

# COUNCIL ON AGING

South Hadley Massachusetts

*The sun never sets on our Activities...*

Director: Joanne Trybus  
 Councilonaging@southhadley.org  
 45 Dayton Street  
 South Hadley, MA 01075-1924  
 Tel. 538-5042 Fax: 532-8206  
 Assistant Director:  
 Lisa Napiorkowski

## THE GOLDEN CHRONICLE

NOVEMBER 2008

Chairperson: Ken Guilbault

Social Services Coordinator:  
 Elinor White -

E-Mail: elinorca@hotmail.com

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### THANKSGIVING LUNCHEON

Our annual special Thanksgiving luncheon will be held on Wednesday, November 19th. The menu will be turkey and all the fixings. Suggested donation is \$2.25. Reservations will be taken for this luncheon starting on Thursday, November 6th. Since this is a very popular event please make your reservations early by calling 538-5042. 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.

### 22ND ANNUAL CHRISTMAS BASKET

The sun is shining and the leaves are beautiful but it's time to think about our 22nd annual Christmas Basket collection. I don't know where all the years have gone but I do know our program has helped many South Hadley residents over those years. We started with 25 baskets (shared with Granby) and now serve nearly 100 South Hadley households each December.

It's no secret to anyone that this year we will face financial decisions we haven't had to make in the past. Food costs are up and it's going to be much more expensive to heat our homes. I hope you can find it in your hearts and pocketbook to dig in and share just a little with those less fortunate.

Our distribution date will be Saturday, December 13th. Volunteers will be needed on Friday to sort the food and Saturday to pack and distribute. Until Thanksgiving we will be taking financial contributions. Please mail checks to the Senior Center, 45 Dayton Street, South Hadley or bring them to the COA office.

We will be emphasizing good food this year. We realize that canned vegetables are usually the least expensive to purchase, but we end up with too much to distribute.

In advance, thank you for your help. More information to come next month.

Marilyn

### South Hadley Senior Travel Club

TUESDAY, DECEMBER 2ND: Christmas in the Berkshires at Williams Inn. \$69.00 prepaid includes bus, buffet, entertainment and tips. Payment due Oct. 22nd. 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.



### TUESDAY—NOVEMBER 4TH

Presidential Election—polls open 7 a.m.—8 p.m. Precinct A-Town Hall; Precinct B-Public Library; Precinct C-Senior Center; Precinct D-Mosier School; Precinct E-Michael E. Smith Middle School.

Rides to vote courtesy of South Hadley Friends of the Elderly, call 538-5042 by Monday, Nov. 3rd -1 p.m. to book your ride. Friends of South Hadley Elderly will be having a bake sale at the Senior Center in the library. Note: all voters must enter through Dayton Street entrance.

Flu vaccines will be given between 9 a.m. and 4 p.m. at all the various polling sites. Those going to the flu clinic should enter through lower door ("old" entrance) by basketball court.

## NOTES FROM THE DIRECTOR

During the month of November, when Thanksgiving is celebrated, I take advantage of an opportunity to thank the devoted and faithful staff and volunteers at the South Hadley Senior Center. The last year has been stressful and challenging as we lost a key staff person. However, everyone else worked together as a team to wait until the new budget season began and more staff and hours could be added. THANK YOU ALL for your hard work and dedication during the last year! Now with the addition of Lisa Napiorkowski as the Assistant Director things should eventually fall into place. However, I am sad to share the news that Sister Judy Rosenthal will be leaving our senior center. Although she has given a date of November 7th, she has agreed to work until we can find a replacement for her. I thank her for this generous gesture because of the transition taking place. There is much for both Anne and Lisa to learn and the need for my assistance. Hopefully someone who is a good match for the position will come along soon.

In addition to staff change, there is a new computer and service tracking software in place. Slowly but surely staff and faithful volunteers will get all of the names and services entered. This too will take time to accomplish. But we are all enthusiastic about the new COATS (Council on Aging tracking system) and look forward to working with it with good technical support. I want to thank the IT Department, Dan Evans and Jaime Doolittle for their time and effort in helping with our department's changes.

