

COUNCIL ON AGING

South Hadley Massachusetts



The sun never sets on our Activities...

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 Assistant Director: Lisa Napiorkowski

THE GOLDEN CHRONICLE

MAY 2009

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

HAPPY MOTHER'S DAY TO ALL MOTHERS, GRANDMOTHERS, GREAT-GRANDMOTHERS AND GREAT-GREAT GRANDMOTHERS.



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. THE SUGGESTED DONATION IS \$2.25 FOR PEOPLE 60 AND OVER, BUT REMEMBER IT IS A DONATION. EVERYONE UNDER 60 MUST PAY \$3.00. FEDERAL GUIDELINES SPECIFY THAT FOOD SHOULD NOT BE TAKEN FROM THE LUNCH SITE. The only exceptions are bread, fruit, milk or non-perishable items.

SPRING LUNCH AND CHORALITE CONCERT

WEDNESDAY MAY 20TH

Come and join the fun by having lunch (Roast Turkey/Gravy) and then stay for a cheerful concert by the Choralites following the meal. Music is good for one's spirit!

MOTHERS' GARDEN PLANT SALE
 SATURDAY, MAY 16TH 10 A.M.—NOON
 Great perennial plants from the Mothers' Garden and the gardens of the Gardening Ladies! Terrific prices and all proceeds used to enhance the Mothers' Garden and Senior Center landscape.

THE FRIENDS OF SOUTH HADLEY ELDERLY, INC. WILL BE HOSTING THEIR ANNUAL CARD PARTY ON TUESDAY, MAY 5TH AT 6:00 P.M. AT THE ST. PATRICK'S CHURCH SOCIAL CENTER. THERE WILL BE WONDERFUL HOMEMADE DESSERTS AND GREAT RAFFLE PRIZES. THIS IS A MAJOR FUND-RAISER FOR THE "FRIENDS" SO PLEASE SUPPORT THE EVENT. CARD PARTY TICKETS COST \$4.00 AND RAFFLE TICKETS ARE 3/\$1.00 WITH A \$100 CASH FIRST PRIZE. TICKETS ARE ON SALE AT THE DAILY LUNCHESES. THE "FRIENDS" SPONSOR THE COFFEE STATION, THE PHOTOCOPIER AND PROVIDE FINANCIAL SUPPORT FOR ALL SPECIAL EVENTS.

South Hadley Senior Travel Club

TRIPS FOR 2009



FRIDAY, JUNE 26TH—NEWPORT, RHODE ISLAND—The Majestic Fine Dining Lunch Cruise and Newport Flower Show at the Rosecliff Mansion. Enjoy a 2 1/2 hour narrated cruise that includes a luncheon buffet. Depart Big Y Willimansett St. at 7:30 a.m. and return approximately 7:00 p.m. Cost \$82.00 P/P **ACCEPTING NAMES FOR A WAITING LIST ONLY.**

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-HORIZONS EDGE CASINO CRUISE CANCELLED DUE TO BANKRUPTCY. Substituting 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 Laramée at 536-8567 or the COA at 538-5042. More trips are shown on the travel bulletin board at the senior center. A \$2.00 deposit is required upon reservation. We are not responsible for any injuries on our trips. No refund prior to 6 weeks of trip unless it is an emergency. A Travel Club Representative is at the South Hadley Senior Center on Tuesday, Wednesday and Thursday between 10-11:30 or call 538-5042.

NOTES FROM THE DIRECTOR

May is Older Americans Month and the South Hadley Senior Center will be celebrating with a spring lunch and concert on Wednesday, May 20th. The theme this year is "Living Today for a Better Tomorrow" and most of the programs and activities at the South Hadley Senior Center reflect efforts to assist with healthy aging. If you would like to have a tour of the center, call 538-5042 and ask for Anne O'Connor who will be delighted to schedule an appointment to take you on a tour of our facility and share information and answer questions.

The Senior Clerk position remains vacant. If anyone is interested in working 19 1/2 hours a week (\$11.30/hour) from 8:30-12:30 you may contact Jennifer Wolowicz at 538-5030 for more information. Good computer skills are necessary. I am pleased to share Anne O'Connor has passed her probationary period and Muriel Hunter has been with us for one year. The staff and volunteers continue to make every effort to maintain all programs and services in spite of transition and vacancies.

