

COUNCIL ON AGING

South Hadley Massachusetts

The sun never sets on our Activities...

Director: Joanne Trybus

E-Mail: Councilonaging@southhadley.org

45 Dayton Street, South Hadley, MA 01075

Tel. 538-5042 Fax 532-8206

Assistant Director: Lisa Napiorkowski



Chairperson: M. Connie Laplante

Social Services Coordinator:

Elinor White:

E-Mail: elinorcoa@hotmail.com

SEPTEMBER 2009



55+ ANNIVERSARY PARTY
WEDNESDAY
SEPTEMBER 23RD
11:45 A.M.
SO. HADLEY SENIOR CENTER
45 DAYTON STREET

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 60 and over. For guests or people under 60 the charge is \$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.

South Hadley Senior Travel Club

TRIPS FOR FALL 2009

TUESDAY, SEPTEMBER 29TH: POLKA FEST AT AQUA TURF includes musical polka entertainment and a fabulous Polish style luncheon. Cost \$67.00 P/P and driver gratuity included. For reservations call David Bellefeuille @ 533-7724. **TUESDAY, OCTOBER 13TH: CAPE COD BY LAND AND SEA.** Travel to Hyannis for a one-hour leisurely cruise along the scenic Cape Cod shoreline all the way to the historic Kennedy Compound followed by a delicious luncheon at THE PADDOCK RESTAURANT. Entrée choice of Boneless Chicken Madeira or Grilled Salmon with Honey Mustard. Then, all aboard the Cape Cod Central Railroad for a two-hour excursion of Cape Cod Bay and Cape Cod Canal. Cost \$77.00 P/P driver gratuity included. For reservations call Susan Canedy at 536-2106. A new offering, **TUESDAY, OCTOBER 27TH: MOHEGAN SUN \$20.00 P/P** includes casino package and driver gratuity. Call Barbara Laramee at 536-8567 or David Bellefeuille at 533-7724. More trips are shown on the travel bulletin board at the Senior Center. A \$2.00 non-refundable deposit is required upon reservation. We are not responsible for any injuries on our trips. **NO REFUND** prior to 6 weeks of a 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.

ARE YOU CELEBRATING YOUR 55TH ANNIVERSARY OR MORE? IF SO, YOU ARE INVITED TO A PARTY IN YOUR HONOR. THE MENU IS ROAST PORK AND THE HONOREES WILL BE GUESTS OF THE FRIENDS OF SOUTH HADLEY ELDERLY, INC. PLEASE PLAN ON ARRIVING BY 11:30 A.M. FOR ALL OTHERS THE SUGGESTED DONATION IS \$2.25, UNDER 60 GUESTS \$3.00 CHARGE.

IF YOU HAVE BEEN MARRIED 55 YEARS (1954 OR BEFORE) AND WOULD LIKE TO BE AMONG OUR GUESTS, CALL 538-5042 BY SEPTEMBER 18TH. IF YOU WANT YOUR FAMILY AND FRIENDS TO SIT AT YOUR TABLE, PLEASE GIVE THEIR NAMES WHEN YOU MAKE YOUR RESERVATION. TO GIVE EVERYONE A CHANCE TO ATTEND, WE ASK THAT YOU LIMIT THE NUMBER OF GUESTS TO NO MORE THAN FOUR.

IF YOU WOULD LIKE TO SHARE YOUR WEDDING PICTURE, PLEASE BRING ONE IN FOR EVERYONE TO SEE!

SEPTEMBER IS SENIOR CENTER MONTH. TAKE SOME TIME AND VISIT THE SOUTH HADLEY SENIOR CENTER. YOU MIGHT DISCOVER A PLACE THAT WILL ENHANCE YOUR LIFE AND HELP YOU AGE HEALTHILY AND IN PLACE!

NOTES FROM THE DIRECTOR

It is amazing to think that September is here with the short summer we had this year. But hopefully we will have a beautiful fall. During the summer Frances Szymanski, a former employee, passed away suddenly. She was one of the nicest people anyone could ever meet, never anything but kind words about everyone. To her family we express our deepest sympathy for your loss.

