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Assistant Director: Lisa Naplorkowski

THE SUN NEVER SETS  
ON OUR ACTIVITIES

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

THE GOLDEN CHRONICLE  
DECEMBER 2008

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HOLIDAY LUNCHEON AND  
CHORALITES CONCERT



Our annual special Holiday luncheon will be held on Wednesday, December 17th. The menu will be Stuffed Chicken Breast Supreme with sauce, mashed potato, corn, cranberry sauce and pie. The suggested donation is \$2.25. Reservations will be taken for this luncheon starting on Friday, November 28th. Since this is a very popular event please make your reservations early by calling 538-5042. The office opens at 8 a.m. Please do not leave your name on the answering machine.

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. Guests under the age of 60 pay a charge of \$3.00 per meal. 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

TUESDAY, DECEMBER 2ND: Christmas in the Berkshires at Williams Inn. Trips for 2009 include: TUESDAY, MARCH 17-ST. PATRICK'S DAY SPECIAL -begin at Mohegan Sun (full casino package) followed by St. Patrick's Day Hooley at Cornerstone Playhouse in Olde Mystic Village, cost \$60 with full payment due by Feb. 3. Contact David Bellefeuille 533-7724. WED., APRIL 29: "PHANTOM OF THE OPERA" AT NORTH SHORE MUSIC THEATER preceded by lunch at the Danversport Yacht Club, cost \$82 with full payment due by Feb. 28. Contact Susan Canedy 536-2106. Tues., May 19th: ELLIS ISLAND & STATUE OF LIBERTY-lunch at "Little Italy, cost \$92. Contact the Travel Club 538-5042 for more information or David Bellefeuille 533-7724. 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 every Thursday 10:00-11:30 or call 538-5042.



22ND ANNUAL CHRISTMAS BASKET

Thank you to those of you who have already sent in donations for the Christmas Basket. The donations are used to purchase turkeys & hams to go in each basket. If we have any money left we put it towards electric bills for seniors in need.

Now we are accepting both financial (made out to "COA/Basket" please) and food. We are emphasizing good food such as items for a Christmas dinner or tuna, spaghetti, cereals, crackers and paper goods. Food items may be left at the COA, all schools, Main Library on Bardwell Street, Board of Health office at Town Hall and both fire stations. We will need a lot of food to fill those 100 baskets. Thankfully the Mosier, Middle and High Schools are also having food drives for this project.

Volunteers are also needed Friday afternoon (2 - 5) to sort food; Saturday morning (8 - 11) to pack the baskets and 10 - 12 to deliver the baskets. In addition we need two volunteers to help coordinate the deliveries and another to help distribute the turkeys and hams. If you can help here please call the COA at 538-5042 and leave your name, phone number and how you will help.

There is much news in the paper of the number of people who need help this time of year. If we each do a little it will add up to a lot. This is a wonderful program that reaches out to our neighbors in South Hadley who need a bit extra this holiday season.

Marilyn

NEW YEARS CELEBRATION: We will be hosting our Annual New Year's party on Monday, December 29th at 4:30 until ???. Dinner will be served and provided by Olde Towne Caterers. There will be a choice of entrée (stuffed boneless breast of capon or roasted rib eye of beef w/au jus). Entertainment at 7 p.m. by Dave Colucci. Tickets at \$20.00 per person are available from Anne O'Connor, Activity/Volunteer Coordinator. If you want to reserve a table for eight let us know at the time you are making your reservation. Payment due when you make your reservation.



## NOTES FROM THE DIRECTOR

This is my favorite time of year because of the festivities and expressions of good will and cheer. The Christmas Basket program to be held on Saturday, December 13th, exemplifies the reason for the season. Special thanks to all of the individuals and businesses that help to make the season much brighter for residents less fortunate, many times victims of circumstances beyond their control.

Our Thanksgiving luncheon was wonderful thanks to the hard work of the staff and the faithful volunteers. I also want to thank Linda McCray for donating 17 beautiful fall arrangements or wreaths that were raffled off at each table. They certainly added the finishing touch!