I want to thank the community for their continued support of the COA because all of the donations help to provide the many services.

Happy May Day!

Joanne



COURTESY OF THE MASSACHUSETTS BAR ASSOCIATION THERE WILL BE A PROGRAM ON WEDNESDAY, MAY 20TH AT 10 A.M. BY: ATTORNEY JACK FERRITER ENTITLED "TAKING CONTROL OF YOUR FUTURE: A LEGAL CHECKUP."

Attorney Ferriter has an office on Northampton Street in Holyoke. He has over 20 years of experience in elder law and estate planning. The program serves as a resource guide and will contain information on a wide range of legal issues affecting the lives of seniors. Topics will include protecting your assets, power of attorney and health care proxies, Medicare/Medicaid information regarding nursing home and/or community care. Volunteer attorneys have participated in the Elder Law Education program since 1987. The program is presented with the generous assistance and cooperation of the Massachusetts Chapter of the National Academy of Elder Law Attorneys. Pre-registration is encouraged. Please call 538-5042 and give your name to the receptionist.

Thanks

SPECIAL THANKS TO THE "YES FOR CHARTER COMMITTEE" FOR THE CONTRIBUTION TO THE SOUTH HADLEY COUNCIL

ON AGING. THE DONATION WAS DEPOSITED INTO THE NUTRITION GIFT ACCOUNT.

****TO JOHN DUDA, OWNER OF CLASS GRASS, FOR THE VIOLA PLANT HE DONATED FOR A RAFFLE AT THE CANDIDATES LUNCHEON.**

****TO NANCY OETTLIN PIELA OF THE AMERICAN CANCER SOCIETY FOR THE DONATION OF THE EXTRA DAFFODILS THAT WERE SENT HOME TO ALL OF THE HOMEBOUND MEALS CLIENTS.**

****TO ALBERTINE GAGNE FOR THE GIFT SUBSCRIPTION TO PREVENTION MAGAZINE.**

****TO SHIRLEY TURNER FOR THE GIFT SUBSCRIPTION TO READER'S DIGEST.**

CONSUMER AWARENESS: BE A SMART SAVVY CONSUMER

Being a savvy consumer is often times difficult, Especially in today's economy. Whether consumers are trying to stretch their dollars, improve their credit history or decide if a product or service is potentially fraudulent is always tricky.

THE SOUTH HADLEY TRIAD/S.A.L.T. COUNCIL INVITES YOU TO ATTEND "CONSUMER AWARENESS: BE A SMART SAVVY CONSUMER" ON THURSDAY, MAY 7TH AT 6:00 P.M. (REFRESHMENTS) PROGRAM BEGINS AT 6:30 P.M. AT THE SOUTH HADLEY SENIOR CENTER. This program will be presented by Janice Garrett, Director of the Consumer Protection Division for Elizabeth D. Scheibel, Northwestern District Attorney. It will highlight how the Consumer Protection Division can assist residents with consumer issues and how individuals can avoid being victimized by consumer fraud such as: home improvement, fake checks, identity theft and other consumer issues that have a direct effect on you. The program is open to all age groups and people from neighboring communities. Please call 538-5042 to register for the program so that arrangements for food and seating are adequate.

TRIAD TIP OF THE MONTH

BE PARTICULARLY ALERT WHEN WALKING IN PARKING LOTS. WALK IN FRONT OF PARKED CARS, IF POSSIBLE. WATCH FOR EXHAUST STEAM, BACKUP LIGHTS OR MOTOR NOISES WHICH MAY INDICATE A CAR IS ABOUT TO MOVE.

TO LEARN MORE ABOUT THE SOUTH HADLEY TRIAD S.A.L.T COUNCIL, LOOK AT THE CHANNEL 15 SCHEDULE DURING THE MONTH OF MAY AS A PRESENTATION WILL BE OFFERED.

HOUSE NUMBERS AVAILABLE

TRIAD HOUSE NUMBERING IS BACK IN BUSINESS. A VISIBLE HOUSE NUMBER MAY SAVE YOUR LIFE! TO HAVE ONE OF THE RED REFLECTIVE NUMBERS INSTALLED ON YOUR PROPERTY, CALL 538-5042 AND THE COA PASSES ON THE INFORMATION TO THE S.A.L.T. COUNCIL. PLEASE GIVE YOUR NAME, ADDRESS AND PHONE NUMBER. IF YOU WISH, YOU MAY MAKE A \$5.00 DONATION TO THE SO. HADLEY TRIAD.