Near the end of October came the need to make some changes in the dining room. A State law specifies that the donation box **cannot** be on the same table where people are being checked in for lunch. I know this has caused some confusion and controversy in the dining room but South Hadley COA must follow regulations. The box has been placed opposite the lunch reservation table on a smaller table. **Remember, the \$2.25 is a suggested donation.** Another policy revisited is that on saving seats. It has always been the policy that seats are not to be saved. If someone comes in and wishes to go to the library and read or make puzzles, or attend an exercise class, etc. they can check in and leave something to keep their seat. The only exception for saving seats applies to the volunteers working that day because they come back to the tables after everyone else is seated. Please look at this as a positive idea because people will make new friends. Since the winter season is sure to be financially challenging for many seniors, there are bound to be new faces in the dining room. I want to make a newcomer's first experience a pleasant one and I know you all will agree with me.

with me.

*Joanne*



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

REMEMBER TO TURN YOUR CLOCKS BACK ONE HOUR ON SUNDAY, NOVEMBER 2ND. ALSO, IT IS A GOOD TIME TO CHECK THE BATTERIES IN YOUR SMOKE DETECTORS.



**DON'T GET BITTEN BY THE BUG  
GET YOUR FLU VACCINATION  
NO PRE-REGISTRATION REQUIRED  
FLU CLINICS 9 A.M.—4 P.M. AT THE POLLING  
SITES**

"Influenza, commonly known as the flu, is one of the leading causes of death for older Americans. People 50 and older or people of any age with certain chronic medical conditions should get vaccinated."

**WELCOME LISA CELEBRATION**  
THURSDAY, NOVEMBER 6TH  
AT LUNCH

WELCOME LISA NAPIORKOWSKI AS THE NEW ASSISTANT DIRECTOR. JOIN US AT LUNCH AND TAKE A MOMENT TO CHAT WITH HER. LISA HAS BEEN THE ADMINISTRATIVE SECRETARY FOR THE TOWN ADMINISTRATOR AND THE MEMBERS OF THE SELECTBOARD FOR THE LAST NINE YEARS. SHE IS WELL QUALIFIED TO ASSUME THIS ROLE. LISA AND HER HUSBAND, TOM RESIDE IN SOUTH HADLEY. LISA WILL BE SURE TO GREET EVERYONE WITH HER CONTAGIOUS SMILE. PLEASE JOIN ME IN MAKING HER FEEL WELCOME TO THE SOUTH HADLEY COUNCIL ON AGING AND SENIOR CENTER.

**IMPORTANT: PLEASE NOTE  
ERROR ON FRONT PAGE REGARDING POLLING  
SITES**

**MOSIER SCHOOL—PRECINCT E  
MICHAEL E. SMITH MIDDLE SCHOOL—  
PRECINCT D**

**SPECIAL THANKS TO SO. HADLEY KNIGHTS  
OF COLUMBUS #1721 FOR DELIVERING  
THANKSGIVING DAY MEALS TO THE HOME-  
BOUND.**

**THURSDAY-NOVEMBER 20TH-11:15 A.M.  
Electrical Safety Presentation by Ray Gouley  
and Wayne Doerpholz. Good Door prizes.**

# Elinor's Notes

## ONE SPECIAL LADY

If you are a customer of Big Y, Newton St. Pharmacy you surely know this special lady, Claire Long. What you probably didn't know is that Claire is this year's Big Y Employee Of The Year for their Newton St. Store. What a nice honor! Claire always offers the up most of service and support with lots of patience and a kind smile.

Regular customers of that pharmacy, know that each employee in that department is knowledgeable and always there for you, their customer.

Claire, Congratulations, you get my "ATTA GIRL AWARD"

Your Friend, *Elinor A. White*

## Fuel Assistance 08/09

The income guidelines for 08/09 have been raised a little since last year.

1 person household-----\$20,800

2 people household-----\$28,000

This is gross income, every \$\$ earned, by every member of your home is counted and must be documented i.e. photocopies sent with application,

If you have never applied for fuel assistance, calculate your gross household income if it's within the income guidelines, and you are age 60 or over, handicapped or homebound, your application can be completed here at the C.O.A. If you are not in this group you will need to call Greenfield 1-800-370-0940 for an appointment at their Florence office.

Here in So. Hadley, we are taking calls for new clients, your call will get your name on the Fuel List, E.White will call you to set up an appointment convenient for both of you, here at the C.O.A. or at your home if you can't come to the C.O.A.

If you have questions call Elinor White at 538-5042 ex 206

FUEL ASSISTANCE ASSISTS WITH \$\$\$ FOR OIL, GAS, COAL, WOOD AND LANDLORD HEATED APARTMENTS, EXCLUDING ELDER HOUSING.