I am pleased to share the news that WestMass ElderCare, Inc. has approved the Title III-C nutrition contract for the fifth year of a five-year contract to begin in October. Sincere thanks to Priscilla Chalmers, Executive Director of WestMass ElderCare and the members of the Board for allowing a 1% increase in billable meal costs. With additional funding from the EOEI Formula and Incentive Grants and the tremendous community support this program continues and with less of a deficit than in past years. Special thanks to everyone for donations to help fund the nutrition program because it is one of the core programs at the Center. Thanks to the Big Y on Newton Street, there is a savings for bread and bakery products and special thanks for the donation of 20 green recyclable grocery bags.

The picnic was a success at the Senior Center. Participants dined in the air-conditioned comfort of the dining room on a very hot and humid day. I want to thank Sheriff Robert Garvey of the Hampshire County Sheriff's Office for sending David Fenton and their grill. Your generosity is greatly appreciated. Special thanks to Dave Fenton and South Hadley TRIAD Officer Paul Klekotka for doing the grilling and the Friends of South Hadley Elderly, Inc. for funding the Bingo and raffle prizes. I appreciate Elinor White picking up the corn at Sapowsky's on Wednesday and for the discount price they gave us. A heartfelt thank you to all of the volunteers and the staff for the hard work and great effort which makes this annual event possible. Thank you to the gardeners for sharing some of your crops. It was a pleasure to have Senator Stan Rosenberg and Representative John Scibak and Selectboard Member Robert Judge attend. Representative Scibak made sure no one got "bit" and handed out insect repellent. It was a wonderful day!!! Thank you to Venita Redding and Lucia Foley for donating a stationery basket and a toiletry basket that were raffled.

It was exciting to learn that the four Older American Act grants through WestMass ElderCare, Inc. have been approved for another year. These include the Caregiver's Support Group, the Diabetic Support Group, the Snow Removal Grant and the Companion/Escort Grant. The grant funding begins in October. Former participants are welcome to join the support groups.

There is a saying "Rules of Three" and the first part reads "things to govern: temper, tongue and conduct". Please reflect on these words carefully! Think before you make a derogatory remark about someone. Hesitate before you speak unkind or fresh words. Always consider what impact your actions might have upon others. The mission of the South Hadley Council on Aging is to provide a safe, warm and secure place for participants to gather. I know that is what everyone wants so let's all work together to keep it that way.

Please follow the one-way signs in the parking lot. They have been installed to keep the traffic flow safe.

The Executive Office of Elder Affairs welcomes a new Secretary. Her name is Ann L. Hartstein, a former Senior Center Director. The COA also welcomes a new Chairperson, M. Connie Laplante.

Hope to see couples married 55 years or more on September 23rd for a fun time. *Joanne*



SOUTH HADLEY COA BOARD (As of July 1, 2009)

Chairperson M. Connie Laplante

Vice Chairperson..... Sara Bach

Secretary..... Shirley Martin

Irene Bernstein Elaine Foley

Thomas McAuley Susan Myers

Dr. Francis Nelen Melide Normand

Donna Robideau Judith Strzempko

REMINDER

TRANSPORTATION VIA THE COA MINIBUS TO VARIOUS DESTINATIONS WITHIN SOUTH HADLEY AVAILABLE BETWEEN 9 A.M. AND 3 P.M. EVERY TUESDAY AND THURSDAY. COST IS \$1.00 EACH WAY. CALL LISA AT 538-5042, EXT. 203 TO MAKE YOUR RESERVATION.

TRANSPORTATION IS PROVIDED THROUGH FUNDING FROM THE TOWN, MASSACHUSETTS EXECUTIVE OFFICE OF ELDER AFFAIRS AND YOUR GENEROUS DONATIONS.