SHINE COUNSELOR AVAILABLE BY APPOINTMENT ON THE LAST MONDAY OF THE MONTH. CALL 538-5042 AND LEAVE YOUR NAME AND NUMBER AND YOU WILL BE CONTACTED ONE WEEK PRIOR TO THE APPT.

Council on Aging VOLUNTEERS gave 1,859 HOURS in MARCH 2009 of their valuable time to serve the Mission of the South Hadley Council on Aging

Elinor's Notes

Memorial Day, May 25, 2009

Embrace Our Veterans

Have you visited a cemetery on Memorial Day or shortly after where every Veteran's grave is marked with our American Flag? It's an impressive sight and always gives me a lump in my throat as I think of each of those service men and women who dedicated themselves to our country.

Today, there are nearly a half million veterans presently living in Massachusetts, they should receive the recognition they deserve.

From the birth of our nation to the War on Terrorism, we have depended on these men and women to protect the freedom of the American way of life.

These heroes of our Commonwealth served in every war this nation has undertaken, from the Revolutionary War to those brave soldiers who find themselves in harms way in places like Iraq and Afghanistan today.

For over 200 years, they have marched in only one direction, they have put our nation's interest before their own and have asked for little in return.

Memorial Day in South Hadley will be celebrated with a parade starting at the South Hadley High School at 11 AM, proceeding to the steps of Town Hall at approximately 11:30.

Parade Marshall, William Hubbard, Commander of the American Legion Post 260, invites everyone to view the parade and then celebrate with a special patriotic program which will honor and pay tribute to veterans throughout the country and our local community.

Your presence will be appreciated and you will be glad you attended "BECAUSE THEY WENT FOR YOU."

This Memorial Day '09 and everyday please do honor the sacrifices and the service of all Veterans.

Your Friend,

Elinor A. White



VETERAN'S MEETING

AND

GET GOING MEETING

WILL NOT BE HELD ON MAY 12

Both groups will meet on other days during May. You will be contacted by phone as to the new date and program.

SPECIAL THANKS TO AMERICAN LEGION POST 260 FOR THE GENEROUS DONATION OF \$200 FOR THE USE OF THE COA VAN FOR THE ST. PATRICK'S DAY PARADE. IT WAS DEPOSITED INTO THE SERVICES GIFT ACCOUNT TO HELP PROVIDE SNOW REMOVAL AND PERSONALIZED TRANSPORTATION.

Helpful Numbers

Lots of times you just need an answer to a simple question pertaining to elder programs you are a member of or wish to investigate for future needs.

Here are phone numbers and web sites, each with very helpful information.

SHINE

Serving Health Information Needs of Elders

1-800-243-4636

www.mass.gov/elders

PRESCRIPTION ADVANTAGE

1-800-243-4636

www.800ageinfo.com

MEDICARE

1-800-633-4227

www.medicare.gov

SOCIAL SECURITY

1-800-772-1213

www.socialsecurity.gov

MASS HEALTH

1-800-841-2900

www.mass.gov/masshealth

MASS MEDLINE

1-800-497-4648

www.mass.gov/massline.com

MEDICARE ADVOCACY PROJECT

(help with appeals)

1-800-323-3205

As far as these numbers go, you have to follow their directions before you get to talk to the human voice, some times it works to just press "0" for operator and they can send you to the right information. If you are computer wise the web sites are great.

IF all of the above fails call Elinor here at the C.O.A. and she will be happy to assist you. 538-5042 ext 206.

LIGHTS ON

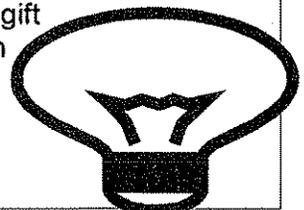
Many generous people in our Town give money to assist in our programs at the C.O.A.

One of these programs is the "Lights On" program. During the year donations from Seniors, Churches, Organizations and members of the community are collected here at the C.O.A. This year donations have been very generous.

As of April 1, 2009 this program has credited 100 income eligible home owners, with a \$50.00 credit to their South Hadley Electric Light bill, helping them to keep their "Lights On".