## VETERANS, VETERANS, VETERANS, VETERANS

Monday, Nov. 10, 2008 will be your day to be honored and entertained, here at our COA.

All Veterans are invited to enjoy a Pot Roast Dinner, as guests of the Friends of the South Hadley Elderly. Please arrive at 11:30.

Following the dinner at 1 P.M. Donna Lee of Ware, impersonator of Patsy Cline will entertain, bringing back good memories of our past.

Due to last year's full house for our Vet's program, South Hadley Vet s will be given preference.

ALL RESERVATIONS MUST BE MADE BY THURS, NOV 6<sup>TH</sup>. NO RESERVATIONS, NO DINNER!

## Thank You!

A very grateful thank you to So. Hadley Town Hall Employees who collected bags of wonderful food for our Adopt A Senior Program

Thank you also, to Claire and Bill Bielanski who donate foods and much needed supplies nearly every week. Your generosity and faithfulness is so appreciated by our adopted elders.

## MEDICARE PDP SIGN ON, UP AND REVIEW WEDNESDAY, NOVEMBER 19TH

6-8 P.M.

The South Hadley COA will offer an evening with a SHINE Representative to assist you with choosing a first-time or current Medicare Prescription Drug Plan (PDP). These plans will be reviewed for a possible reassignment for the 2009 calendar year.

Many PDP's have increased their premiums and deductibles for 2009 so you may want to change plans during the open enrollment period. Open Enrollment is November 15th through December 31st with new plans starting January 1st, 2009.

To enable as many people as possible to participate, we are asking that those interested complete a medication Pre-Enrollment form located at the So. Hadley COA (ask at the office). Please have completed forms returned ASAP and sign-up for a 1 to 1 consultation for the Wednesday, November 19th session. SHINE Counselors will submit your medication list to the Medicare.gov website prior to your meeting to find plans that will work best for you. The plans assessed are those listed in order of least expensive first and also those that cover all (or most) of your medications. We will be assigning 15 minute time-slots to evaluate and complete your sign-up information to pick your new PDP.

If you have more questions other than just changing your PDP, you can make appointments at a later date. BUT REMEMBER, if you want to change your drug plan for 2009, you must do so during the November 15th—December 31st open enrollment period.

## DRIVERS NEEDED FOR THE COMPANION/ ESCORT TRANSPORTATION PROGRAM.

If you would like to help elders with personalized medical transportation, using your own vehicle, please talk to Elinor White or Joanne Trybus. Drivers are paid \$10 per hour and receive mileage reimbursement at \$.555 per mile. An application must be completed and a CORI check processed. This person stays with the client and waits in the doctor's office for them. If a prescription is required, the driver may provide that service. Any questions call 538-5042, Elinor Ext 206 Joanne Ext. 204.

# 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.**

## NOVEMBER MENU

- 3) BAKED HAM W/PINEAPPLE, Sweet Potatoes, Broccoli, Roll, Pudding, Rye Bread.
- 4) POT LUCK, Pineapple.
- 5) AMERICAN CHOP SUEY, Green Beans, Garlic Bread, Apricots, Juice.
- 6) **BIRTHDAY/ANNIVERSARY; FRENCH MEAT PIE/ GRAVY, SCALLOPED POTATOES, CARROTS, ROLL, CAKE.**
- 7) POLLOCK W/CHEESE, Rice Pilaf, Corn, Multi-grain Bread, Fruit/Orange.
- 10) **VETERANS LUNCHEON; POT ROAST/GRAVY, ROASTED POTATOES, RATATOUILLE, WHOLE GRAIN ROLL, FRUIT CRISP.**
- 11) **CENTER CLOSED—VETERAN'S DAY.**
- 12) ROASTED CHICKEN/GRAVY, Buttered Noodles, Peas/onions, Cranberry Sauce, Mandarin Oranges, Whole-grain bread.
- 13) SALISBURY STEAK/GRAVY, Rice Pilaf, Spinach, Wheat Bread, Pudding.
- 14) FLORENTINE POLLOCK, Baked Potato, Zucchini Blend, Pineapple.
- 17) SWEET & SOUR CHICKEN, Egg Noodles, Yellow Squash, Apricots, Juice.
- 18) RAVIOLI & TOMATO SAUCE, Cornbread, Mixed Vegetables, Peaches, Juice.
- 19) **THANKSGIVING LUNCHEON; ROASTED TURKEY/ GRAVY, MASHED POTATOES, SQUASH, BREAD DRESSING, CRANBERRY SAUCE, PIE WITH TOPPING.**
- 20) BEEF STEW, Diced Potatoes, Green Beans, Biscuit, Mixed Fruit.
- 21) POLLOCK LOINS, Rice, Stewed Tomatoes, Roll, Rice Pudding.
- 24) CHICKEN NUGGETS/SAUCE, Potato Puffs, Corn, Oatmeal Bread, Jell-o, Cranberry Juice.
- 25) STUFFED CABBAGE/SAUCE, Mashed Potatoes, Carrots, Biscuit, Fruit.
- 26) VEAL PATTY/GRAVY, Sweet Potatoes, Mixed Vegetables, Tropical Fruit, Multi-grain Bread.
- 27) **CENTER CLOSED—THANKSGIVING DAY.**
- 28) STUFFED SHELLS, Tomato Sauce, Garlic Bread, California Blend Vegetables, Brownies.