THE COMMUNITY HEALTH NURSE, MARGE BERNARD WILL DO **BLOOD PRESSURE CHECKS ON THE 2ND THURSDAY OF EACH MONTH FROM 12:30—2 P.M.** INSTEAD OF THE 2ND TUESDAY OF THE MONTH. THE NEXT SCREENING WILL BE ON **THURSDAY, SEPTEMBER 10TH.** STOP BY HER OFFICE TO HAVE YOUR PRESSURE CHECKED. THE NURSE'S PHONE NUMBER IS 536-6688 BUT IF YOU NEED IMMEDIATE ASSISTANCE CALL THE SOUTH HADLEY HEALTH DEPARTMENT AT 538-5013.

SPECIAL THANKS TO: THE FRIENDS OF THE LEDGES INC. FOR THE VERY GENEROUS DONATION OF \$500 FOR THE NUTRITION PROGRAM.

****AUSTIN MASTORAKIS FOR THE DONATION OF CANNED GOODS THAT WERE GIVEN TO HIM IN PLACE OF BIRTHDAY GIFTS IN HONOR OF HIS 9TH BIRTHDAY.**

****HIP FOR THE \$100 DONATION TO THE NUTRITION PROGRAM.**

****THE \$200 DONATION TO THE NUTRITION PROGRAM IN HONOR OF CATHERINE QUINN.**

****RICHARD HARRIS, TOWN PLANNER AND EVERYONE INVOLVED IN THE CDBG GRANT APPLICATION THAT WILL BENEFIT THE SR. CENTER.**

RSVP VOLUNTEER RECOGNITION WILL BE HELD ON THURSDAY, SEPTEMBER 24TH

Elinor's Notes

ONE FINE FRIEND-FRANCES SZYMANSKI

1929- 2009

The only way to have a friend is to be one---

Fran was a dear friend to many and a fine example of a special person in many ways.

Fran worked here at the C.O.A., for many years. You may remember her and most of the time she and I shared an office. I found her to be loyal, always caring, humorous, musical and a poet. When inspired, she could dash off a poem, that fit the occasion perfectly. She enjoyed music, being a longtime member of our Choralites and hamming it up for the audience.

Fran never married and always took loving care of her Mother, Anna, while she herself had her own health problems

Her home was her refuge, living there alone after her Mom's death. As her mobility declined, home services were in place, with Fran always advocating for her independence. In and out of the hospital, rehabs, always striving to get back to her home. Finally having to accept the Loomis House as her home.

Those are just the facts. The real story is her many, many friendships, some going back to high school days, co-workers, neighbors and relatives from far and wide.

She was the kind of friend you might only get together with a couple times a year but somehow the conversation could easily pick up from when you last met.

Fran kept in touch by writing the best letters. Letters that were of interest and never dwelling on her issues, they almost always contained a quote, joke or cartoon that fit you or the occasion just right.

As friends we all received cards and nice notes for every holiday and always a birthday card, right on time and felt she had chosen it just for us---"My Dear Friend". Thru the months and years at the nursing home her correspondence kept her in touch with her many friends and mail time was the sunshine in her days.

Fran's family was at the top of a caring list, her deceased brother's family were so close to her heart and she to theirs. Not many of us can say that our nieces, nephews and the grand little ones, offer a wonderful circle of love, as they visited regularly and decorated her room with "Auntie Fran, You're The Bestest" signs.

Her Prayer Card read, I'd like the memory of me to be a happy one.

I'll say, " I hope you have many happy times with your departed friends, while we here, have happy memories of you, and will be missing those nice letters and greetings from "Our Dear Friend Fran".

