX 9:30 Grocery Shopping 10:30 Osteoporosis Exercise ER 1 Diabetic Support Group-C2 1 Senior Poetry-C2 1 Pitch-CR 1 Mah Jongg Play/Learn-CE 1 Choralites-DR</p>	<p>12 ROAST TURKEY/GRAVY 10 Travel Club-C1 10 Writing Group-CE 10 Beginning Exercise-EX 1 Quilting -CE 1 Golden Age Club-CR 1 Scrabble -L</p>	<p>13 POLLOCK LOINS 9-12 AARP Tax Assistance-C2 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 C1</p>
<p>16 BAKED HAM & NOODLE 11 Tai Chi-EX 1 Poker/ Pinochle-DR 1 Monday Cribbage-CR 1 Stained Glass-CE 1 Canasta-DR</p>	<p>17 GR. BEEF STROGANOFF 10 Beginning Exercise-EX 10 Brown bag-CE 10 Lo-Vision Support-C2 1 Bingo-CR/Needlecraft-CE 1-Movie-EX 6:15 Men's Night Mah Jongg</p>	<p>18 ST. PATRICKS' DAY LUNCH CORNERED BEEF & CABBAGE 8 Tops-EX 9:30 Grocery Shopping 9:30 Avada Free Hearing Screen 10 Book Club 10:30 Osteoporosis Exercise-EX 1 Pitch-CR, Senior Poetry-C2 1 Mah Jongg Play/Learn-CE</p>	<p>19 POT LUCK 10 Travel Club-C1 10 Writing Group-CE 10 Beginning Exercise-EX 1 South Hadley Reads! "All our Girls so Far"-EX And Book Review 1 Quilting -CE/Scrabble-L 1 Golden Age Club-CR</p>	<p>20 FIESTA POLLOCK 9-12 AARP Tax Assistance-C2 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-C1</p>
<p>23 CELEBRATE S CAROLINA HONEY BAR-B-Q CHICKEN 9:30 FOOT NURSE BY APPT. 11 Tai Chi-EX 1 Poker/ Pinochle-DR 1 Canasta DR 1 Stained Glass-CE</p>	<p>24 STUFFED CABBAGE 9-Newsletter Mailing Party 10 Beginning Exercise-EX 1 Bingo-CR 1 Needlecraft-CE 1 Movie EX 6:15 Men's Night/ Mah Jongg</p>	<p>25 SHEPHERDS' PIE 8-Tops-EX 9:30-Grocery Shopping 10:30-Osteoporosis Exercise-EX 11:15 Candidates Speak at Candidates Luncheon-DR 1-Mah Jongg-CE, 1-Choralites-DR, Pitch-CR 1-Pitch-CR</p>	<p>26 ROAST PORK/GRAVY 10 Travel Club-C1 10 Writing Group-CE 10 Beginning Exercise-EX 10:30 Blood Pressure Screen w/ Fire District #1-DR 1 Quilting -CE 1 Golden Age Club-CR 1 Scrabble -L</p>	<p>27 BROCCOLI/CHEESE QUICHE 9-12 AARP Tax Assistance 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 1:30 Memoir Writing-C2 1 Canasta/Poker DR 1:30 Memoir Writing -C1</p>
<p>30 LIVER & ONIONS 11 Tai Chi-EX 1-Poker/Pinochle-DR 1-Stained Glass-CE 1-Canasta-DR</p>	<p>31 MEATBALLS/SPAGHETTI 10-Beginning Exercise-EX 1-Needlecraft-CE 1-Movie-EX 1-Bingo-CR 6:15 Men's Night/Mah Jongg</p>	<p style="text-align: center;">MARCH 2009 </p>	<p style="text-align: center;">IN TOWN TRANSPORTATION AVAILABLE THURSDAYS BY APPOINTMENT FROM 9-3</p> <p style="text-align: center;">DAYLIGHT SAVINGS TIME BEGINS MARCH 8!</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 L=Library</p>