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\*



## Strong Bones, Strong Body

By: Andrea Samson, UMass Dietetic Intern

Bone health is important for all individuals. As we get older our bones begin to break down, becoming weaker if we don't take care of them. Making sure you are getting enough calcium, vitamin D and weight-bearing exercise can help keep your bones as strong as they can be.

Calcium is important because it helps make up our bones and teeth, and without enough our bodies "steal" calcium from our bones making them weaker. Incorporate 3-4 servings of low-fat dairy into your diet every day, such as low-fat cheese, milk and yogurt, to reach your 1,200 milligrams (mg) requirement for calcium per day. Non-dairy sources of calcium are also great for reaching needs and they include dark leafy green vegetables like spinach, tofu and other calcium-fortified products (products that have calcium added to them).

In addition to calcium, be sure to get enough vitamin D – at least 600 international units (IU) or 15 micrograms (mcg) per day. Vitamin D aids in the development of healthy bones and teeth by helping calcium get to where it needs to be. In your bones! Fortified milk (milk that has vitamin D added to it), egg yolks, fish such as sardines, tuna and salmon, and fortified cereals are all great sources, or talk to your doctor to see if you should take a vitamin D supplement.

Finally, include weight-bearing exercise as part of your physical activity each day. This can help bone mass density (the strength of your bones) and balance to prevent bone fractures and falls. Start with 10-15 minutes per day, gradually increasing to 30 minutes or more each day. If it's easier, spread out your activities throughout the day. Walking around the house, gardening, dancing, exercise classes at your local senior center or "lifting weights" using cans of foods are all fun ways to incorporate weight-bearing exercise into your daily routine.

By focusing on getting enough calcium, vitamin D and weight-bearing exercise, you can help keep your bones strong – exactly what you need to feel your best for years to come!



## IN MEMORIAM

### IN MEMORY OF:

### FROM:

#### NUTRITION ACCOUNTS:

JUDITH MORAN South Hadley Senior Travel Club  
Irene Gondek

HENRY SMITH Tuesday Pitch Players

ANNETTE PAUL Joseph Paul

CLINT ANDERSON Paul & Rita Robillard  
SeniorNet Computer Learning Center  
Katherine Washburn  
So. Hadley Women's Club Bowling  
League  
Paulette E. Wiley  
Roger Claflin  
Catherine Fleming Anderson  
Eileen Halkyard  
Marilyn Skill  
COA Cribbage Sunshine Club  
Helen Parker  
Irene Bernstein  
Bill & Claire Bielanski  
Raymond & Irene Morin

RENÉ CASAVANT Joan Casavant

OLIVE M. DULONG Donald & Dorothy St. Pierre

JAMES HANAN "Brother Bill"  
Laurie E. Clark  
(7) Anonymous  
Ellen J. Cohen-Mehlhorn  
Susan Woods

#### ACTIVITY GIFT/NECESSITIES:

PHYLLIS &  
CHARLES "CHICK" RYAN Kathleen Maloney

#### ADOPT-A-SENIOR:

ANNA SZYMANSKI Frances Szymanski

#### MINIBUS MAINTENANCE:

STEPHEN SZYMANSKI Frances Szymanski

DECEASED PARENTS Don & Barbara Leonard

## IN MEMORIAM

### IN MEMORY OF:

### FROM:

#### TRANSPORTATION:

RALPH & ALICE MULVANEY Eugene & Margaret  
Ducharme

#### NUTRITION ACCOUNTS:

JOSEPH BROSKE Doris Pichette  
Mary Januszkiewicz  
June Stone  
Kenneth & Frances Arena  
R. A. Bigdā  
William & Viola Bunnell  
Jerome & Helen Hennessey  
Carol & Mike Dubuc  
Bill & Dorothy Schenker  
Richard & Gail Oparowski  
Walter Mercier