Your Friend,

Elinor S. White

Fuel Assistance 09/10-Here at the C.O.A. I am the Fuel Assistance intake worker for South Hadley residents 60 and over. Residents who are in this category will be assisted with their fuel applications here at the C.O.A. by appointment only. Households who are NOT in that category, must call the Mass Energy, Fuel Assistance Office in Greenfield at 1-800-370-0940 for an appointment in their Florence office. South Hadley clients who received and used benefits last year, 08/09 will receive by mail an application for 09/10 from the Mass Energy, Fuel Assistance Office in Greenfield, during the months of Aug. and Sept. This application is called a RECERT i.e. re-certification. If you were on the fuel program last year you will be sent your RECERT before all new applicants. This gives you a head start before the fuel office becomes overwhelmed with thousands of new applications. YOU MUST SIGN AND SEND COPIES OF ALL CURRENT INFORMATION REQUESTED AS SOON AS POSSIBLE, ----Past experience has taught us, do not send in application till you have everything they are requesting!! Failing to do so will result in a long delay of approval for your funds. Call me if you need assistance filling out your "RECERT" and I will set up an appointment time to meet with you. For South Hadley residents 60 and over, interested in applying for the first time, call the C.O.A. on or after Monday, Sept 28 to put your name on the list to apply. You will be called for an appointment time and told what documents are needed to complete your application. 09/10 income guidelines are not out as of this writing. Last years guidelines were: 1 Person \$27,876; 2 People \$36,454. These amounts are total gross income of everyone in the household before taxes or any other with holdings, all must be documented.

MY TIME BELONGS TO ALL- I try to be a kind and patient lady, helpful to all, but this year, you must make an appointment with me for filling out or "just looking over" your application whether it's Fuel, Food Stamps, Insurance etc. and etc. Call for an appointment. My Time Belongs To Everyone! 538-5042 voice mail 206. Elinor

VETERAN'S AND GET GOING JOINT MEETING-TUESDAY, SEPTEMBER 8TH IN THE COA DINING ROOM AT 1 P.M.

David Cohen, East Longmeadow resident and friend of Anne O'Connor, our Activity/Volunteer Coordinator has offered to speak at a joint meeting for the two groups. David, a WWII Veteran will share his very personal war experiences, complete with slide show. Be sure to attend and since we are meeting in the dining room bring a friend if you think they would be interested.

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. SEPTEMBER 2009 MENU

- 1) STUFFED CABBAGE—Mashed Potato, Mixed Vegetables, Whole Grain Bread, Tropical Fruit
 - 2) ROASTED CHICKEN WITH GRAVY—Mashed Potato, Peas/Mushrooms, Cranberry Sauce, Pudding
 - 3) KIELBASA—Lazy Pierogi, Carrots, Rye Bread, Pineapple
 - 4) POLLACK WITH CHEESE—Scalloped Potatoes, Spinach, Cookies
 - 7) CLOSED — LABOR DAY HOLIDAY
 - 8) BIRTHDAY/ANNIVERSARY—POT ROAST WITH GRAVY, Roasted Potatoes, Ratatouille, Multi-Grain Bread, Cake
 - 9) BBQ CHICKEN—Mashed Potato, Spinach, Apricots
 - 10) COLD PLATE—Tuna Fish Salad, Pasta Salad, Three Bean Salad, Whole-Grained Roll, Jell-O, Juice
 - 11) LEMON PEPPER POLLOCK—Rice Pilaf, Creamed Corn, Tropical Fruit, Cornbread
 - 14) STUFFED PEPPERS WITH SAUCE—Mashed Potatoes, Carrots, Wheat Bread, Brownies
 - 15) TERIYAKI CHICKEN—Oriental Rice, Green Beans, Mandarin Oranges
 - 16) VEAL PATTY WITH GRAVY—Mashed Potato, Mixed Vegetables, Pears, Multi-Grain Bread
 - 17) GROUND BEEF STROGANOFF—Noodles, Squash, Whole Grain Bread, Pineapple, Juice
 - 18) CELEBRATE NORTH DAKOTA—PORK & APPLE CASSEROLE, Home-Style Potatoes, Broccoli Florets, Cornbread, Fresh Melon Blend
 - 21) HAM WITH PINEAPPLE SAUCE—Sweet Potatoes, Romano Blend Vegetables, Mandarin Oranges, Rye Bread
 - 22) COLD PLATE—Egg Salad, Potato Salad, Pickled Beets, Roll, Banana
 - 23) CELEBRATE 55+ ANNIVERSARIES—ROASTED PORK WITH GRAVY—Mashed Potatoes, Wax Beans & Tomatoes, Biscuit, Cake
 - 24) SALISBURY STEAKS WITH GRAVY—Egg Noodles, Winter Blend, Whole Grain Bread, Pudding
 - 25) ALMOND POLLOCK—Mashed Potatoes, Zucchini Blend, Fruit Cocktail
 - 28) VEAL PARMESAN—Pasta with Sauce, Broccoli, Garlic Bread, Jello-O
 - 29) SWEET & SOUR CHICKEN—Confetti Rice, Peas & Onions, Tropical Fruit, Whole Grain Bread
 - 30) LIVER & ONIONS—Baked Potatoes, Green Beans, Wheat Bread, Peaches
- ALL MEALS SERVED WITH BREAD, 1/2 PINT OF MILK.
*FOR RESERVATIONS, PLEASE CALL 538-5042 BY 9:00 A.M. AND REMEMBER TO CANCEL. PLEASE TRY TO CALL ON FRIDAY IF YOU LIKE TO EAT ON MONDAY.