I know there are have been some problems with reservations, transportation and scheduling appointments during the last couple of months. Please be patient with all of us because there has been some major transitions in a very short time at our Senior Center. As I write this column, Lisa Napiorkowski is working half time at the Senior Center and the other half for the Select Board. Anne O'Connor is doing a wonderful job getting oriented in the busiest season of all. So please bear with us because it will get better as time goes on. One request I will make is in regard to my serving as a Notary Public. If you need my assistance, please call and make an appointment because then I will be able to help you immediately rather than having you wait or discovering I am out of the office or unavailable.

It is also the season when the weather might not be cooperative for programs at the senior center. Be sure to watch channels 22, 40 or 3 to determine if meals and/or programs are cancelled.

Please support the First Congregational Church Cookie Sale because the proceeds come back to the seniors in South Hadley. Whether you love to bake or enjoy eating a delicious home-baked cookie or bar, you will be helping out.

The last two special lunches have been rapidly filled so call early on Friday, November 28th to make your holiday lunch reservation for December 17th. As I keep saying, I wish we could accommodate everyone that wants to come; but there is a space limitation due to safety and fire regulations.

Remember that gift certificates are a "one size fits all" type of gift. Seniors love grocery certificates, gas cards, restaurant certificates, etc. because they will help them stretch their dollars.

I wish all of you PEACE, JOY and LOVE during this special season.

*Joanne*

 \*\*SPECIAL THANKS TO  
TOPS #436 SOUTH HADLEY FOR THE \$100 DONATION TO THE HOLIDAY BASKET FUND.

\*\*TO THE FRIENDS OF THE SOUTH HADLEY ELDERLY, INC. FOR THE \$500 DONATION TO THE ELECTRIC AND FUEL ASSISTANCE-FUND.

\*\*TO ALL SAINTS EPISCOPAL CHURCH FOR THEIR GENEROUS DONATION TO THE FUEL ASSISTANCE PROGRAM.

### COOKIE SALE ALERT

The 9th annual cookie sale will be held on Friday, December 5th from 3 p.m. until 8 p.m. and on Saturday, December 6th from 9 a.m. to 3 p.m. at the Center Congregational Church. Due to the amazing generosity of the community, both bakers and buyers, last year \$1,358.50 was raised to support the COA Christmas Basket program.

The entire profit of the sale goes to the COA to help our neighbors who are less fortunate. We are asking you to make a batch of your homemade cookies or bars, the kind that you would serve to a friend or guest. Please bring the cookies, label with nuts or no nuts, to the church (the red brick Church across from the Town Common) on Thursday, December 4th between 6 and 8 p.m.; Friday, December 5th between 10 a.m. and 2 p.m. and Saturday, December 6th between 9 and 10 a.m. We welcome all contributions to make this a success. This is truly a unique South Hadley event that makes the bumper sticker "South Hadley is a wonderful place to live" a reality.

The contact person is Karen Anderson 536-0005.



**WANTED: GOOD, CLEAN PAPER BAGS FOR THE CHRISTMAS BASKET DISTRIBUTION. YOU MAY DROP THEM OFF AT THE SENIOR CENTER MONDAY-FRIDAY BETWEEN 8 A.M. AND 4:30 P.M.**

# Elinor's Notes

## HAPPY HOLIDAYS TO ONE AND ALL!

Yes, this is a joyous season, with many Blessings, family gatherings and the sharing of gifts and much love in our hearts.

Sad to say, not everyone feels like celebrating, some can't afford to take part in gift giving, others are alone, having no one in their lives, others are tired caregivers, others are too ill, to think beyond tomorrow.

If you are one of the Blessed, this holiday won't you please reach out to a family member, you rarely see, your lonely neighbor, an old friend or the stranger you haven't met, yet! Any gesture of caring or support will give YOU a gift to treasure thru out the season.

Many, many kind folks in our community will reach out to those who need that extra hug and support, in the way of a gift, food or a greeting card. Our schools collect foods for the C.O.A. Christmas Baskets, Churches donate thoughtful gifts and gift certificates for food, pharmacies, and utilities. Some churches and organizations adopted families and many individuals lend their support with donations of \$\$\$ and helping hands. Everyone of these gestures are appreciated and everything that is donated thru our C.O.A. does go to someone in need---- No fat cat CEO'S here at C.O.A.