CLAIRE MONGEAU Wayne & Chriss Walton

ALEX GLADU Margaret Fitzgerald

CHERYL AUDET Margaret Fitzgerald

### PART II—CARBON MONOXIDE ALARMS

By Chief Bill Judd, Fire District #1 (532-5343)

- ◆ Install at least one carbon monoxide alarm with an audible warning signal near the sleeping areas and outside individual bedrooms. Make sure the alarm has been evaluated by a nationally recognized laboratory, such as (UL). Carbon monoxide alarms measure levels of CO over time and are designed to sound an alarm before an average, healthy adult would experience symptoms. It is very possible that you may not be experiencing symptoms when you hear the alarm. This does not mean that CO is not present.
- ◆ Have a qualified professional check all fuel burning appliances, furnaces, venting and chimney systems at least once a year.
- ◆ Never use your range or oven to heat your home and never use a charcoal grill or hibachi in your home or garage.
- ◆ Never keep a car running in a garage. Even if the garage doors are open, normal circulation will not provide enough fresh air to reliably prevent a dangerous buildup of CO.
- ◆ When purchasing an existing home, have a qualified technician evaluate the integrity of the heating and cooking systems, as well as the sealed spaces between the garage and house. The presence of a carbon monoxide alarm in your home can save your life in the event of CO buildup.

## WELLNESS PROGRAMS

**BD OF HEALTH NURSE'S OFFICE AT THE SENIOR CTR. CALL 536-6688 TO MAKE AN APPOINTMENT. CALL 538-5013 IN CASE OF AN EMERGENCY.**

**\*\*BLOOD PRESSURE CLINIC-** Second Tuesday of the month 1-2:30 p.m. at Senior Center only. Also on the fourth Thursday 10:30-11:30 a.m.

**\*\*FOOT NURSE -** Monday, Nov. 10th and Nov. 24th (by appointment). Please call 538-5042 for an apt. Cost: \$28

**\*\*TREADMILL (3) & EXERCISE BIKE TRAINING-by appointment. 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 session begins on Monday, November 10th. Cost: \$42.00 for 7 weeks based on a minimum of 12 participants. **Non-resident seniors welcome.**

**BEGINNING EXERCISE CLASS -** new session begins on Thursday, November 13th. The cost of this Tues/Thurs., 8-week session is \$48.00. 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.

**FREE HEARING SCREENING BY AVADA ON WED., NOVEMBER 19TH BY APPOINTMENT (538-5042)**

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

## COA VOLUNTEERS

**Gave 1,824 HOURS in**

## SEPTEMBER

**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, November 25th at 9 a.m. (**Please come and help.**)

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

**GET GOING-**Monday, November 10th at 1 p.m.—entertainment in dining room.

**BIRTHDAY/ANNIVERSARY PARTY WILL BE HELD ON TUES., NOVEMBER 6TH.**

**BERKSHIRE HILLS MUSIC ACADEMY STUDENTS WILL ENTERTAIN ON WEDNESDAY, NOVEMBER 5TH AT 11 A.M.**



**LOW VISION GROUP MEETS TUES., NOV. 18TH AT 10 A.M.**

**DIABETIC SUPPORT GROUP MEETS WEDNESDAY, NOVEMBER 5TH IN EXERCISE ROOM AND WEDNESDAY, NOVEMBER 12TH IN CONFERENCE ROOM AT 1 P.M. THERE WILL ALSO BE A MEETING AT HUBERT PLACE ON NOV. 12TH AT 10 A.M.**

## FREE PAPER SHREDDING!!!

**NOVEMBER 15TH, 2008-at the South Hadley DPW, 10 Industrial Drive  
10 a.m. to 1 p.m.**

Open to all, papers are shredded on-site and one may watch the process

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

## ADVENT FAIR & COOKIE SALE

**FRIDAY, DECEMBER 5TH**

**3 TO 8 P.M.**

**SATURDAY, DECEMBER 6TH**

**9 A.M. TO 4 P.M.**

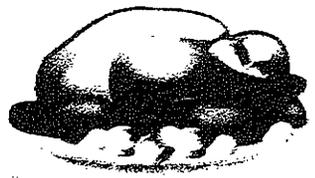
Cookies and bars are needed. Please label with content. Deliver on Friday before 3 p.m. via the Church Street door. Proceeds of cookie sale go to the South Hadley Council on Aging. Chairperson is Karen Anderson. "Come early for the best selection."