We have received many appreciative thank you notes. One said, "Through this long cold winter, our lights were dim, your gift made our lives so much brighter! Thank you".

"God Bless everyone who gave to the "Lights On" program".



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. MAY 2009 MENU

- 1) KIELBASA, Lazy Pierogi, Egg Noodles, Spinach, Rye Bread, Pears, Diet Pears.
- 4) BEEF CHILI/RICE, Carrots & Cauliflower, Rice, Jell-o w/ Fruit, Diet Jell-o w/Fruit.
- 5) CHICKEN MARSALA, Mushrooms, Pasta, Stewed Tomatoes, Whole-grain Roll, Applesauce, Diet Applesauce.
- 6) ROAST PORK/ GRAVY, Mashed Potatoes, Green Beans, Apricots, Diet Apricots.
- 7) CHICKEN PARMESAN/SAUCE, Pasta, Peas, Garlic Bread, Brownies, Diet Brownies.
- 8) LEMON PEPPER POLLOCK, Rice Pilaf, Spinach, Whole Wheat Bread, Peaches, Diet Peaches.
- 11) STUFFED CABBAGE/SAUCE, Mashed Potatoes, Peas & Carrots, Multi-grain Bread, Fresh Fruit.
- 12) BIRTHDAY/ANNIVERSARY—BEEF TIPS/GRAVY, Roasted Potatoes, Wax Beans, Roll, Cake, Diet Cake.
- 13) CHICKEN CACCIATORE, Rice, Zucchini Blend, Oatmeal Bread, Fruit Cocktail, Diet Fruit Cocktail.
- 14) ALL-BEEF FRANKS, Baked Beans, Spinach, Roll, Pears, Diet Pears.
- 15) CELEBRATE ALABAMA—HONEY-GLAZED HAM, Sweet Potatoes, Corn, Roll, Peaches, Diet Peaches, Orange Juice.
- 18) FRENCH MEAT PIE/GRAVY, Egg Noodles, Squash Blend, Rye Bread, Juice, Jell-o, Diet Jell-o.
- 19) LIVER & ONIONS, Scalloped Potatoes, Carrots, Tropical Fruit, Diet Tropical Fruit.
- 20) ROASTED TURKEY/GRAVY, Mashed Potatoes, Peas & Onions, Cranberry Sauce, Whole-grain Bread, Carrot Cake, Diet Carrot Cake.
- 21) STUFFED PEPPERS/SAUCE, Oven-roasted Potatoes, Broccoli Florets, Roll, Peaches, Diet Peaches.
- 22) BREADED POLLOCK, Rice, Cream Corn, Pineapple.
- 25) CENTER CLOSED—MEMORIAL DAY.
- 26) Pot Luck, Whole Wheat Bread, Pineapple.
- 27) CHICKEN MARINARA, Pasta, Green Beans, Garlic Bread, Mandarin Oranges, Diet Mandarin Oranges.
- 28) SHEPARD'S PIE/GRAVY, Mashed Potatoes, Beets, Biscuit, Tropical Fruit, Diet Tropical Fruit.
- 29) FLORENTINE POLLOCK, Wild Rice, Broccoli, Multi-grain Bread, Fruit Crisp, Diet Fruit Crisp.

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*

Calcium: As Important As Ever

By Chris Brown, WMEC Nutritionist

You're not growing anymore, so why is calcium still so important? Calcium plays a major role in keeping your bones healthy. Consuming adequate calcium helps reduce the risk for osteoporosis, a painful and debilitating brittle bone disease. That's true for both men and women.

Many experts believe that the recommended daily allowance of 800 mg of calcium isn't enough for older adults. The National Institutes of Health recommends the following:

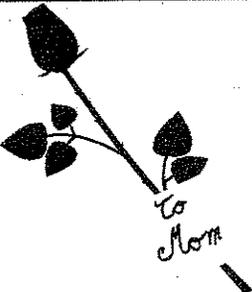
- Men to age 65: 1000 mg/day
- Older women to age 65 on estrogen: 1000 mg/day
- Older women to age 65 not on estrogen: 1500 mg/day
- *All men and women over age 65: 1500 mg/day*

The risk for osteoporosis goes up with age. By age 70 between 30-40% of all women have had at least one fracture linked to osteoporosis.

