

COUNCIL ON AGING

South Hadley Massachusetts



The sun never sets on our Activities...

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THE GOLDEN CHRONICLE

MAY 2015

Chairperson: Donna Robideau
 Social Service Coordinator:
 Ann Andras
 E-Mail:
aandras@southhadleyma.gov
 Website: www.southhadleyma.gov



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



Every Weekday: Nutritious & Delicious Lunch 11:45 am - 12:15 pm, in the South Hadley Senior Center Dining Room. Please reserve your meal by 1 p.m. of the previous day by calling 538-5042. Meals should be cancelled by 9 a.m. each day. The suggested donation is \$2.25 for participants 60 and over. Guests under 60 must pay \$3.00. FEDERAL GUIDELINES SPECIFY THAT FOOD SHOULD NOT BE TAKEN FROM THE LUNCH SITE. The only exceptions are bread, fruit, milk or non-perishable items.

SPRING LUNCH AND CHORALITES CONCERT-WEDNESDAY MAY 20TH

Come and join the fun by having lunch (Chicken Parmesan/Sauce & Pasta) and then stay for a delightful concert by the Choralites immediately following the meal. They will perform some patriotic songs in recognition of Memorial Day.

MOTHERS' GARDEN

HELPERS NEEDED-The Mothers' Garden at the Senior Center is popping up with plants that I thought would not be showing their faces until June with the winter we had. The Gardeners are all getting older and we could use some "fresh blood" to aid us in making this the showcase that it is. If you can help for about two hours per week (every other week in the heat of the summer), please call me at 532-3921. Thank you so much for considering this. Linda Young

Friends of South Hadley Elderly, Inc.

The Friends of the South Hadley Elderly is opening our own fashion boutique on Monday, May 4, 2015. We will be located in the rear hall (off the dining room) one day a week throughout May and June, closing during July and August to restock for fall. Hours of operation will be 10:00 a.m. to 1 p.m. During the initial open period we will offer spring and summer fashions, jewelry, and accessories for both male and female customers. Income from the sale of merchandise will go to the Friends in order that we can continue our long-time practice of providing those "little" extras for our over-60 population. During the week of April 27, a member of the Friends will be at the Senior Center between 10:00 a.m. and 1 p.m. to accept your new and/or clean, gently-used clothing. Days of operation during May: May 4, May 12, May 20 and May 28. We hope to see you there -both as a customer and a donor.

South Hadley Senior Travel Club

Saturday, June 20, Locks and Lunch. Three-hour cruise aboard the *Captain JP to upstate New York* to the locks north of Troy. Watch the Captain skillfully maneuver our boat into the locks, where it is raised 17 feet and then lowered. Enjoy a complete hot/cold buffet and entertainment aboard. **Cost \$89.00. Call Judy Fortier, 534-3598.** **Wed. July 15, 2 ½ hour scenic Gloucester Cruise and on-board lobster bake lunch aboard the Beauport Princess.** Includes free time in Rockport. **Cost \$95.00. Call David Bellefeuille, 533-7724.** **Mon., August 3, Saratoga Race Track.** Admission and reserved grandstand seating. Family style Italian dinner at **Buca di Beppo. Cost \$89.00. Call Susan Canedy 536-2106.** **August 25-27, (Tues. to Thurs.) Boothbay Harbor, Maine.** Package includes: 2 nights at the Captain Fish Waterfront Inn, 2 full breakfast buffets, 2 dinners (one at the Carousel Dinner Theatre, the other a Lobster Bake on Cabbage Island), a guided tour of Boothbay Harbor, a boat ride, a train ride. Plus a stop on the return home in Portland ME for a Shipyard Brewery Tour. **Cost \$465.00. Includes baggage handling, all meal tips and taxes and driver's gratuities. For more information call Judy Fortier, 534-3598.** A \$5.00 non-refundable deposit is due on all non-casino trips. *Because the South Hadley Senior Travel Club pays in advance for all trips, no cancellations will be honored less than one month prior to the trip with the exception of a Doctor's note certifying a medical emergency.*



NOTES FROM THE DIRECTOR

May is Older Americans Month and the theme for this year is "Get Into the Act." The Senior Center is definitely a place to do this.

Because May is a special month there are several programs and activities planned for both education and fun. For fun consider having lunch on May 20th and stay to enjoy the entertainment by the Choralites.