I'd like to share this poem of encouragement with those who are feeling down this holiday season.

### Beyond

Today is windy, dark and raining.

I wake up every morning by saying it's a beautiful day, no matter how the day looks or what's in store for me.

It does not matter, it's a beautiful day.

Today, as I woke up and looked outside at the sky, the trees were moving to the rhythm of the wind and the rain was coming down fast.

I stopped... and thought for a moment.

There are many times in our lives that we feel we are in the dark.

We are in chaos

We are in a whirlwind

We feel completely hopeless and we feel blown away by the winds and forces in our lives.

But the truth remains that beyond all the dark clouds, and heavy rains and the wind

The sun is still shining, but we cannot see it.

The sun, the blue sky, is always there.

We just have to look beyond the clouds to see it

And to also know that they will eventually clear

That this too will pass. Life is beautiful. Every day is beautiful

We just have to look beyond.

Mountainwings Original

My holiday wish for one and all, LOOK BEYOND, LIFE REALLY IS BEAUTIFUL!

Your Friend,

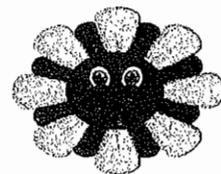
*Elinor A. White*

P.S. A hug is a perfect gift, one size fits all and nobody minds if you exchange it.

### Fuel Assistance 08/09

### GOOD NEWS

The federal income guidelines have been raised, this will made more households eligible for help with their heating bills. The new guidelines are: 1 person-\$27,876; 2 people-\$36,454; 3 people-\$45,031. Calculate your gross household income. If you are under these guidelines call our COA at 538-5042 and put your name on the fuel list. You will be called for a face to face appointment with E. White to file your application. Proof of all 2008 household income must be documented as well as heating and electric bill with name, real estate tax and homeowner insurance bills or lease of rent receipts, photo i.d. and proof of Social Security numbers for all. DON'T BE FUELISH!! APPLY!!!!



# 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.**

## DECEMBER MENU

- 1) ITALIAN SAUSAGE, Peppers/Onions, Egg Noodles, Wax Beans, Apricots.
- 2) BIRTHDAY/ANNIVERSARY, SIRLOIN TIPS/GRAVY, Oven Browned Potatoes, California Mixed Veggies, Roll, Cake.
- 3) CHICKEN PATTY/GRAVY, Mashed Potatoes, Biscuit, Carrots, Mixed Fruit.
- 4) MEATLOAF/GRAVY, Mashed Potatoes, Peas, Whole grain bread, Peaches.
- 5) BROCCOLI & CHEESE QUICHE, Potato Puffs, Green Beans, Rye Bread, Pudding.
- 8) ROASTED TURKEY/GRAVY, Mashed Potatoes, Peas, Whole grain bread, Apples, Cranberry Sauce.
- 9) MACARONI & CHEESE, Broccoli, Garlic Bread, Jell-o.
- 10) CHICKEN MARSALA/SAUCE, Au gratin Potatoes, Corn, Whole wheat bread, Tropical Fruit.
- 11) LIVER & ONIONS, Egg Noodles, Mixed Vegetables, Pears, Juice.
- 12) CELEBRATE ARIZONA, FAJITA CHICKEN/PEPPERS, Arizona Style Rice, Garbanzo Beans/Onions, Cornbread, Orange Juice, Special Dessert.
- 15) POT LUCK, Pineapple.
- 16) SHEPARD PIE/GRAVY, Carrots, Biscuits, Mandarin Oranges.
- 17) CHRISTMAS LUNCHEON: Stuffed Chicken Breast, Supreme Sauce, Mashed Potatoes, Tarragon Corn, Cranberry Sauce, Pie/Topping.
- 18) BBQ CHICKEN, Corn Cobbet, Au Gratin Potatoes, Apricots, Cranberry Juice.
- 19) TUNA CASSEROLE, Noodles, Green Beans, Pudding, Orange Juice.
- 22) VEAL PARMESAN, Pasta/Red Sauce, Mixed Vegetables, Garlic Bread, Peaches, Orange Juice.
- 23) BAKED CHICKEN/GRAVY, Mashed Potatoes, Green Peas, Whole Grain Bread, Pineapple.
- 24) CENTER CLOSED—HOLIDAY.
- 25) CENTER CLOSED—CHRISTMAS HOLIDAY.
- 26) LEMON PEPPER POLLOCK, Confetti Rice, Broccoli, Roll, Jell-o.
- 29) MEATBALLS/TOMATO SAUCE, Spaghetti, Spinach, Garlic Bread, Cookies.
- 30) STUFFED CABBAGE/TOMATO SAUCE, Mashed Potatoes, Carrots, Brownies.
- 31) BAKED HAM, Sweet Potatoes, Mixed Vegetables, Mandarin Oranges, Juice.