Age isn't the only reason why older adults have a higher risk for bone disease. Many don't consume enough calcium-rich foods, especially if dairy foods aren't a regular part of their meals or snacks. With age, the body doesn't absorb calcium from food as well either. In addition, many adults don't get enough weight-bearing exercise, which keeps bones stronger. Vitamin D, which helps the body use calcium, may be limited in the diets of older adults who don't drink milk.

There is good news if you're an older adult: Even if you haven't been consuming enough calcium all along, it's not too late to consume more. You still can reduce your risk for bone fracture as you get older. Consuming enough Vitamin D and doing some weight bearing exercise like walking can help too. Aim for a total of 30 minutes of activity each day. You can do the activity all at once or split it into shorter segments throughout the day.

Which foods supply calcium? Milk, cheese and yogurt are the best sources. An 8-ounce glass of milk contains about 300 mg of calcium. So 2 or 3 servings can put you well on your way. Milk is a good source of Vitamin D and potassium, too, which may come up short for many older adults. Try lactose reduced milk if regular milk disagrees with you. Some dark green leafy vegetables and fish with edible bones like canned salmon and sardines also have significant amounts of calcium.

<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>		<p style="text-align: center;">MAY 2009</p>	 <p>IN TOWN TRANSPORTATION AVAILABLE THURSDAYS BY APPOINTMENT FROM 9-3</p>	<p>1 KIELBASA/PIEROGI 9:30 Grocery Shopping 10 Bereavement Support-CE 10 Coffee & Conversation-DR 10:30 Osteoporosis Exercise-EX 1 Knitting-L 1 Bridge-CE Cribbage-CR 1 Canasta/Poker-DR 1:30 Memoir Writing-C2 WMEC Nutrition Vol. Event</p>
<p>4 BEEF CHILI/RICE 11 Tai Chi-EX 1 Poker/ Pinochle-DR 1 Canasta DR 1 Stained Glass-CE 1 Red Hat Society-CR</p>	<p>5 CHICKEN MARSALA 10-Beginning Exercise-EX 1 Bingo-CR 1-Movie-EX 1-Needlecraft-CE 1:30 Calligraphy Class-C2 6:00 Friends Card Party 6:15 Mens' Night/Mah Jongg</p>	<p>6 ROAST PORK/GRAVY 8 HIP- EX 9:30 Grocery Shopping 10:30 Osteoporosis Exercise ER 11:15 Berkshire Hills Music-DR 1 Senior Poetry-C2 1 Pitch-CR 1 Mah Jongg Play/Learn-CE 1 Choralites-DR</p>	<p>7 CHICKEN PARMESAN 10 Alzheimers' Support Group 10 Travel Club-C1/Beg. Ex-EX 1 Falls Prevention Group-EX 1 Golden Age Club-CR 1 Scrabble -L/Quilting-CE 6:00 Refreshments 6:30 Consumer Awareness: Janice Garrett, Director Consumer Protection Division, Northwestern District Attorney's Office</p>	<p>8 LEMON PEPPER POLLOCK 9:30 Grocery Shopping 10 Bereavement Support-CE 10 Coffee & Conversation-DR 10:30 Osteoporosis Exercise-EX 1 Knitting-L 1 Bridge-CE/Cribbage-CR 1 Canasta/Poker-DR 1:30 Memoir Writing C2</p>