## HOLIDAY HINTS FOR

### ALZHEIMER'S CAREGIVERS

- ♥ Holidays can be meaningful, enriching times for both the person with Alzheimer's and family. Maintaining (or adapting) old family rituals and traditions helps all family members feel a sense of belonging and family identity. For a person with Alzheimer's, this link with a familiar past is reassuring and builds self-esteem.
- ♥ Set your own limits early, and be clear about them with others. You do not have to live up to the expectations of friends or relatives. Your situation is different now.
- ♥ Encourage family and friends to visit even if it is painful for them. Keep the number of persons visiting at one time to a minimum, or try a few people visiting quietly with the person in a separate room.
- ♥ Try some simple holiday preparation with the person several days ahead.
- ♥ Try to schedule, especially outdoor exercise, early in the day.
- ♥ If you receive invitations and your loved one cannot attend, **go yourself.** (taken from Aging in Stride-Nov. 2007)

<b>3 BAKED HAM/PINEAPPLE</b> 11 Tai Chi-ER 1 Poker/ Pinochle-DR 1 Stained Glass-CE 1 Canasta-DR 1 Women's Afternoon Conversation-L 1 "Red Hat Society"-CR	<b>4 ELECTION DAY</b> <b>POT LUCK LUNCH - EX</b> <b>7am-8pm Polls open-use Dayton St</b> <b>9-4 Flu Vaccines at Polling Site</b> <b>In CE enter via "Old Entrance"</b> 1:30 Introductory Calligraphy C2 1 Bingo-CR <b>FRIENDS BAKE SALE-L</b>	<b>5 AMERICAN CHOP SUEY</b> 8 Tops- ER 9:30 Grocery Shopping 10:30 Osteoporosis Exercise ER 11:15 Berkshire Hill Music Academy-DR 1 <b>Diabetic Support Group C2</b> 1 Choralites-DR 1 Pitch CR/Mah Jongg Play/Learn-CE 1 Senior Poetry Workshop	<b>6 BIRTHDAY/ANNIVERSARY</b> <b>FRENCH MEAT PIE</b> <b>10 Alzheimer's Support Group-C2</b> 10 Travel Club-C1 10 Beginning Exercise-ER 10 Writing Group-CE 1 Golden Age Club-CR 1 Quilting -CE 1 Scrabble -L	<b>7 POLLOCK W/CHEESE</b> 9:30 Grocery Shopping 10 Coffee & Conversation-DR 10:30 Osteoporosis Exercise-ER 11:30 Mass. Equip Demo DR 1 Knitting-L 1 Bridge-CE Cribbage-CR 1 Canasta/Poker-DR 1:30 Memoir Writing