As part of the Elder Law Education Program, on May 13th Attorney Michele Feinstein, member of the Mass. Bar Association, will speak about legal issues pertinent to estate planning and getting your documents in order. It is extremely important to make your plans while you are able to do so and not wait until a crisis and have someone else do it for you.

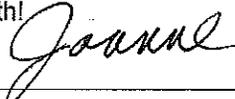
On May 15th Monastery Heights will offer transportation, lunch and a tour of their facility. On May 20th a new six-week Falls Prevention session will begin. Please call to register for these programs.

I want to thank the staff for their efforts in making the Volunteer Appreciation Event a huge success last month. We can never thank our faithful volunteers enough for their hours of service.

My best wishes to all mothers, grandmothers, great-grandmothers and great-great grandmothers for a very special Mother's Day for all of the sacrifices they have made in the name of love!

Also in May we remember our deceased veterans who fought and sacrificed their life to keep us free.

Happy May, my favorite month!



SOUTH HADLEY-GRANBY VETERAN SERVICES

The Massachusetts Department of Veterans Services has increased the asset limit for eligibility for assistance to veterans and their widows to \$5,000 for a single person and \$10,000 for a married couple. However applicants still need to be within monthly income limits. South Hadley and Granby residents may contact the Veterans' Agent, John O'Connor, at telephone number (413)538-5017, Ext. 137 for more information.

PRESCRIPTION ADVANTAGE

Each year thousands of seniors in Massachusetts reach a gap in their Medicare prescription drug plan that is often referred to as the "donut hole."

If you reach that gap, your prescription drug costs rise dramatically! Do not let this happen to you: **Prescription Advantage** can help!

Prescription Advantage is a state-sponsored program that supplements your Medicare drug plan to fill that gap. Call Prescription Advantage today at **1-800-AGE-INFO (1-800-243-4636)** and **Press 2** to learn more! Ann Andras, Social Service Coordinator is also available for questions at 538-5042, Ext. 206

WARNING: THE INTERNAL REVENUE SERVICE IS STILL NOT CALLING YOU!!!! I recently received a call from the IRS threatening me that I will be sued if I do not respond to their message. **IT IS A SCAM!!!!** The IRS notifies people by written correspondence if there is a problem or concern. Joanne

SPECIAL THANKS TO:

**Ola Herbert for donating the material for Anne Ouimet to sew a new curtain for the Ladies Bathroom.

**Ruth Skuse for the case of 24 boxes of Kleenex

**Brad Allen for the miscellaneous donations

**Lisa Napiorkowski for the African Violet soil for Joanne's plant therapy

**Peg Partridge for the photo album

**Lucille Ryan for the wide selection of greeting cards

HOUSE NUMBERS AVAILABLE

TRIAD HOUSE NUMBERING IS BACK IN BUSINESS. A VISIBLE HOUSE NUMBER MAY SAVE YOUR LIFE! TO HAVE A RED REFLECTIVE NUMBER INSTALLED ON YOUR PROPERTY, CALL 538-5042 AND THE INFORMATION IS PASSED ON TO THE FIRE DISTRICTS. PLEASE GIVE YOUR NAME, ADDRESS AND PHONE NUMBER. THE COST IS \$7.00 TO THE SO. HADLEY TRIAD, c/o South Hadley Senior Center, 45 Dayton Street, South Hadley, MA 01075.

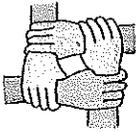
WEDNESDAY, MAY 13TH AT 10 A.M. COURTESY OF THE MASS. BAR ASSOCIATION, ATTORNEY MICHELE J. FEINSTEIN, A SHAREHOLDER IN SHATZ, SCHWARTZ & FEINTIN P.C. WILL GIVE A PRESENTATION ON "TAKING CONTROL OF YOUR FUTURE—A LEGAL CHECK UP." ATTORNEY FEINSTEIN CONCENTRATES HER PRACTICE IN THE AREAS OF ESTATE PLANNING AND ADMINISTRATION, AND ELDER LAW. THIS IS AN OPPORTUNITY TO LEARN ABOUT ESTATE PLANNING AND INSURING ONE'S WISHES ARE FOLLOWED IN CASE OF ILLNESS OR INCAPACITY. DO NOT WAIT FOR A CRISIS. IT IS IMPORTANT TO BE PREPARED TO HAVE YOUR WISHES DOCUMENTED. CALL 538-5042 TO REGISTER.

