

COUNCIL ON AGING

South Hadley Massachusetts

The sun never sets on our Activities...

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JUNE 2015

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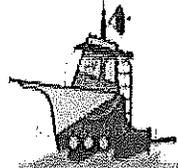
90+ BIRTHDAY LUNCHEON WEDNESDAY, JUNE 17th

This year we will honor those who are turning 90 or over at a **SPECIAL LUNCHEON to be held on June 17th at 12 Noon**. If you were born in 1925 PLEASE LET THE RECEPTIONIST KNOW when you make your reservation. It will be beneficial for planning if you make your reservation by Friday, June 5th. Cancellations are accepted until 9 a.m. on the 17th. Those who are 91 or over this year are also welcome to attend. Because of limited space in the dining room each celebrant will be allowed to invite 1 guest. Celebrants will have their luncheon paid for by the Friends of South Hadley Elderly, Inc. Guests must pay for their own luncheon (60 and over suggested donation \$2.25 and 59 and under charge of \$3.00) Call in early! Give your name and date of birth and the name of your guest. The oldest person in attendance will receive a small cake. For your listening pleasure there will also be Harp music. We hope to see all nonagenarians that day! Space is limited, please keep in mind we want to accommodate as many 90 and over celebrants as possible. The menu is Roast Turkey/Gravy, Mashed Potatoes, Tarragon Corn, Cranberry Sauce, Biscuit, Carrot Cake.



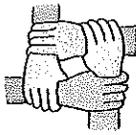
Every Weekday: Nutritious & Delicious Lunch 11:45 am - 12:15 pm, in the South Hadley Senior Center Dining Room. Please reserve your meal by 1 p.m. of the previous day by calling 538-5042. Meals should be cancelled by 9 a.m. each day. The suggested donation is \$2.25 for participants 60 and over. IT IS A DONATION. 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.

South Hadley Senior Travel Club



Saturday, June 20: A 3-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 up unto the Hudson River and then lowered back down after you have enjoyed a complete hot and cold buffet and entertainment aboard. **Cost \$89.00. Call Susan Canedy 536-2106.** **Wednesday, July 15, 2 ½ hour scenic Gloucester Cruise and on-board lobsterbake luncheon aboard the Beauport Princess.** Includes free time in Rockport. **Cost \$95.00. Call David Bellefeuille, 533-7724** **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, (Tuesday to Thursday) 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.** **Wednesday, October 7, Foxwoods casino trip, with full casino package PLUS general admission seats for the matinee performance of the Rat Pack. Cost, \$74.00. Call David Bellefeuille, 533-7724.** 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.*

HAPPY FATHER'S DAY TO ALL FATHERS, GRANDFATHERS AND GREAT GRANDFATHERS.



Outreach News
by Ann M. Andras
Social Service Coordinator

Senior Farmers' Market Nutrition Program

The Senior Farmers' Market Nutrition Program provides coupons to low-income older adults across Massachusetts that are redeemable at farmers' markets for fresh locally grown produce and honey. This program is designed to promote consumption of fresh fruits and vegetables, to encourage recipients to shop at farmers' markets, and to support farmers and markets that serve low-income consumers.

These coupons come 10 to a book with each coupon having a value of \$2.50 (for a total of \$25.00). Applicants must meet the following conditions:

1. They must be at least 60 years of age.
2. They must have income at or below 185% of the Federal Poverty level. (proof of income is required)

The coupons are distributed to local Council's on Aging through WestMass ElderCare, Inc. and typically in past years South Hadley was allotted 50 booklets. I have not yet been notified as to how many we will receive for 2015.

Previously, recipients who met the income guidelines were approached and offered the coupons. However, this year we would like to try a different plan. I have noticed that other Senior Centers offer the coupons in a form of a "lottery". Qualifying seniors are able to submit their name to be considered. When the coupons arrived, names will be drawn and the persons notified.

For those who have taken part in this program, you know what a wonderful opportunity these coupons provide to elders to purchase the seasonal fruits and vegetables available in our communities.

Throughout the year I have assisted many of you with Fuel Assistance, SNAP and Mass Health applications or recertifications.

It is impossible for me to recall each and every senior who would qualify for the Farmers' Market Coupons. We hope to reach some of you who might not frequent the Senior Center or be aware that such programs exist. We have many South Hadley seniors who are eligible, and we would like to give all of you the same opportunity. Proof of residency is required.