EATING FOR EYE HEALTH BY CHRISTINE BROWN, NUTRITIONIST, WMEC

To enhance your eye health, your diet should include plenty of leafy greens vegetables. Leafy green vegetables contain an antioxidant called lutein (loo teen) which belongs to the carotenoid family. An antioxidant is a substance or nutrient in our foods that can prevent or slow down the oxidative damage to our body. Studies have indicated that increasing the consumption of foods rich in lutein may decrease the risk of developing advanced age-related macular degeneration. A Harvard University study found that 6 mg. per day of lutein lead to a 43% lower risk for a macular degeneration. Another common eye-problem, cataracts, are less common in people whose diets are rich in lutein and zeaxanthin (zeaxanthin is another carotenoid). The human body does not make lutein, so dietary sources are the primary way to supply this vital nutrient to the body. Lutein can be found in dark green, leafy vegetables such as kale (½ cup=11.9 mg.), called greens, swiss chard (½ cup=9.6 mg.), spinach (½ cup = 10.2 mg.) and even Romaine lettuce (1 cup = 1.1 mg.) and broccoli (1/2 cup = 1.2 mg.). It is also found in egg yolks. The following is a recipe high in lutein:

Quick Creamed Spinach



Mix ½ cup 1% milk + 2 tsp. flour.
Wash & dry 8 cups baby spinach.
Heat 1 tsp. olive (or canola) oil.
Add 1 large chopped shallot (or ¼ cup chopped scallion whites). Cook 20 seconds. Add spinach: cook, stirring until spinach wilted, 1 to 2 minutes. Push spinach to the side of the pan. Stir milk mixture and pour into center of skillet; cook stirring constantly, until simmering, and thickened, about 30 seconds. Stir spinach into sauce. Remove from heat. Stir ½ cup Parmesan cheese, ½ tsp lemon zest, 1/8 tsp. salt, pepper to taste.

**NUTRITION SEMINAR BY CHRISTINE BROWN
TUESDAY, SEPTEMBER 22, 2009
11:15 A.M.
DINING ROOM
"HEALTH BENEFITS OF HOMEMADE
VERSUS PROCESSED FOOD"**

IN MEMORIAM

IN MEMORY OF:

FROM:

NUTRITION ACCOUNT:

SYLVIA GOGLIN	Thomas & Kathy Smead
WILLIAM BACIS	Viola Senuta Sandra B. Hindle
FRANCES SZYMANSKI	Elinor S. White Joanne & Chet Trybus
JOSEPH JEZ	Evelyn Jez & Peter Jez
MARILYN SHERIDAN	Bill & Jean Lambert
STELLA HOCKMUTH	Venita E. Redding
STANLEY ORZECOWSKI	Carl & Lorraine Kiontke
STANLEY KARZMARCZYK	Carol A. Karr
GERALD JUBINVILLE	Nancy Bowser

NEWSLETTER:

LUANNE REYNOLDS	Noella R. Loiselle
SIMONE BARTHELETTE	Noella R. Loiselle
DONALD LALIBERTE	Lois & Jack Laliberte
CAROLINE KAWALEC	Stanley Kawalec
JUDY FLEMING	John Fleming
FRANCES SZYMANSKI	Marie Dunleavy Helen Kendall
STANLEY ORZECOWSKI	Carl & Lorraine Kiontke