<b>10 VETERANS' LUNCHEON</b> <b>Pot Roast/Gravy</b> <b>9:30 FOOT NURSE BY APPT.</b> 11 Tai Chi-ER 1 "Get Going" Entertainment-DR 1 Friends Annual Meeting C2 1 Poker/ Pinochle/CanastaCR 1 Stained Glass-CE 1 Women's Afternoon Conversation-L 4 COA Board Meeting	<b>11 VETERAN'S DAY</b> <b>CENTER CLOSED</b>  <b>NO MEALS OR</b> <b>TRANSPORTATION</b>  	<b>12 ROASTED CHICKEN/GRAVY</b> 8 Tops- ER 9:30 Grocery Shopping 10:30 Osteoporosis Exercise ER 1 Pitch-CR/Mah Jongg Play/Learn-CE 1 Choralites-DR 1 <b>Diabetic Support Group-C2</b>	<b>13 SALISBURY STEAK</b> <b>10 Alzheimer's Support C2</b> 10 Travel Club-C1 10 Writing Group-CE 10 Beginning Exercise-ER 1 Quilting -CE 1 Golden Age Club-CR 1 Scrabble -L	<b>14 CELEBRATE NEVADA</b> <b>FLORENTINE POLLOCK</b>  9:30 Grocery Shopping 10 Coffee & Conversation-DR 10:30 Osteoporosis Exercise-ER 1 Knitting-L 1 Bridge-CE/Cribbage-CR 1 Canasta/Poker-DR 1:30 Memoir Writing C2
<b>17 SWEET &amp; SOUR CHICKEN</b> 11 Tai Chi-ER 1 Poker/ Pinochle-DR 1 Stained Glass-CE 1 Canasta-DR 1 Women's Afternoon Conversation-L 1 Monday Cribbage CR	<b>18 RAVIOLI/TOMATO SAUCE</b> 10 Beginning Exercise-ER <b>10 Low Vision Support Group-C2</b> <b>10-11 Brown Bag</b> 1:30 Introductory Calligraphy C2 1 Bingo-CR 1 Needlecraft-CE / 1 Movie-ER 6:15 Men's Night 6:15 Mah Jongg	<b>19 THANKSGIVING LUNCHEON</b> <b>ROAST TURKEY/GRAVY</b> 8 Tops- ER 9:30 Grocery Shopping <b>9:30 Avada Free Hearing Screening</b> 10:30 Osteoporosis Exercise ER <b>10 Book Club</b> 1 Pitch-CR /Mah Jongg Play/learn -CE 1 Choralites DR/Senior PoetryC2 <b>6-8 pm SHINE ASSISTANCE by appt.</b>	<b>20 BEEF STEW</b> <b>10 Alzheimers' Support C2</b> 10 Travel Club-C1 10 Writing Group-CE 10 Beginning Exercise-ER <b>11:15 Ray Gooley-Electric Safety</b> 1 Quilting -CE 1 Golden Age-CR 1 Scrabble -L	<b>21 POLLOCK LOINS</b> 9:30 Grocery Shopping 10 Coffee & Conversation-DR 10:30 Osteoporosis Exercise <b>11:30 Rep. John Scibak</b> 1 Knitting -L 1 Bridge-CE/Cribbage-CR 1 Canasta/Poker-DR 1:30 Memoir Writing GroupC2
<b>24 CHICKEN NUGGETS/SAUCE</b> <b>9:30 FOOT NURSE BY APPT.</b> 11 Tai Chi-ER 1 Poker/ Pinochle-DR 1 Stained Glass-CE 1 Canasta-DR 1 Women's Conversation Group L	<b>25 STUFFED CABBAGE/SAUCE</b> 9 Newsletter Mailing Party 10 Beginning Exercise-ER 1 Bingo-CR 1 Needlecraft-CE 1:30 Introductory Calligraphy 1 Movie ER 6:15 Men's Night 6:15 Mah Jongg	<b>26 VEAL PATTY/GRAVY</b> 8 Tops- ER 9:30 Grocery Shopping 10:30 Osteoporosis Exercise ER 1 Pitch-CR/Mah Jongg Play/learn CE 1 Choralites-DR	<b>27 THANKSGIVING DAY</b> <b>CENTER CLOSED</b>  	<b>28 STUFFED SHELLS</b> 9:30 Grocery Shopping 10 Coffee & Conversation-DR 10:30 Osteoporosis Exercise ER 1 Knitting L 1 Canasta/Poker DR 1 Bridge-CE/Cribbage-CR 1:30 Memoir Writing GroupC2