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\*



## Something Special for the Holidays

By Christine M. Brown, Nutritionist WMEC

The holidays are a time for family, friends and good flavors!!! As you plan for your holiday celebrations, include foods that are traditional – turkey, stuffing and pumpkin pie. You can also include new foods that may not be traditional for you but are in other cultures. America's multicultural heritage can bring a diversity of flavors and nutrition to the table. Celebrate Hanukkah with a stack of latkes (potato pancakes) served with applesauce or low fat sour cream. Instead of frying, coat uncooked potato pancakes with vegetable oil spray, the bake on a lightly greased baking sheet.

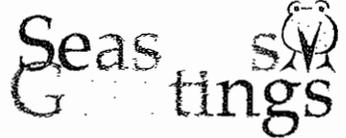
Every culture has a variety of nutritious foods for holiday feasts: Mexico's Christmas Eve salad, made up of chopped fruit, crunchy peanuts, beets and vinaigrette; Italy's panettone with cappuccino; and Norway's prune stuffed pork roast. Celebrate Kwanzaa with foods of African origin such as chicken and peanut sauce, yams and baked plantains.

Establish a new tradition with the following, delicious Almond Crescent recipe that is a very special treat with my family during the holidays.

## ALMOND CRESCENTS

Cream: 1 cup Sweet Butter  
1/2 to 1 cup sifted confectionary sugar  
Beat very well.  
Add: 1 tsp. Vanilla  
2 tsp. Water  
1 cup almonds – blanched and chopped  
fine  
2 cups of flour  
Mix very well  
Chill 1 hour  
Shape into small crescents  
Bake 350 for 8 to 10 minutes or until lightly browned  
Roll cookies, while still warm, in granulated sugar  
Makes about 4 doz.