IN MEMORIAM

IN MEMORY OF:

FROM:

NUTRITION ACCOUNTS:

HELEN BERNADIS

Linda Lolli

JOSEPH JEZ

Andrea Roussel
Lois & George Schofield
Raleigh & Judy Roussel
Clint & Margie Roseberry
Irene Champagne
Caroline Tatko & Delphine Tatko Scott
& Linda Tatko Cooper
Della Anderson

JEANNE FOURNIER

Pat & Rudy Kuc

PAUL GUENETTE

Stella Warzenski

EDWARD LAVALLEY

Doris Arpin
Virginia Thomas
Megan Mayo
Phyllis T. Carboneau
Brian Couchon
Thomas Kienzler
Doris & Norm Gagnon
Governors America Corporation
Lauretto Valentine & Carmen Provost
Carlin Combustion Technologies, Inc.
Bill & Donna Harris & Maria Casagrande

HELEN MACGREGOR

Linda & Robert Scott

TERESA MEUNIER

Alice Pont
Judith Underwood
Walter Kos
Irene Champagne

DONNA POTVIN

Lena Bernstein

WALTER & KATHLEEN PYSZ

Venita Redding

WALTER PYSZ

Cecile Stuntz
Irene Gondek

JOANN ROBIN

Carol Griffin

EDWARD SCANLON

Lena Bernstein

ROBERT TUCKER

Helen & Gerry Bernard

NEWSLETTER:

LEO CONFORTI

Frances Conforti

MARION HACZYNSKI

Eileen M. Pastercyk

ROBERT LANDRY

Eileen M. Pastercyk

IN MEMORIAM

IN MEMORY OF:

FROM:

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THE SEVEN DEADLY "MYTHS" OF HEART DISEASE

Myth #1 More men than women die of cardiovascular disease: Every year since 1984, more women have died of cardiovascular disease in American than men.

Myth #2 Cancer kills more people than heart disease: cardiovascular disease accounts for nearly twice as many deaths as all forms of cancer combined.

Myth #3 CPR can re-establish a normal heart rhythm for someone in cardiac arrest: CPR is more of a stop-gap measure. CPR maintains oxygen and blood flow throughout the body until the paramedics arrive. So it is best to rely on the numbers "9-1-1."

Myth #4 You can give yourself CPR by coughing: two reasons to ignore this myth, it doesn't work and if you are well enough to cough, you are well enough to pick up the phone and call for help.

Myth #5 Bed rest is the key to recovery after heart attack: It is better to get up and moving only a few days after a heart attack because lengthy bed rest can make your muscles atrophy.

Myth #6 High-dose antioxidant vitamins can protect your heart: recent studies show that taking "megadoses" of specific vitamins offers little or no protection against heart disease. Some evidence suggests that high doses of vitamins can undercut the effectiveness of anti-cholesterol medications. The Cleveland Clinic Heart Center does recommend taking one multivitamin pill a day because one of the "B" group vitamins appears to reduce dangerous levels of homocysteine.

Myth #7 I only get high blood pressure in the doctor's office: although many people believe a high reading is related to anxiety it could be related to a bigger problem of spiking pressure throughout the day. (taken from Cleveland Clinic HEART ADVISOR)

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.

SMOKING AND HOME OXYGEN SYSTEMS

"Some People Don't Know When to Quit"

Many people with respiratory problems now use home oxygen systems. Unfortunately, some people smoke while on oxygen which can be deadly to them and to people around them. OXYGEN HELPS FIRE SPREAD FAST! Oxygen increases the speed at which things burn once a fire starts. Home oxygen therapy increases the amount of oxygen in the environment. It will saturate clothing, fabric, hair, beards and anything in the area. Even flame-retardant clothing can burn when the oxygen content increases.

- *Never smoke or light a match while using oxygen.
- *Keep all flames and heat sources away from oxygen containers and oxygen systems.
- *Do not allow smoking inside of a home where oxygen is used. Even if it is not being used at a particular moment, the home is still an oxygen enriched environment, and fire can get out of hand quickly.