ACTIVITIES/NUTRITION ACCOUNTS:

ROBERT V. WILSON	Peter J. Jez
E. RUTH DESJEUNES	J. Donald Desjeunes
CAROL BOARDWAY	Virginia J. Dressell

ACTIVITIES GIFT:

CAROL BOARDWAY	Ted & Laura Belsky
FRANCES SZYMANSKI	Anne D. Cathro

SUBSIDIZED SENIOR TRANSPORTATION:

RUSSELL BERNSTEIN	Ted & Laura Belsky
DONALD O'CONNOR	Lathrop Village & Newton Manor Tenant's Association

TRANSPORTATION:

WILLIAM BACIS	Viola Senuta
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SERVICES GIFT:

ROGER COTE	Irene Cote
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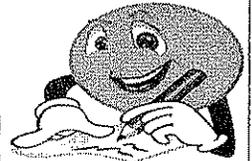
LOCAL ACCESS STATION HOSTS FREE CLASSIC MOVIE NIGHTS

This year, South Hadley Community Television (SHCTV15) wants to wrap up the summer in style. For three weeks, they will be hosting a movie night every Friday outside at the newly rebuilt Beachgrounds Park in South Hadley. In the style of vintage movie houses, every movie night will include classic cartoon shorts, popcorn and one feature film from the heyday of movie production. And best of all, it's all free!

The films will be shown on three consecutive Fridays and will begin at 7:30 p.m. The first film, the Kirk Douglas romantic comedy "My Dear Secretary" will be shown on August 28th. On September 4th, they will show the murder mystery "Winterset" starring Burgess Meredith. And wrapping up the three weeks will be the western "One-Eyed Jacks" on September 11th, the only movie both directed and starring Marlon Brando. In the event of rain, the alternate location for all three nights will be the South Hadley Town Hall auditorium.

South Hadley Public Access provides the South Hadley community with the equipment, facilities, and training needed to produce television programs and provides them with an outlet for those programs through local cable channel 15. For more information about the movies and SHCTV15, visit their website www.SHCTV15.com. Contact: Justin LeTellier, Studio Manager, shctv15@gmail.com (413)538-5063 X5

JOIN THE WRITING GROUP!!! THURSDAYS 10—11:15 A.M. BEGINS SEPT. 3RD



A few reasons to join are to 1) Record living experiences in your life, 2) Inform family of happenings in the past, 3) Keep your mind active by using it! Please come and visit to see if you like it. Be yourself, no teachers. Write about your feelings, memories and families. Try a poem or jingle. Enjoy one another's writings. Do it for you or to share with your children, grandchildren and future generations tso you can leave a part of you behind.

BOOK CLUB



The Book Club meets on the 3rd Wednesday every month at 10:00 a.m. in the Conference Room (formerly the old office area). For September 16th the book will be **Olive Kitteredge** by Elizabeth Strout. For October 21st the book will be **Luncheon of the Boating Party** by Susan Vreeland. We welcome all interested readers to join us for discussions of these books. If you have any questions call Phyllis, 533-1905.

THE SOUTH HADLEY COUNCIL ON AGING WILL SPONSOR A BUS TRIP TO THE BIG E ON MONDAY, SEPTEMBER 21ST IF A MINIMUM OF 5 PEOPLE SIGN UP. THE TRIP IS OPEN TO RESIDENTS OF NEIGHBORING COMMUNITIES. CALL 538-5042 TO MAKE YOUR RESERVATION. COST OF BUS \$10 AND SENIOR ENTRY TICKET TO THE BIG E COSTS \$10.