<p><b>1 ITALIAN SAUSAGE/ PEPPERS</b>  11 Tai Chi-ER  1 Poker/ Pinochle-DR  1 Stained Glass-CE  1 Canasta-DR  1 Women's Conversation-L  <b>1 "Red Hat Society"-CR</b></p>	<p><b>2 BIRTHDAYANNIVERSARY SIRLOIN TIPS/Gravy</b>  10 Beginning Exercise-EX  1 Movie-EX  1-Needlecraft-CE  1-Bingo-CR  6:15 Mens' Night/Mah Jongg</p>	<p><b>3 CHICKEN PATTY/GRAVY</b>  8 Tops- EX  9:30 Grocery Shopping  10:30 Osteoporosis Exercise ER  <b>11 WMEC HOLIDAY PARTY</b>  1 Choralites-DR  1 Pitch CR  1 Mah Jongg Play/Learn-CE  1 Senior Poetry Workshop</p>	<p><b>4 MEATLOAF/GRAVY</b>  <b>10 Alzheimer's Support Group-C2</b>  10 Travel Club-C1  10 Beginning Exercise-EX  10 Writing Group-CE  1 Golden Age Club-CR  1 Quilting -CE  1 Scrabble -L</p>	<p><b>5 BROCCOLI QUICHE</b>  9:30 Grocery Shopping  10 Coffee &amp; 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><b>8 TURKEY/GRAVY</b>  <b>9:30 FOOT NURSE BY APPT.</b>  11 Tai Chi-ER  1 Poker/ Pinochle  1 Canasta DR  1 Stained Glass-CE  1 Women's Conversation-L  <b>4 COA Board Meeting</b></p>	<p><b>9 MACARONI &amp; CHEESE</b>  <b>10 Veterans Meeting-C2</b>  10-Beginning Exercise-EX  1-2:30 Blood Pressure Screening  <b>1-Get Going-C2</b>  1-Movie-EX  1-Needlecraft-CE/Bingo-CR  6:15 Mens' Night/Mah Jongg</p>	<p><b>10 CHICKEN MARSALA</b>  8 Tops- EX  9:30 Grocery Shopping  10-Diabetic Support-Hubert Place  10:30 Osteoporosis Exercise ER  11:15 Berkshire Hills Music-DR  1 Pitch-CR  1 Mah Jongg Play/Learn-CE  1 Choralites-DR  <b>1 Diabetic Support Group-C2</b></p>	<p><b>11 LIVER &amp; ONIONS</b>  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><b>12 CELEBRATE ARIZONA FAJITA CHICKEN</b>  9:30 Grocery Shopping  10 Coffee &amp; 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><b>15 POT LUCK</b>  11 Tai Chi-ER  1 Poker/ Pinochle-DR  1 Stained Glass-CE  1 Canasta-DR  1 Women's Conversation-L  1 Monday Cribbage CR</p>	<p><b>16 SHEPHERDS PIE/GRAVY</b>  10 Beginning Exercise-ER  <b>10-11 Brown Bag</b>  1 Bingo-CR  1 Needlecraft-CE /  1 Movie-EX  6:15 Men's Night/Mah Jongg</p>	<p><b>17 HOLIDAY LUNCHEON STUFFED CHICKEN CHORALITES PERFORM</b>  8 Tops- EX  9:30 Grocery Shopping  <b>9:30 Avada Free Hearing Screening</b>  <b>10 Book Club</b>  1 Pitch-CR  1 Senior Poetry C2</p> 	<p><b>18 BBQ CHICKEN</b>  <b>10 Alzheimers' Support C2</b>  10 Travel Club-C1  10 Writing Group-CE  10 Beginning Exercise-EX  1 Quilting -CE  1 Golden Age-CR  1 Scrabble -L</p>	<p><b>19 TUNA CASSEROLE</b>  9:30 Grocery Shopping  10 Coffee &amp; Conversation-DR  10:30 Osteoporosis Exercise-EX  <b>11:30 Rep. John Scibak</b>  1 Knitting -L  1 Bridge-CE/Cribbage-CR  1 Canasta/Poker-DR  1:30 Memoir Writing-C2</p>
<p><b>22 VEAL PARMESAN</b>  <b>9:30 FOOT NURSE BYAPPT.</b>  11 Tai Chi-ER  1 Poker/ Pinochle-DR  1 Stained Glass-CE  1 Canasta-DR  1 Women's Conversation- L  </p>	<p><b>23 BAKED CHICKEN/GRAVY</b>  10 Beginning Exercise-ER  1 Bingo-CR  1 Needlecraft-CE  1 Movie EX  6:15 Men's Night/ Mah Jongg</p>	<p><b>24 HOLIDAY CENTER CLOSED</b>  </p>	<p><b>25 CHRISTMAS DAY CENTER CLOSED</b>  </p>	<p><b>26 LEMON POLLOCK</b>  9:30 Grocery Shopping  10 Coffee &amp; 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><b>29 MEATBALLS/TOM. SAUCE</b>  1-Poker/Pinochle-DR  1-Stained Glass-CE  1-Canasta-DR  1-Women'sConversation-L  <b>4:15 Dining Room Doors Open</b>  <b>4:30 New Years' Party</b></p>	<p><b>30 STUFFED CABBAGE</b>  <b>9-Newsletter Mailing Party</b>  10-Beginning Exercise-EX  1-Needlecraft-CE  1-Movie-EX  1-Bingo-CR  6:15 Men's Night/Mah Jongg</p>	<p><b>31 BAKED HAM</b>  8-Tops-EX  9:30-Grocery Shopping  10:30-Osteoporosis Exercise-EX  1-Mah Jongg Play/Learn-CE  1-Choralites-DR  1-Pitch-CR</p>	<p><b>DECEMBER</b>  <b>2008</b></p>	

**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**

**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 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, Dec. 8th and Dec. 22nd (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.