STRENGTH IN NUMBERS 2015 A FALLS PREVENTION PROGRAM

This free educational series for individuals, caregivers and family members will begin on Wednesday, May 20th at 1 p.m. in the exercise room. It is recommended that participants attend all 6 sessions. This program is presented by the Cooley Dickinson VNA & Hospice. Falls are the leading cause of death due to injury for seniors. For more information contact Joanne Trybus, Director at 538-5042, Ext. 204 or John Yount, PT, Falls Prevention Coordinator at (413)584-1060. Please call 538-5042 to register for this program.

TRANSPORTATION PROVIDED BY THE EXECUTIVE OFFICE OF ELDER AFFAIRS, THE TOWN OF SOUTH HADLEY, DONATIONS AND FARES. In February 2015 the So. Hadley COA provided 569 rides and in March 649 rides.

National Association of Letter Carriers will collect non-perishable food left by mailboxes for Food Pantries on Saturday, May 9th, 2015.



Outreach News
by Ann M. Andras
Social Service Coordinator

Senior Foot Care

Good foot health is especially important for senior citizens. The longer your feet stay healthy, the longer you can maintain your active lifestyle. Here are 5 suggestions for "Happy, Healthy Feet" by the International Council on Active Aging (ICAA) and the Institute for Preventative Foot Health (IPFH)

Proper Foot Hygiene

Simple daily routines can go a long way when it comes to promoting foot health among seniors. Daily washing and drying can prevent infection. Your footwear should also be kept clean and dry. Rotate shoes so that you don't wear the same pair everyday.

Regular Foot Inspections

If left untreated, small cuts and sore spots on your feet can lead to more serious infections. Ulcers (open wounds on your feet) are common among seniors who fail to notice

minor foot injuries early on. A friend or family member may need to help out if you have problems with eyesight or flexibility and cannot inspect your feet regularly.

Proper Nail Care

Nails need to be trimmed properly to avoid infection and becoming ingrown. Toenails should be cut straight across and sharp edges filed. As we age, many elders are unable to properly care for their nails. Don't be afraid or embarrassed to seek professional help from a doctor, foot care nurse or a licensed nail technician. This will be money well spent!

Diabetic Care

Senior citizens with diabetes must be vigilant when it comes to care of their feet. Daily foot inspections are crucial, and your doctor should also inspect your feet on a regular basis. Invest in a pair of orthopedic shoes. Avoid going barefoot. Again, seek help from a family member if you are unable to inspect your own feet.



Proper Footwear

Look for shoes that protect and support your feet. Proper footwear is important to preserving good foot health. Orthopedic walking shoes often provide a good combination of comfort and support. Avoid shoes with a narrow toe box and little arch support. Don't forget to make sure your shoes can accommodate the socks you prefer to wear.

According to the 2015 issue of "Medicare and You", Medicare covers foot exams and treatment if you have diabetes-related nerve damage and /or meet certain conditions. You pay 20% of the Medicare-approved amount, and the Part B deductible applies. Medicare approved plans may also help. To be certain of your possible coverage, contact your insurance company directly and have a conversation with your healthcare provider about your specific foot care needs.

Ann

Just a thought... "The truth is that you can spend your life any way you want, but you can spend it only once".

John C. Maxwell

DONATIONS TO THE SOUTH HADLEY COUNCIL ON AGING ACCOUNTS:

Throughout the year we are asked how an individual can make a donation to help the Senior Center. Kindly check off one of the accounts listed below that you would like to have your donation go to. If your donation is in memory of someone and you would like us to send an acknowledgement, please indicate the individual's name and address below.

Thank You for Your Assistance!

DONATION FROM: _____ **ADDRESS:** _____

Contribution in memory/honor of: _____

Please send Acknowledgement to: (kindly indicate name, address & relationship): _____

- | | | |
|---|--|---|
| <input type="checkbox"/> Activities Account | <input type="checkbox"/> Clinic Account | <input type="checkbox"/> Nutrition Gift Account |
| <input type="checkbox"/> Minibus Maintenance Acct. | <input type="checkbox"/> Building Fund | <input type="checkbox"/> Mothers' Garden |
| <input type="checkbox"/> Minibus (Future Purchase) | <input type="checkbox"/> Emergency Fund | <input type="checkbox"/> "Lights On" |
| <input type="checkbox"/> Subsidized Senior Transportation | <input type="checkbox"/> Computer Class | <input type="checkbox"/> Services Account |
| <input type="checkbox"/> Transportation Account | <input type="checkbox"/> Newsletter Account | <input type="checkbox"/> Christmas Baskets |
| <input type="checkbox"/> Wherever Needed Most | <input type="checkbox"/> Caregivers Gift Account | |

Please Make Check Payable To: South Hadley Council on Aging, 45 Dayton Street, South Hadley, MA 01075. Contributions are tax deductible.