**IN TOWN TRANSPORTATION**  
**AVAILABLE THURSDAYS BY**  
**APPOINTMENT 9-3**

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**NOVEMBER 2 -TURN YOUR**  
**CLOCKS BACK 1 HOUR AND**  
**CHECK YOUR SMOKE**  
**DETECTOR BATTERIES.**



# November 2008



**B=Billiards Room**  
**CR=Card Rm.**  
**CE=Ceramics**  
**C2=Formerly Old Office**  
**C1=Conf. Room off Library**  
**EX=Exercise**  
**DR=Dining room**  
**L= Library**

**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.**

\*\*\*\*\*

**NEW YEARS CELEBRATION AT THE SOUTH HADLEY SENIOR CENTER:** It's hard to believe but the Holiday Season is approaching and plans have been made for the New Year's celebration at the senior center. 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 will be available on **November 21st** at \$20.00 per person. See Anne O'Connor, Activity/Volunteer Coordinator, for tickets. 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.



**SNOWBIRDS**  
 For those of you who go away for the winter for more than one month, please let us know so we can hold your newsletter. Every month we pay almost \$10.00 in postage costs for temporarily away residents. Please let us know if you want the newsletter mailed to your forwarding address and we will be glad to do so. Your cooperation with this request is sincerely appreciated. **THANK YOU!** Joanne

**NEWS FROM THE SHINE PROGRAM**

**Should you change your Healthcare Coverage?** 10 Reasons why you may want to consider changing Medicare plans during the Annual Open Enrollment Period (November 15-December 31):

1. Your plan's premium is too high
2. Some of your prescriptions are not covered by your drug plan
3. The cost of your prescriptions on your drug plan is too expensive
4. Your doctor stopped taking your plan
5. Your co-payments to providers cost too much
6. It is difficult for you to get referrals to specialists
7. You want to see a doctor who does not take your plan
8. You have been denied medical services that you believe were needed
9. Your plan has made billing errors, which have been difficult to correct
10. Your plan's Customer Service is difficult to reach and not very helpful

If you have any problems with your plan, you should consider changing plans during the Open Enrollment Period. Even if you are happy with your plan, you may want to consider changing plans for next year. Your plan's premiums, co-pays and coverage may be changing. A different plan may be better for you. Your plan will notify you about changes which will begin in January 2009. Be sure to read and save your plan's letter. Remember a SHINE Counselor will be available on Nov. 19th 6-8 p.m. by appointment.

**WMEC ANNUAL HOLIDAY PARTY TO BE HELD WED., DEC. 3RD AT THE FAIRVIEW KNIGHTS OF COLUMBUS. MORE INFORMATION FOR SIGN UP AT THE COA OFFICE WILL FOLLOW.**



**FRIENDS OF SOUTH HADLEY ELDERLY, INC.**  
 THE ANNUAL MEETING WILL BE HELD ON MONDAY, NOVEMBER 10TH AT 1 P.M. IN THE CONFERENCE ROOM. ELECTION OF OFFICERS WILL TAKE PLACE.  
 A BAKE SALE WILL BE HELD AT THE SENIOR CENTER IN THE LIBRARY ON TUESDAY, NOVEMBER 4TH. DONATIONS OF HOME BAKED GOODS WELCOMED ON MONDAY, NOV. 3RD FROM 9:00 -4:00 P.M. AND ON TUESDAY, THE 4TH FROM 6:30 AM UNTIL 3:30 PM

South Hadley Council on Aging  
**SeniorNet**  
Computer Learning Center



Address: 45 Dayton Street  
South Hadley  
Telephone: 533-6889  
Coordinator: Irene Bernstein

We will begin new classes in the middle of the month. Please tell us which classes you'd like to take. Just call **SeniorNet** – 533-6889 – and leave a message. We'll call you back.  
Classes that we offer include:

**Fundamentals:** A basic course for students who have had no prior experience with the computer.

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

**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.

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

Other class possibilities include: **Genealogy, Photo Editing, Quicken, and Exploring Windows.**

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

## DIABETES HEALTH COACH SERIES

The Diabetes Education Center at Mercy Medical Center presents a Nationally known Diabetes Educator and author to discuss:

**"Taking Care of your Diabetes: Becoming Captain of your Ship!"**

By Ginger Kanzer-Lewis RN, BC, EdM, CDE

Thursday, November 20, 2008 \* 6:30 p.m.  
Deliso Conference Center at Mercy Medical Center  
299 Carew Street, Springfield, MA

Refreshments, raffle prize. No charge.  
Preregistration is required as seating is limited.  
Please call 413-748-9789 to register.

## Anne's News

For those of you I haven't met, my name is Anne O'Connor. I am the new Activity and Volunteer Coordinator at the Council on Aging. I am so excited to be part of this amazing Senior Center with so many dedicated volunteers! I hope, in time, to get to know each of you. Please feel free to come visit me, my office is down the hall past Elinor's office.

I have worked in the field of Senior Activities for over 17 years, but I am always learning and eager to hear your ideas. Although I live in Feeding Hills, you have already made me feel a part of this lovely town of South Hadley! Thank you for your warm and friendly welcome.

I have been visiting many of the activities that meet here. You are a very talented and active group of seniors. The Golden Agers have asked me to mention that they are open to new members. They meet every Thursday at 1:00 and have a great time. The only thing missing is you!

Do you have previous office experience? **WE NEED YOU!!!!** If you have a few hours or more available, please let me know. If you can't be on the regular schedule, we could put you on the substitute list. We would deeply appreciate your assistance in our office.

With the Holidays approaching we have many activities planned to celebrate. Please look over the calendar and join us this month. This is a joyous season to share with your Council on Aging family. Hope to see you!

Anne

**South Hadley Council On Aging**  
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