When the coupon booklets are issued, participants will be given a flyer that describes how to use the coupons and the locations of local farmers' markets and the days and times of operation.

Names for the lottery will be taken beginning June 1, 2015 through July 10, 2015 by calling Ann at 538-5042 extension 206. Coupon booklets typically arrive at the Senior Center in mid-July.

Ann

Just a thought... "Every time you speak, your mind is on parade."
Author Unknown

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.

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. JUNE MENU

- 1) TARRAGON CHICKEN, Confetti Rice, Summer Blend Vegetables, Cranberry Sauce, Whole Wheat Bread, Jell-O or Diet Jell-O.
- 2) VEAL PARMESAN W/PASTA, Spinach, Garlic Bread, Tossed Salad: Congregate, Apricots or Diet Apricots.
- 3) MACARONI & CHEESE, Stewed Tomatoes, Green Beans, Peaches or Diet Peaches.
- 4) COLD PLATE: HAM SALAD, Potato Salad, Cucumber & Onion Salad, Roll, Brownies or Diet Brownies.
- 5) BROCCOLI QUICHE, Scalloped Potatoes, Mixed Vegetables, Multi Grain Bread, Mandarin Oranges or Diet Mandarin Oranges.
- 8) CHICKEN MARSALA W/MUSHROOMS, Egg Noodles, Stewed Tomatoes, Pears or Diet Pears.
- 9) BIRTHDAY/ANNIVERSARY—POT ROAST W/SAUCE, Oven Browned Potatoes, Yellow Squash, Roll, Cake or Diet Cake.
- 10) STUFFED CABBAGE, Mashed Potatoes, Carrots, Rye Bread, Pineapple or Diet Pineapple.
- 11) CHICKEN PATTY W/GRAVY, Potato Puffs, Corn, Cranberry Sauce, Oatmeal Bread, Tropical Fruit or Diet Tropical Fruit.
- 12) CHEESE LASAGNA W/SAUCE, Broccoli, Garlic Bread, Cookies or Diet Cookies.
- 15) COLD PLATE: TURKEY SALAD, Pasta Salad, Carrot/Raisin Salad, Whole Grain Roll, Orange Juice, Banana.
- 16) SALISBURY STEAK W/GRAVY, Mashed Potatoes, Carrots, Rye Bread, Pineapple or Diet Pineapple.
- 17) 90+ BIRTHDAY CELEBRATION—ROASTED TURKEY W/ GRAVY, Mashed Potatoes, Tarragon Corn, Cranberry Sauce, Biscuit, Carrot Cake or Diet Cake.
- 18) AMERICAN CHOP SUEY, Brussels Sprouts, Cornbread, Pears or Diet Pears.
- 19) BREADED CATFISH, Brown Rice Broccoli Florets, Whole Grain Bread, Cookies or Diet Cookies.
- 22) OVEN FRIED CHICKEN, Roasted Potatoes, Ratatouille, Multi Grain Bread, Peaches or Diet Peaches.
- 23) SWEDISH MEATBALLS, Egg Noodles, Spinach, Multi Grain Roll, Cake or Diet Cake.
- 24) SWEET & SOUR PORK, Rice Pilaf, French Cut Green Beans, Rye Bread, Tropical Fruit or Diet Tropical Fruit.
- 25) COLD PLATE: TUNA SALAD, Potato Salad, Pickled Beets w/ Onions, Whole Grain Roll, Orange.
- 26) BREADED POLLOCK LOINS, Rice, California Blend Vegetables, Pudding or Diet Pudding.
- 29) LIVER & ONIONS, Mashed Potatoes, Broccoli & Cauliflower, Whole Grain Bread, Pears or Diet Pears.
- 30) BEEF STEW, Potatoes, Biscuit, Orange Juice, Fruited Jell-O w/Topping or Diet Jell-O.

ALL MEALS ARE SERVED WITH BREAD AND A 1/2 PINT OF MILK. FOR RESERVATIONS PLEASE CALL 538-5042 NO LATER THAN 1:00 P.M. THE PREVIOUS DAY. PLEASE CALL BY FRIDAY TO EAT ON MONDAY. KINDLY CANCEL RESERVATION NO LATER THAN 9:00 A.M. ON THE DAY OF LUNCH.