Donations made "In Memory/Honor" of someone **WILL** be published in the Monthly COA Newsletter.

Please check if you **DO NOT** want your name published.

IN MEMORIAM

IN MEMORY OF:

FROM:

NUTRITION GIFT ACCOUNT:

MARY J. POE Irene Champagne

RONALD H. FRITZ Marie Tamburro

CHESTER "CHET" TOWNE Paul & Carolyn
Henneman
Karen & Gerard Bernard

MARGUERITE RACETTE Peg & Augie Breault

BUILDING FUND:

CHESTER "CHET" TOWNE James Eisenstock
Maura & Matthew Hein
David O. LaRoche
Joanne Trybus & COA Board of Directors
Carolyn R. Baston
COA Cribbage Club
Louise Williamson
Lynn & Carol Hein
Robert Robertson
Wayne & Mary Boulais

VIRGINIA "GINNEY" RUSSELL Louise Williamson

DAVID J. GLEASON Joanne Gleason

FREDERICK BACH Jim Procon

NORM GAGNON Linda & Doug Simpson

SERVICES ACCOUNT:

PHILLIP HERBERT Don Dec & Ola Herbert

LUCILLE THORPE Jean & Phyllis Lacoste
Lorraine Bail
Doris Bibeau
Melide Normand
Kay Washburn
Carleen Labonte

TRANSPORTATION ACCOUNT:

LISA KEMP The Dineen Family

CHESTER "CHET" TOWNE Carol Dineen

IN MEMORIAM

IN MEMORY OF:

FROM:

ACTIVITIES/NECESSITIES:

HENRY P. SMITH Judith A. Newman

VIRGINIA "GINNEY" RUSSELL Lee & Alfred Hutt

MOTHER'S GARDEN:

MURIEL HUNTER Marie Tamburro

MINIBUS MAINTENANCE ACCOUNT:

CHESTER "CHET" TOWNE Lathrop Village &
Newton Manor Tenants Assoc.

NORMAN GAGNON Frances O'Connell and
John Howes

SUBSIDIZED SENIOR TRANSPORTATION:

RALPH David Perwak

NEWSLETTER:

LUANNE REYNOLDS Noella Loiselle

NORM GAGNON Linda & Doug Simpson

MARIE CECILE TETREULT Paul A. Champigny

EMERGENCY FUND:

DOTTIE RENNER Harold Renner

SUSAN LEVER Donald Lever

COMPUTER LEARNING CENTER:

LUCILLE THORPE Carol Dineen
Patrick & Carleen LaBonte
So. Hadley Computer Group

LIGHTS ON PROGRAM:

EVAN BRUNELLE Donald & Marlene Gagne

<p>ROOM KEY B=Billiards Room CR=Card Room CE=Ceramics C2=Formerly Old Office C1=Conf. Room Off Library EX=Exercise Room DR=Dining Room L=Library</p>	 <p>IN TOWN TRANSPORTATION IS AVAILABLE MONDAY-FRIDAY</p>	<h1>MAY 2015</h1>	<p>This month is : Arthritis Awareness Month Allergy/Asthma Awareness Month National Salad Month High Blood Pressure Awareness Month National Physical Fitness Month</p>	<p>1 QUICHE LORRAINE 9:30 Grocery Shopping 10 Coffee & Conversation-DR 10:30 Osteoporosis Exercise-EX 1 Bridge-CE 1 Canasta- DR 1 Cribbage - CR/1 Knitting-L</p>
<p>4 CHICKEN MARSALA No Music Appreciation 10- 1- Friend's Boutique 10 Tai Chi-EX 1 Canasta- DR 1 Pinochle- DR 1 Mah Jongg-CR</p>	<p>5 GRILLED RUEBEN SANDWICHES 10 Beginning Exercise- EX 12 -3 SHINE (by appt.) 12:45 Monthly Movie-EX 2- So. H. Sr. Travel Club Cruise meeting 1 Bingo-CR 1 Needlecraft-CE</p>	<p>6 ROASTED TURKEY W/GRAVY 9:30 Grocery Shopping 10 Travel Club-C1 10:30 Osteoporosis Exercise-EX 1 Choralites-DR 1 Mah Jongg-CE 1 Pitch-CR</p>	<p>7 TERIYAKI CHICKEN 10 Alzheimer's Support-C2 10 Beginning Exercise-EX 11 Travel Club-C1 1 Golden Agers-CR 1 Quilting-CE 1 Scrabble-L</p> 	<p>8 BREADED FISH 9:30 Grocery Shopping 10 Coffee & Conversation-DR 10:30 Osteoporosis Exercise-EX 1 Bridge-CE 1 Canasta- DR 1 Cribbage - CR/1 Knitting-L</p>
<p>11 COLD TURKEY SALAD PLATE 9:30—Foot nurse (by appt.) 10 Music Appreciation-CE 10 Tai Chi-EX 1 Canasta- DR 1 Pinochle- DR 1 Mah Jongg-CR</p>	<p>12 BIRTHDAY/ANNIVERSARY BEEF TIPS W/GRAVY 10- 1 Friend's Boutique 10 Beginning Exercise- EX 1 Bingo-CR 1 Needlecraft-CE</p> 	<p>13 CHICKEN CACCIATORE 9:30 Grocery Shopping 10 Mass. Bar Assoc. Elder Law Program w/ Attorney Michele Feinstein 10 Travel Club-C1 10:30 Osteoporosis Exercise-EX 1 Choralites-DR 1 Mah Jongg-CE/1 Pitch-CR</p>	<p>14 BAKED HAM W/ FRUIT SAUCE 10 Veteran's meeting- CE 10 Beginning Exercise-EX 11 Travel Club-C1 12:30- 2 Blood pressure screening w/ nurse 1 Golden Agers-CR 1 Quilting-CE/1 Scrabble-L</p>	<p>15 MEATLOAF W/ GRAVY 9:30 Grocery Shopping 10 Coffee & Conversation-DR 10:30 Osteoporosis Exercise-EX 11- Van to tour Monastery Heights (reservations needed) 11:30 Rep. John Scibak-DR 1 Bridge-CE/1 Canasta- DR 1 Cribbage - CR/1 Knitting-L</p>
<p>18 FRENCH MEAT PIE/GRAVY 10 Music Appreciation-CE 10 Tai Chi-EX 1 Canasta- DR 1 Pinochle- DR 1 Mah Jongg-CR</p>	<p>19 ROAST PORK W/ GRAVY 10 Brown Bag 10 Lo-Vision Support-CR 10 Beginning Exercise- EX 12—3 SHINE—(by appt) 1 Bingo-CR 1 Needlecraft-CE</p>	<p>20 SPRING LUNCH & CONCERT CHICKEN PARMESAN W/ SAUCE 9:30 Grocery Shopping 10- 1 Friend's Boutique 10 Travel Club-C1 10 No Osteoporosis Exercise 1 Choralites Spring Concert 1 Falls Prevention Program Begins (6 weeks)- ER 1 Mah Jongg-CE/1 Pitch-CR</p>	<p>21 HOT ROAST BEEF SANDWICHES TRIAD Conference at Log Cabin 10 Beginning Exercise-EX 11 Travel Club-C1 1 Golden Agers-CR 1 Quilting-CE/1 Scrabble-L</p>	<p>22 COLD TUNA SALAD PLATE 9:30 Grocery Shopping 10 Coffee & Conversation-DR 10:30 Osteoporosis Exercise-EX 1 Bridge-CE 1 Canasta- DR 1 Cribbage - CR/1 Knitting-L</p>
<p>25 MEMORIAL DAY HOLIDAY CENTER IS CLOSED</p> 	<p>26 MILD BEEF CHILI W/ RICE 9 Newsletter Collating-CE 10 Beginning Exercise- EX 1 Bingo-CR 1 Needlecraft-CE THE 2015 THEME FOR OLDER AMERICANS MONTH IS "Get into the Act"</p>	<p>27 CHICKEN MARINARA 9:30 Grocery Shopping 10 Travel Club-C1 10:30 Osteoporosis Exercise-EX 1 Falls Prevention Program- ER 1 Choralites-DR 1 Mah Jongg-CE 1 Pitch-CR</p> 	<p>28 SHEPHERDS' PIE/GRAVY 10- 1 Friend's Boutique 10 Beginning Exercise-EX 11 Travel Club-C1 1 Golden Agers-CR 1 Quilting-CE 1 Scrabble-L</p>	<p>29 FLORENTINE POLLOCK 9:30 Grocery Shopping 10 Coffee & Conversation-DR 10:30 Osteoporosis Exercise-EX 1 Bridge-CE 1 Canasta- DR 1 Cribbage - CR/1 Knitting-L</p>

DOREEN'S INFO

Happy spring to you all. Isn't it nice to see the flowers in bloom? Our Mothers' Perennial Garden is starting to wake up and soon we all can enjoy its beauty. If you enjoy working with the earth and planting, the So. H. COA has volunteers who oversee the garden. Let me know if you would like to become a volunteer for the Mothers' Garden.