<p>11 STUFFED CABBAGE 9:30 FOOT NURSE BY APPT. 11 Tai Chi-EX 1 Poker/ Pinochle-DR 1 Stained Glass-CE 1 Canasta-DR 4 COA BOARD MEETING</p>	<p>12 BIRTHDAY/ ANNIVERSARY BEEF TIPS/GRAVY 10 Beginning Exercise-ER 1-2:30 Blood Pressure Screen-Nurse 1 Bingo-CR/Needlecraft-CE 1 Movie 1:30 Calligraphy Class-C2 6:15 Men's Night/Mah Jongg</p>	<p>13 CHICKEN CACCIATORE 8 HIP- EX 9:30 Grocery Shopping 10:30 Osteoporosis Exercise-EX 1 Pitch-CR 1 Mah Jongg Play/Learn-CE 1 Choralites-DR</p>	<p>15 ALL BEEF FRANKS 10 Travel Club-C1 10 Beginning Exercise-EX 1 Falls Prevention Group-EX 1 Quilting -CE 1 Golden Age Club-CR 1 Scrabble -L</p>	<p>16 CELEBRATE ALABAMA HONEY GLAZED HAM 9:30 Grocery Shopping 10 Coffee & Conversation-DR 10:30 Osteoporosis Exercise-EX 11:30 Rep. John Scibak 1 Knitting -L 1 Bridge-CE/Cribbage-CR 1 Canasta/Poker-DR 1:30 Memoir Writing-C2</p>
<p>18 FRENCH MEAT PIE 11 Tai Chi-EX 1 Poker/ Pinochle-DR 1 Stained Glass-CE 1 Canasta-DR 1 Monday Cribbage-CR</p>	<p>19 LIVER & ONIONS 10 Lo-Vision Support Group-C2 10-11 Brown Bag-CE 10 Beginning Exercise-ER 1 Bingo-CR/ Needlecraft-CE 1 Movie EX 1:30 Calligraphy Class-C2 6:15 Men's Night/ Mah Jongg</p>	<p>20 ROAST TURKEY/GRAVY 8-HIP-EX 9:30-Groc. Shop/Avada Hearing 10-Att. Jack Ferriter "Take Control of your Future-A Legal Checkup" 10 Book Club 10:30-Osteoporosis Exercise-EX 1 Spring Concert w/Choralites 1-MahJongg-CE/Sr. Poet-C2,/PitchCR</p>	<p>21 STUFFED PEPPERS 10 Travel Club-C1 10 Beginning Exercise-EX 1 Falls Prevention Group-EX 1 Quilting -CE 1 Golden Age Club-CR 1 Scrabble -L</p>	<p>22 BREADED POLLOCK 9:30 Grocery Shopping 10 Coffee & Conversation-DR 10:30 Osteoporosis Exercise EX 1 Knitting L 1 Canasta/Poker DR 1 Bridge-CE/Cribbage-CR 1:30 Memoir Writing -C2</p>
<p>25 MEMORIAL DAY HOLIDAY CENTER CLOSED</p> 	<p>26 POT LUCK 9-Newsletter Mailing Party 10-Beginning Exercise-EX 1-Needlecraft-CE 1-Movie-EX 1-Bingo-CR 1:30 Calligraphy Class-C2 6:15 Men's Night/Mah Jongg</p>	<p>27 CHICKEN MARINARA 8-HIP-EX 9:30-Grocery Shopping 10:30-Osteoporosis Exercise-EX 1-Mah Jongg Play/Learn-CE 1-Choralites-DR 1-Pitch-CR</p>	<p>28 SHEPHERDS' PIE 10 Travel Club-C1 10 Beginning Exercise-EX 10:30 Blood Pressure Screening w/ Fire District #1-DR 1 Falls Prevention Group-EX 1 Quilting -CE 1 Golden Age Club-CR 1 Scrabble -L</p>	<p>29 FLORENTINE POLLOCK 9:30 Grocery Shopping 10 Coffee & Conversation-DR 10:30 Osteoporosis Exercise EX 1 Knitting L 1 Canasta/Poker DR 1 Bridge-CE/Cribbage-CR 1:30 Memoir Writing -C2</p>

IN MEMORIAM

IN MEMORY OF:

FROM:

MOTHER'S GARDEN:

MANDY BENNETT Edward & Geraldine Bennett

RUTH MILLER Barbara Sullivan

NUTRITION ACCOUNTS:

PARENTS OF MABEL LOPES Mabel Lopes

DOROTHY LEARY Aldine Chivas

MARGARET WHITENETT Edward & Geraldine Bennett
Frances Mytkowicz

JOHN BURNS Tom & Bonnie Fitzell

SYLVIA GOGLIN Theresa Roy
Elizabeth (Betty) Savard
Craig A. Winnie

Melide Normand & Richard Corriveau
Edward & Susan Osepowicz
Leonard & Helen Von Flatern
Gay Kendrew

Joseph & Josephine Jagodowski
Eileen Tonelli & Ken Williams
Frances Mytkowicz

Tillie Laverdiere
Sharon Saline

Louise Ansanitis
Raymond & JoAnn Maciolek

Sandra & Anita Cooke
Dorothy (Dot) Dupuis

Gail Laprade
Genevieve Mroczek

Jean Detchemendy

Rosito & Jim Loo/Gateway ASC Anesthesia Staff
Gateway Ambulatory Surgery Center, LLC