Ways to Eat Well as you Get Older

The definition of healthy eating changes as you age. As you grow older, your metabolism slows down, so you need fewer calories. Your body also needs more of certain nutrients. It's more important than ever to choose foods that give you the best nutritional value.

◆ Look for Important Nutrients

Make sure you eat a variety of foods to get all the nutrients you need. Your plate should look like a rainbow—bright colored foods are always the best choice! A healthy meal should include:

- Lean protein (lean meats, seafood, eggs, beans)
- Fruits and vegetables (think orange, red, green, purple)
- Whole grains (brown rice, whole wheat pasta)
- Low-fat dairy (milk and its alternatives)

◆ Read the Nutrition Facts Label

The healthiest foods are whole foods. These are often found on the perimeter of the grocery store in the produce, meat, and dairy sections. When you do eat packaged foods, be a smart shopper! Read the labels to find items that are lower in fat, added sugars, and sodium.

◆ Use Recommended Servings

To maintain your weight, you must eat the right amount of food for your age and body. The American Heart Association provides recommendations.

◆ Stay Hydrated

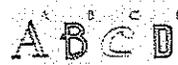
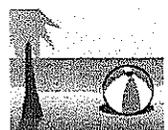
Water is an important nutrient too! Don't let yourself get dehydrated—drink small amounts of fluids consistently throughout the day. Tea, coffee, and water are your best choices. Keep fluids with sugar and salt at a minimum, unless your doctor has suggested otherwise.

◆ Stretch Your Food Budget

Want to get the biggest nutritional bang for your buck? The Supplemental Nutrition Assistance Program (SNAP) can help you afford healthy food when you need it. Over 4 million older Americans use SNAP to buy food, and the average senior receives \$113 each month. To see if the program can help you, visit:

www.BenefitsCheckUp.org/getSNAP

(Source: National Council on Aging (NCOA)).