Our Volunteer Appreciation dinner held on the 24th of last month was wonderful. It was something to see all our faithful volunteers gathering in one place and being honored. It was fun having the raffle sponsored by the So. H. Friends of the Elder, Inc. Thank You. ☺

Each May, the Administration for Community Living celebrates Older Americans Month to recognize older Americans for their contributions to the nation. The theme for Older Americans Month 2015 is ***Get into the Act***. The seniors who visit our COA certainly ***get into the act***. We have over 100 active volunteers and high participation in the various activities we offer. And of course our dining room is filled for the healthy and delicious "home cooked" meals served.

Our Monthly Movie this month is Tuesday, May 5th. The movie featured will be *Jersey Boys*, a biographical movie drama directed by Clint Eastwood. The film tells the story of the musical group, The Four Seasons. You remember them – right? May favorite song of theirs is "Rag Doll". Check our monthly calendar for showtime. Our Birthday/Anniversary luncheon will be held on Tuesday the 12th. If you are celebrating a birthday or anniversary, please call and make your reservation (1 guest pp please). Lately we have not had many folks celebrating an anniversary. We would love to have you join us and wedding/birthday pictures are welcome.

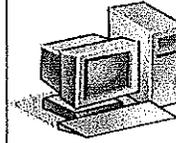
On May 20th, we will be having our spring lunch and concert with the Choralites. If you haven't heard this group and their angelic voices come for lunch and stay to listen. You won't be disappointed.

Get into the Act - come to our COA and check out the several exercise programs we offer that will help to awaken those sleepy muscles. In order to participate in any of these programs we need to have a physician's approval note on their office letter head. If you are interested in using the health equipment, a specific note is needed from your physician approving use of the treadmill (exercise equipment ok). Also the emergency contact form needs to be on file.

I would like to welcome our newest volunteers Diane Allen & Janet Boland.

In March/ 2015 the volunteers logged 1793 hours.

THANK YOU. *Doreen*



South Hadley Council on Aging Computer Learning Center

Address: South Hadley Senior Center
45 Dayton Street, So. Hadley, MA 01075
Telephone: 413-533-6889

The South Hadley Council on Aging Computer Learning Center offers a wide variety of computer courses ranging from one-time workshops to four weeks of two lessons each. Courses are taught with experienced teachers as well as coaches for all students. There is a fee for this service.

The Computer Learning Center is a unique experience in a friendly atmosphere offering hands-on classes with a Course Manual to keep, as well as individual coaches. All this for a very reasonable fee.

The SHCOA Computer Learning Center is available to individuals 50 and over, non-residents welcome. For more information call (413) 533-6889. Leave your name and number and your call will be returned and information will be provided on classes being offered.



A SPRING TREE PLANTING AND EDUCATIONAL PROGRAM

Saturday, May 2nd at 10 a.m.
Michael E. Smith Middle School

The South Hadley Tree Committee will be planting trees at the Town Arboretum behind the M.E.S. school and your help is needed. Please come join us in these plantings. Shovels and work gloves would be appreciated if handy, as well as gallon jugs of water.

A recent Town Policy has created a 20-foot setback and allows the Tree Committee to plant trees on private land with the permission of the landowner. Trees will be planted away from utilities. If you are interested call Tree Warden, Chris Ryan, 538-5033 or e-mail at cryan@southhadleyma.gov for more information.

On Friday, May 15th from 11:00 a.m. until 1:30 p.m., Monastery Heights in West Springfield is offering a tour of their assisted living facility including lunch. If you wish to go on this tour, please sign up in the S. Hadley COA office. Their van will pick up passengers at the senior center. If you wish to drive yourself, please sign up at the COA office and tell the receptionist you do not need transportation.

KNOWLEDGE IS POWER: PROTECT YOUR ASSETS
Elder Economic Empowerment Summit will be held on Thursday, May 21, 2015 at the Log Cabin. Preference will be given to Hampshire and Franklin County TRIAD members. Registration due before May 8, 2015. Cost for a Senior \$20.00. Forms available at COA office.

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 (413) 532-8206 FAX

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