PEOPLE ON HOME OXYGEN THERAPY NEED TO PLAN AND PRACTICE HOME FIRE ESCAPE DRILLS. MAKE SURE THE HOME IS EQUIPPED WITH WORKING SMOKE DETECTORS. PLAN TWO ESCAPE ROUTES FROM EACH ROOM. PRACTICE THE ESCAPE PLAN WITH THE PATIENT AT LEAST TWICE A YEAR. CALL 911 TO SUMMON HELP IF NEEDED. KEEP A PHONE BY THE BED OR FAVORITE CHAIR. WEAR A MEDICAL ALERT ALARM. (Taken from FIRE FACTORS from the Office of the State Fire Marshal)

THE FAITHFUL VOLUNTEERS
 PROVIDED 1,423 HOURS OF SERVICE IN JANUARY
 TO SUPPORT THE MISSION OF THE
 SOUTH HADLEY COUNCIL ON AGING

EXERCISE

Whether one is 9 or 90, evidence shows exercise can enhance your health and well-being. The benefits of exercise are well documented and decades of science confirms that it improves health and can extend your life. By adding as little as half an hour of moderately intense physical activity can help to avoid heart disease, diabetes, depression and several types of cancer, particularly breast and colon cancer. Regular exercise can improve sleep, reduce stress, control your weight, brighten your mood and sharpen mental functioning. A well-rounded exercise program includes four components: aerobic activity, strength training, flexibility and balance exercises. Each will benefit the body in a different way. Cardiovascular activity (walking, jogging, swimming, cycling) at moderate intensity help fight disease. Bone is protected with strength training (elastic-band workouts, weight machines or free weights) as well as building muscle. Bones lose calcium and weaken with age, but strength training can slow down or reverse this trend. Stretching or flexibility training helps back pain, posture and balance. Balance exercise (tai chi, yoga, Pilates) helps prevent falls. (taken from Harvard Medical School HEALTHbeat January 27, 2009)

South Hadley Council on Aging

SeniorNet
Computer Learning Center



Address: 45 Dayton Street

South Hadley

Telephone: 533-6889

Coordinator: Irene Bernstein

ANNE'S NEWS

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.

March brings the hope of warmer weather, the start of Spring, Daylight Savings time, and, of course, St. Patrick's Day! I think everyone is ready to get outdoors more and see some green. I hear we will see plenty of green at our luncheon on March 18. We will start taking reservations on February 27 at 8:00 a.m., so please call if you plan to join us. We will enjoy a traditional Corned Beef and Cabbage meal, choose our Colleen and her Court, and enjoy a wonderful concert by the Choralites.

In March, the Town of South Hadley presents "South Hadley Reads" with a large variety of activities and events geared to all ages which encourage residents to read the book chosen for that year. This year "Water for Elephants" is the book and the Council on Aging will show a film entitled "All of our Girls... So Far" on March 19 at 1:00. It is the story of the Elephant Sanctuary in Tennessee, which you may have seen highlighted on the Today Show. In addition some of our Book Club Members will review the book for us. So invite a friend and join us. For more information on other South Hadley Reads events there is an entire article in this Newsletter.

We have added some new volunteers this month. They are Grace Hooton, who will assist in our Dining Room and Meals on Wheels, and Barbara Todd and Ann Curran who will be volunteering in our office. We welcome them and are keenly aware that volunteers make the Council on Aging work. I also thank all of you who already volunteer and give us your time and energy.

On March 4th the Berkshire Hills Music Academy will be here at 11:15 to entertain us prior to lunch. I know you will enjoy their talent and energy so plan to join us that day!

I'd also like to thank Irene Roy who has been playing the piano (and sometimes the accordion!) for us at lunch, quite regularly. It is so generous of her and definitely enhances our luncheons.
THANK YOU!

I hope to see more of you in March!

A handwritten signature in cursive script, appearing to read "Irene".

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