<p>1 TERRAGON CHICKEN 10 Music Appreciation 10- 1- Friend's Boutique 10 Tai Chi-EX 1 Canasta- DR 1 Pinochle- DR 1 Mah Jongg-CR</p> 	<p>2 VEAL PARMESAN W/ PASTA No Beginning Exercise resumes 9/8/15 12:45 Monthly Movie-EX 1 Bingo-CR 1 Needlecraft-CE</p>	<p>3 MACARONI & CHEESE 9:30 Grocery Shopping 10 Travel Club-C1 10:30 Osteoporosis Exercise-EX 1- Granby Card Group—DR 1 Falls Prevention Program - EX 1 Mah Jongg-CE 1 Pitch-CR</p>	<p>4 COLD HAM SALAD PLATE 10 Alzheimer's Support-C2 No Beginning Exercise resumes 9/8/15 10 Travel Club-C1 1 Golden Agers-CR 1 Quilting-CE 1 Scrabble-L</p>	<p>5 BROCCOLI QUICHE 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>8 CHICKEN MARSALA 9:30 Foot Nurse (by appt.) 10 Music Appreciation 10 Tai Chi-EX 1 Canasta- DR 1 Pinochle- DR 1 Mah Jongg-CR 4 COA Board Meeting</p>	<p>9 BIRTHDAY/ANNIVERSARY POT ROAST W/ SAUCE 10- 1- Friend's Boutique 10 WMEC Presentation w/ Season Bryant—Options 1 Bingo-CR 1 Needlecraft-CE</p>	<p>10 STUFFED CABBAGE 9:30 Grocery Shopping 10 Travel Club-C1 10:30 Osteoporosis Exercise-EX 1—Granby Card Group—DR 1 Falls Prevention Program - EX 1 Mah Jongg-CE 1 Pitch-CR</p>	<p>11 CHICKEN PATTY W/ GRAVY Veteran's Group Outing 10 Travel Club-C1 12:30- 2 Blood pressure screening w/ nurse 1 Golden Agers-CR 1 Quilting-CE 1 Scrabble-L</p>	<p>12 CHEESE LASAGNA/SAUCE 9:30 Grocery Shopping 10 Coffee & Conversation-DR Police Chief David Labrie & Sgt. Mike Pollender will join Coffee & Conversation 10:30 Osteoporosis Exercise-EX 1 Bridge-CE 1 Canasta- DR 1 Cribbage - CR/1 Knitting-L</p>
<p>15 COLD TURKEY SALAD PLATE 10 Music Appreciation 10 Tai Chi-EX 1 Canasta- DR 1 Pinochle- DR 1 Mah Jongg-CR</p>	<p>16 SALISBURY STEAKS W/ GRAVY 10 Brown Bag 10 Lo-Vision Support-CR 1 Bingo-CR 1 Needlecraft-CE</p>	<p>17 "90+ BIRTHDAY CELEBRATION" ROASTED TURKEY W/ GRAVY 9:30 Grocery Shopping 10- 1- Friend's Boutique 10 Travel Club-C1 10:30 Osteoporosis Exercise-EX 1—Granby Card Group—DR 1 Falls Prevention Program - EX 1 Mah Jongg-CE 1 Pitch-CR</p>	<p>18 AMERICAN CHOP SUEY 10 Travel Club-C1 1 Golden Agers-CR 1 Quilting-CE 1 Scrabble-L</p> 	<p>19 BREADED CATFISH 9:15—11:30—Formula Grant Training—CR 9:30 Grocery Shopping 10 Coffee & Conversation-DR 10:30 Osteoporosis Exercise-EX 11:30 Rep. John Scibak—DR 1 Bridge-CE 1 Canasta- DR/1 Cribbage - CR 1 Knitting-L</p>
<p>22 OVEN FRIED CHICKEN 9:30 Foot Nurse (by appt.) 10 Music Appreciation 10 Tai Chi-EX 1 Canasta- DR 1 Pinochle- DR 1 Mah Jongg-CR</p>	<p>23 SWEDISH MEATBALLS 12 -3 SHINE (by appt.) 1 Bingo-CR 1 Needlecraft-CE</p>	<p>24 SWEET & SOUR PORK 9:9:30 Grocery Shopping 10 Travel Club-C1 10:30 Osteoporosis Exercise-EX 1—Granby Card Group—DR 1 Falls Prevention Program (Last Session) - EX 1 Mah Jongg-CE 1 Pitch-CR</p>	<p>25 COLD TUNA SALAD PLATE 10- 1- Friend's Boutique 10 Travel Club-C1 1 Golden Agers-CR (last meeting resumes (9/10/25) 1 Quilting-CE 1 Scrabble-L</p>	<p>26 BREADED POLLOCK LOINS 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>29 LIVER & ONIONS 10 Music Appreciation 10 Tai Chi-EX 1 Floral Arranging (registration needed) - CE 1 Canasta- DR 1 Pinochle- DR 1 Mah Jongg-CR</p>	<p>30 BEEF STEW 9 Newsletter Collating—CE 1 Bingo-CR 1 Needlecraft-CE</p> 	<p>JUNE 2015</p>	<p>IN TOWN TRANSPORTATION IS AVAILABLE MONDAY-FRIDAY 9-3 BY APPOINTMENT ONLY</p> 	<p>ROOM KEY x 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>

DOREEN'S INFO

Summer is here! Time to enjoy the beautiful weather, beaches, parks and cookouts. It is important to remember when outside to be prepared with sunscreen and clothing that will protect you from the strong sun rays and the bugs and insects that may be camping out in the woods. And of course keep plenty of water with you.

During the summer months our activity calendar may have some changes. Some of our regular activities take a "vacation break" during June, July and August. Please take a good look at the monthly calendar to see if the activity you are interested in attending is actually meeting.

Last month our big event was our Spring Luncheon. Entertainment was provided by our very own Choralites. If you enjoy singing please consider joining this group in the fall.

Our Monthly Movie this month will be held on the second. This is a fun activity to attend – watch a movie with friends in a cool environment.

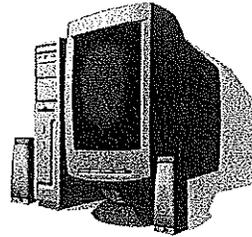
Our Birthday/Anniversary luncheon will be held on Tuesday the ninth. If you are celebrating a birthday or anniversary, please call and make your reservation (1 guest pp please). Lately we have not had many folks celebrating an anniversary. We would love to have you join us and wedding/birthday pictures are welcome.