**BEGINNING EXERCISE CLASS -** Tuesdays and Thursdays 10 a.m. A certified YMCA trainer leads the class.

**OSTEO EXERCISE CLASS** held on Wednesdays and Fridays at 10:30 p.m. in the exercise room. Doctor's permission slip required. No charge.

**Non-resident seniors welcome to join**

**FREE HEARING SCREENING BY AVADA ON WED., DECEMBER 17TH BY APPOINTMENT (538-5042)**

**STELLA WARZENSKI HAS MADE A DONATION TO THE SOUTH HADLEY COA IN LIEU OF CHRISTMAS CARDS AND WISHES EVERYONE A HAPPY HOLIDAY**

**PLEASE REMEMBER TO RECORD ALL OF YOUR VOLUNTEER HOURS.**

**COA VOLUNTEERS**

**Gave 2,183 HOURS in**

**OCTOBER**

**of their valuable time to serve the Mission of the South Hadley Council on Aging**

**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, December 30th at 9 a.m. (Please come and help.)

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

**VETERANS GROUP-** Tuesday, Dec. 9th at 10 a.m. **GET GOING-**Tuesday, December 9th at 1 p.m.

**BIRTHDAY/ANNIVERSARY PARTY WILL BE HELD ON TUES., DECEMBER 2ND.**

**BERKSHIRE HILLS MUSIC ACADEMY STUDENTS WILL ENTERTAIN ON WEDNESDAY, DECEMBER 10TH AT 11 A.M.**



**DIABETIC SUPPORT GROUP MEETS WEDNESDAY, DECEMBER 10TH AT 1 P.M. THERE WILL ALSO BE A MEETING AT HUBERT PLACE AT 10 A.M.**

**SPECIAL THANKS TO BILL LARSON, WHO HAS BEEN THE VOLUNTEER SHINE COUNSELOR IN SOUTH HADLEY FOR MANY YEARS AND BEFORE THAT IN WESTFIELD. AFTER VOLUNTEERING FOR TEN YEARS, BILL HAS DECIDED TO STEP DOWN FROM THE POSITION TO DEVOTE MORE TIME TO HIS FAMILY. THANK YOU BILL FOR THE YEARS OF SERVICE YOU PROVIDED TO CLIENTS IN SOUTH HADLEY. YOUR VOLUNTEER TIME HAS BEEN GREATLY APPRECIATED!**

Joanne

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

**Winter Holiday Safety Tips -There's No Place like Home for the Holidays**

"There is no place like home for the holidays and a few simple steps will keep your home safe for your family and guests for this holiday season." Staff Fire Marshal Stephen D. Coan said. "When we gather for the holidays, we usually gather around the table for a meal. Cooking is the leading cause of home fires throughout the year, and causes about one-half of fires during the holiday season.

More than 4,000 Americans die each year in fires and more than 20,000 are injured. Many of them might be alive today if they had only had the information they needed to avoid a disaster. **Do you know?** Eighty-two percent of all fire deaths occur in the home. There are an estimated 200 fires and 25 injuries resulting from Christmas tree fires each year. Most holiday fires can be easily prevented. Having a working smoke alarm reduces one's chance of dying in a fire by nearly a half. **Holiday Fire Safety Life-Saving Tips:** Install a smoke alarm on every level of your home. Test smoke alarm batteries every month and change them at least once a year. Do not place your tree close to a heat source, including fireplace or heat vent. Never place Christmas tree branches or needles in fireplace or wood-burning stove. When the tree becomes dry, discard promptly. The best way to dispose of your tree is to take it to a recycling center or have it collected by a community pickup service. Inspect holiday lights each year for frayed wire, bare spots, gaps in the insulation, broken or cracked sockets, and excessive kinking or wear. Use only lighting evaluated by a nationally recognized laboratory such as Underwriters Laboratories (UL). Do not overload outlets. Connect strings of lights to an extension cord before plugging the cord into the outlet. Do not leave lit holiday lights unattended. Avoid using lit candles. If you do use them, make sure they are in stable holders and place them where they can not be easily knocked over. Never leave the house with candles burning. **Remember the Give the gift of life this Holiday Season, give Smoke and "CO" detectors to those you care for. Happy Holiday season from your Fire District # 1 Firefighters.**

Chief Bill Judd, Fire District #1



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. CHECK HERE IF YOU WISH YOUR DONATION TO BE IN LIEU OF HOLIDAY CARDS. \_\_\_\_\_

\_\_\_\_\_ 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.