Irene Bernstein

Lise & David Bourque

Nellie Marshall

Cynthia & Stanley Button

Nancy Yelle

James Hancock

Kathleen Wolfe

Peoples United Bank

Virginia Wright

Laura Arbeitman & Laurie Herzog

Americas Styrenics

Mark Antoszyk & CKWA at CMC NorthEast

Sullrain, Inc., d/b/a Joe's Café

Judith Underwood

BUILDING FUND:

GEORGE (CHUCK) HALKYARD Eileen Halkyard

IN MEMORIAM

IN MEMORY OF:

FROM:

SUBSIDIZED SENIOR TRANSPORTATION:

CONNIE WOJCIK Stanley Wojcik

MINIBUS MAINTENANCE:

JOHN MORIARTY Roberta & Neshan Daglian

ALEXANDER GLADU Rita Gladu

EMERGENCY FUND:

EDWARD BLANEY Margaret Fitzgerald

SERVICES GIFT:

ES (GIGI) DICKINSON Leslie Dickinson

BARBARA WEBB L. Albert Webb

EDWARD MITCHELL Virginia Dressell

ROGER COTE Donald & Marlene Gagne

HERB GOELDNER Ethel Gelineau

NEWSLETTER:

SYLVIA GOGLIN Elinor Burnett

EDWARD GAZDA Phyllis Gazda

NORMAN PELOQUIN Ruth Peloquin

HENRIETTA MYKYTIUK Paul Mykytiuk

LUANNE REYNOLDS & SIMONE Noella Loiselle
BARTHELETTE

NATIONAL ASSOCIATION OF LETTER CARRIERS

STAMP OUT HUNGER FOOD DRIVE
SATURDAY, MAY 9TH

Put your non-perishable donation in a bag by your mailbox. We'll deliver it to a local food bank for you. These donations help South Hadley elders.

BEGINNING EXERCISE CLASS—NEW SESSION
BEGINS ON TUESDAY, MAY 12TH. A MINIMUM OF
10 PARTICIPANTS NEEDED IN ORDER TO HAVE
THIS SESSION.

TAI CHI—NEW SESSION BEGINS ON
MONDAY, MAY 4TH AND WILL CONTINUE
THROUGH JUNE 29TH. THE COST IS
\$48.00 FOR THE 8-WEEK SESSION.



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.

Topics may include:

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

Introduction to Computers: An overview of what can be done with a personal computer. Topics covered briefly include: Word Processing, Spreadsheets and Databases, E-mail and the Internet.

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.

During the month of May we take time to cherish our Mothers and honor the men and women who have given their lives in service to our country. Both have had immense impact on our lives. This month at the Council on Aging we offer many additional activities that I hope you will enjoy participating in.

The Calligraphy Class will start a new session on May 5th. This is open to new members, whether or not you have been in a class before. If you would like to attend, please call our office to reserve your place.

On May 6th The Berkshire Hills Music Academy will entertain us at 11:15 a.m. in the Dining Room. This will be the last performance of the school year and our last opportunity to hear those that are graduating this year. They are an amazing and talented group of young people, please come and enjoy their final performance.

May 12th is the date for our Birthday and Anniversary Luncheon. If you are celebrating this month please call to make a reservation. We'd like you to be our guest for lunch.

On May 16th we will "Celebrate Alabama" with a delicious theme meal of Honey Glazed Ham and some interesting trivia about the state.

On Wednesday, May 20th we are having our Spring Concert. We will be serving a Roast Turkey luncheon followed by a concert performed by our very own Choralites. If you would like to join us for lunch, please call in advance for reservations. It is sure to be a popular event!

Our TOPS group has made the decision to become independent of the organization they were formerly affiliated with. Their new title is HIP-Health Information Partners. They will now be a South Hadley Council on Aging activity as one of our Wellness Programs. If you would like more information please call our office and we will have Doris Bibeau, the new leader, return your call.

I hope the beautiful May weather and the return of some "Snow Birds" bring YOU to the Council on Aging. If you would like a tour or just someone to meet you at the door on your first visit, please call me. I look forward to meeting you.

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

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