On June 17th we will be hosting our annual "90+ Birthday" Celebration. This is such a special event recognizing those with longevity and sharing their wisdom and life experiences with us. Reservations are needed and we ask our celebrants to invite one guest.

During the summer months the temperature can sure rise very quickly. Please keep in mind that the South Hadley Council on Aging is a designated "Cooling Center". Come in and spend a morning, afternoon with us. Enjoy a healthy lunch and stay for a card game, board game and a favorite – Bingo.

Summer is a well known season for things slowing down and the hustle and bustle grinds down to a slower pace. This is also a popular time for our dedicated volunteers to take a "vacation break" to spend more time with family and friends. That triggers me to do an outreach in the community to expand our volunteer family. If you are interested, please contact me at 538-5042, ext 205. You would be surprised at the many volunteer opportunities we have to offer. In April our volunteers logged 1055.5 hours. Thank you to all and have a great summer.

Doreen



**SOUTH HADLEY
COUNCIL ON AGING
Computer Learning Center
Address: So. Hadley Senior Ctr.
45 Dayton St., So. Hadley, MA 01075
Telephone: (413) 533-6889**

The South Hadley Council on Aging Computer Learning Center offers a wide variety of computer courses. Recent students shared the following comments: "I was thrilled with what I learned at the Center." Another couple stated: "Your Computer Learning Center has the best teaching methods." So, if you are interested in participating in learning or refreshing your skills, come join us. We will be offering the following Classes. Mondays and Wednesdays from 9 to 11 a.m., Introduction to Computers (6 sessions). Tuesdays and Thursdays 9 to 11 a.m., Picasa (organize & edit photos) for 4 sessions. Tuesdays and Thursday 1 to 3 p.m. Excel (8 sessions).

Call us at (413) 533-6889. Please leave your name, telephone number and the class that interests you. We will call you back as soon as possible with details.

**HEALTH AND SAFETY FAIR
ST. PATRICK'S SOCIAL CENTER
SATURDAY, JUNE 6, 2015
9 a.m. until Noon**

Donations received after publication of January 2015 newsletter. ACTIVITY GIFT/NECESSITIES: Judith Gooch, Elinor White, Walter Lafrennie, Helen Ironside, Bequest of Helen Kendall, Virginia Johnston, Irene Barclay. ACTIVITY GIFT/ EMERGENCY FUND: Edward Thompson. BUILDING FUND: Adele Reynolds. CHRISTMAS BASKETS: Diane Scheinost, Elinor Burnett, S. Hadley/Granby Chamber of Commerce. LIGHTS ON: Grace Kelly, Chet & Nancy Towne, Lillian Leviton, Ecumenical Group of G.H.SH. MINIBUS FUTURE PURCHASE: August & Margaret Breault. NEWSLETTER: Stella Warzenski, Anna Merrington, James Long, Linda Reznikiewicz, Barbara Kapinos, David LaRoche, Ruth & Evan Enders, Shirley Burdzy, Lawrence & Helen Batley, Louise Chmiel, Kristina Sulek, Warren Bock, Rosalie Kelley, Dorothy St. Pierre, Helen Casey, Kenneth & Lolita Seyffer, Linda Lavigne, Joanne Kluzka*, Caroline Crooks, Judy Fortier, Gloria Boudreau, Beverly Henneman, Fred Bozek & Vi Forni, Claire Richards, Kathy & Dick Kirby, Sophie Kuzebski, Fran Resler, Lorraine Lavalée, Edna Cox, Roy & Mary Jane Sabourin, Denise Blanchette, Janie Brochu, Shirley Scanlon, Helga Loeffler, Bruce Docherty, Richard & Patricia Molte, Linda & Doug Simpson, Jim & Marie Stathis*, Mary Mulvaney, Pat Howe, Murielle Gendron, Chris Sullivan, Agnes Briere. NUTRITION: Frances Mytkowicz, Gary & Elaine Jordan, Congregational Church of South Hadley, Richard & Patricia Molte. SERVICES GIFT: Edward & Kathleen Kopec, Audrey Heaphy, Wanda Dziadek, Romona Balicki. TRANSPORTATION: Virginia Johnston. Many anonymous donations have been made to the various accounts.

- **South Hadley Council On Aging**
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