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**WE WISH YOU A WONDERFUL, SAFE HOLIDAY SEASON,  
FROM ALL OF US TO ALL OF YOU!**

*Joanne Trybus*  
*Wayne G. White*  
*Barbara White*  
*Marion Stanton*  
*Joseph R. White*  
*Eleanor S. White*



*From Joe*  
*Theresa Blodgett*

*Richard Corrigan*  
*Sig Metch*  
*with f.e*

*Francis W. Weger*  
*Ray Penault*  
*Jim Apantaku*  
*Anna & Louis*

South Hadley Council on Aging

**SeniorNet**  
Computer Learning Center



Address: 45 Dayton Street

South Hadley

Telephone: 533-6889

Coordinator: Irene Bernstein

## ANNE'S NEWS

Our next classes will offer **Internet, Genealogy, Photo Editing and Word Processing**. Call **SeniorNet** – 533-6889 – to tell us which classes you'd like to take. Leave a message. We'll call you back.

Information about our subjects:

**Internet:** Teaches how to access and search the World Wide Web, use of email, participation in News Groups, transfer files, as well as security, cookies, and other on-line issues.

**Word Processing:** Introduces the basic concepts: create, save, retrieve and print documents; font styles, margins, tabs, spell check, and more.

**Genealogy:** A course using Family Tree Maker in which you'll learn how to research ancestors and create your own family tree.

**Photo Editing:** Demonstrates how to edit photos and offers additional helpful information about ways to improve your photographs.

Each class session lasts 2 hours. The courses meet twice a week for 4 weeks.

Students receive their own workbook and practice disc. 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.

Other class we offer include: **Fundamentals, Introduction to Computers, Quicken, and Exploring Windows.**

Everyone 50 and older is eligible to participate in our **SeniorNet** classes. Call 533-6889 to leave a message. We will call you right back!

It's hard to believe a month has passed since I wrote my first article. The leaves and temperatures are falling, but the Senior Center is warm and FULL of activity.

Our Halloween Party was so much fun! The costumes were so creative, it made for tough choices for our capable judges to choose only three winners. In addition, we enjoyed a delicious meal, an entertaining costume parade, some spooky music, candy, prizes and time with friends.

During our November Birthday and Anniversary Party we also welcomed Lisa Napiorkowski to the Senior Center as Assistant Director. She is a joy to have here as I am certain you will find out as you get to know her.

Our Veterans' Day celebration was a wonderful tribute to the men and women who have served our country in the armed services. We were honored to have 52 veterans in attendance for this event. Thank you to the Friends of South Hadley for your generous donation, which enabled us to treat them to lunch. Elinor White worked tirelessly to orchestrate this special day. Special thanks to the talented entertainers, Donna Lee and Kyle Ray. Donna sang the Star Spangled banner beautifully and sang several selections in the style of Patsy Cline. Kyle, a South Hadley freshman, sang a variety of music with talent that far exceeds his 14 years.

As I write this, I am aware that our Thanksgiving Luncheon is full and we have a lengthy waiting list. I wish we could accommodate everyone who wanted to be here. I wish for you a wonderful Thanksgiving holiday. I am so grateful for the many blessings in my life, each of you and my position here included!

Words seem so inadequate in expressing my thanks for the volunteers that give so generously of their time and talents. It is you that make all of these events so special. You are a gift!

Join us in December for our Holiday Luncheon, New Years Party or anything else that appeals to you. Please let me know if you are coming for the first time, so we can welcome you.

Anne

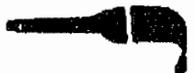
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