 <p style="text-align: center; font-size: 2em; font-weight: bold;">September</p> <p style="text-align: center; font-size: 3em; font-weight: bold;">2009</p>	<p>1 STUFFED CABBAGE 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>2 ROASTED CHICKEN/GRAVY 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>3 KIELBASA & PIEROGI 10 Alzheimer's Support -C2 10 Writing Group Begins-C2 10 Travel Club-C1 1 Scrabble-L 1 Quilting-CE 2 Line Dancing Begins-EX</p>	<p>4 POLLOCK W/CHEESE 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</p>
<p>7 LABOR DAY HOLIDAY CENTER CLOSED</p> 	<p>8 BIRTHDAY/ANNIVERSARY POT ROAST/GRAVY 10 Travel Club-C1 1 Veterans & Get Going-DR David Cohen Slide Presentation NO MONDAY GAME MAKEUP 1Bingo-CR/Movie/Needlecraft-CE 1:30 Calligraphy-C2 6:15 Men's Night/Mah Jongg</p>	<p>9 BBQ CHICKEN 8 HIP-EX 9:30 Grocery Shopping 10 Travel Club-C1 10:30 Osteoporosis Exercise-EX 1 Choralites Begin-DR 1 Senior Poetry Begins-C2 1 Pitch-CR 1 Mah jongg Play/Learn-CE</p>	<p>10 COLD TUNA FISH PLATE 10 Writing Group-C2 10 Travel Club-C1 12:30-2 Blood Pressure Screening w/Nurse-C2 1 Scrabble-L 1 Quilting-CE 2 Line Dancing-EX</p>	<p>11 LEMON PEPPER POLLOCK 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 Begins-C2</p>
<p>14 STUFFED PEPPERS 9:30 FOOT NURSE BY APPT. 11 Tai Chi Begins-EX 1 Red Hat Society - CR 1 Stained Glass Begins-CE 1 Poker -DR 1 Pinochle-DR 1 Canasta-DR</p>	<p>15 TERYAKI CHICKEN 9-12 SHINE (by appt) 10 Beginning Exercise Starts-EX 10-11 Brown Bag-CE 10 Lo-Vision Support-C2 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>16 VEAL PATTY/GRAVY 8 HIP-EX 9:30 Avada Free Hearing 9:30 Grocery Shopping 10 Book Club-C2/Travel Club-C1 10:30 Osteoporosis Exercise-EX 1 Choralites-DR 1 Pitch-CR 1 Mah jongg Play/Learn-CE</p>	<p>17 GR. BEEF STROGANOFF 10 Beginning Exercise-EX 10 Writing Group - C2 10 Travel Club-C1 1 Scrabble-L 1 Quilting-CE 2 Line Dancing-EX</p>	<p>18 CELEBRATE N. DAKOTA PORK & APPLE CASSEROLE 9:30 Grocery Shopping 10 Coffee & Conversation-DR 10:30 Osteoporosis Exercise-EX 11:15 The Oldtimers Perform 11:30 Rep. John Scibak 1 Knitting-L/ Bridge-CE 1 Canasta/Poker-DR/Cribbage-CR 1:30 Memoir Writing-C2</p>
<p>21 HAM W/PINEAPPLE 9 Trip to Big E 11 Tai Chi-EX 1 Stained Glass-CE 1 Poker-DR/Pinochle-DR 1 Canasta-DR 1 Monday Cribbage 4 COA BOARD MEETING</p>	<p>22 COLD EGG SALAD PLATE 10 Beginning Exercise-EX 10 Travel Club-C1 11:15 Chris Brown-<u>Health Benefits of Homemade Food</u>-DR 1Bingo-CR/Movie/Needlecraft-CE 1:30 Calligraphy-C2 6:15 Men's Night/Mah Jongg</p>	<p>23 ROASTED PORK W/GRAVY 55+ ANNIVERSARY LUNCH 8 HIP-EX 9:30 Grocery Shopping 10 Travel Club-C1 10:30 Osteoporosis Exercise-EX 1 Choralites-DR/Mah Jongg-CE 1 Pitch-CR/Senior Poetry-C2</p>	<p>24 SALISBURY STEAK/GRAVY RSVP Event at Log Cabin 10 Beginning Exercise-EX 10 Writing Group -C2/Travel Club-C1 10:30 Blood pressure Screening w/ Fire District #1 - DR 1 Scrabble-L/1 Quilting-CE 2 Line Dancing-EX</p>	<p>25 ALMOND POLLOCK 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</p>
<p>28 VEAL PARMESAN 1ST DAY FOR FUEL CALLS 9:30 FOOT NURSE BY APPT. 11 Tai Chi-EX 1 Stained Glass-CE 1 Poker-DR 1 Pinochle-DR 1 Canasta-DR</p> 	<p>29 SWEET & SOUR CHICKEN 9 Newsletter Mailing Party-CR 9-12 SHINE (by appt) 10 Beginning Exercise-EX 10 Travel Club-C1 1 Movie-EX/Bingo-CR 1 Needlecraft-CE 1:30 Calligraphy-C2</p>	<p>30 LIVER & ONIONS 8 HIP-EX 9:30 Grocery Shopping 10 Travel Club-C1 10:30 Osteoporosis Exercise-EX 1 Choralites-DR 1 Pitch-CR 1 Mah Jongg Play/Learn-CE</p>	<p>IN TOWN TRANSPORTATION AVAILABLE TUESDAYS AND THURSDAYS BY APPOINTMENT FROM 9-3.</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

September has arrived and, for me, brings great memories of returning to school (which I loved!), buying school supplies and new Fall clothes (which I still love!) AND, best of all, getting back to my routine. It has been a great summer, in spite of it's wet start, but now all of the COA activities will resume and a few new things are beginning too.

On September 10, the **Golden Agers** will begin their year with a **Party Day**. At 1:00 all are invited to join them for refreshments, card games, bingo and great company! The Golden Agers are a fun-loving, welcoming group and anyone that comes is sure to feel part of this group immediately. So please give it a try!

On Monday, September 21 we have the van available to bring you to the **Big E** for Senior Day. The cost for the van is \$6.00 per person and you may purchase Big E tickets on your own. We will leave the COA at 9:00 a.m. and return around 3:30 p.m. If you are not from South Hadley, you are welcome to participate, but you must have your own transportation to and from the COA. Please call 538-5042 to make your reservation.

On Thursday, September 3rd we are starting a **Line Dancing** class with instructor Kathy Hunter. She has a great deal of experience and promises lots of fun and exercise. The class will cost \$2.00 per week which is payable to Kathy at the start of each class. To participate you must have a current Physician Approval form and Personal Contact form on file. Please call our office at 538-5042 and let us know if you plan to attend.

In addition to these events, our regular activities will be in full swing this month. All of this is on the calendar so a take a close look to see what appeals to you. We'll be having our monthly Birthday and Anniversary Luncheon on the 8th, Celebrate North Dakota on the 18th and our 55+ Anniversary Luncheon on the 23rd.

We welcome a new volunteer this month, Lisa Chartier. She will be working in the Library with Susan Bartnik, and substituting in Brown Bag and Newsletter. We're glad to have her. If you know of anyone who would like to become a volunteer please have them talk to me. We have many areas available to those who want to get involved. See you in September!

Anne

South Hadley Council on Aging

SeniorNet
Computer Learning Center



Address: 43 Dayton Street
South Hadley
Telephone: 533-6889
Coordinator: Irene Bernstein

SeniorNet has just received six new computers. We are in the process of installing them and adapting our courses to the new software. Our plan is to complete these steps before the end of September so that our next set of courses can begin at that time. We urge you to contact us now at 533-6889 to let us know your course preferences. Just leave a message with your phone number so we can get back to you.

Some course possibilities:

GENEALOGY: A course using Family Tree Maker to learn how to research ancestors and create your own family tree.

QUICKEN: A computer program for managing your personal finances. You can use it to manage your checkbook, savings, charge accounts, investments in loans, and other financial needs. It's quick and easy once the various accounts are set up. And, you can modify your accounts to meet your current needs.

PHOTO EDITING: Demonstrates how to edit photos and offers other helpful information about ways to improve your pictures. It offers opportunities to be creative and explore ways to present your pictures.

Each class session lasts 2 hours. They generally 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 open to all those who have taken, and are taking a course this calendar year. Call 533-6889 to leave a message about your choice. We'll call you right back!

South Hadley Council On Aging
 45 Dayton Street
 South Hadley, MA 01075
 (413) 538-5042
 (413) 532-8206 FAX

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