

COUNCIL ON AGING

South Hadley, Massachusetts

The sun never sets on our Activities...

Director: Joanne Trybus
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 Tel. 538-5042 Fax 532-8206
 Asst. Director: Lisa Napiorkowski

Chairperson: Gail Bielizna-Pafford
 Social Service Coordinator:
 Ann Andras
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THE GOLDEN CHRONICLE

JULY—AUGUST 2015



ANNUAL SUMMER PICNIC

THURSDAY, AUGUST 13TH

11:00 P.M. - 3 P.M.

SENIOR CENTER, 45 DAYTON ST.

CHOICE OF HOT DOG OR HAMBURGER

STATE YOUR CHOICE WHEN MAKING

RESERVATION

Every Weekday: Nutritious & Delicious Lunch prepared at So. Hadley Senior Center, served 11:45 a.m. - 12:15 p.m. in the 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 59 and under must pay \$3.00. Although the program is for people 60 and over, those under 60 may attend as a volunteer or a guest of a senior. FEDERAL GUIDELINES SPECIFY THAT FOOD SHOULD NOT BE TAKEN FROM THE LUNCH SITE. The only exceptions are bread, fruit, milk or non-perishable items.

SUGGESTED DONATION: \$ 2.25
 In addition there will be salads, corn and the usual fixings to make for a great picnic lunch. Please call 538-5042; reservations for the picnic will be taken beginning Friday, July 24th, at 8 a.m., limited to 136. Bingo and prizes courtesy of the Friends of South Hadley Elderly after the meal. The picnic lunch will be served to hot meals clients on Wednesday, August 12th.

WELCOME TO THOSE HAPPY
 OF YOU TURNING 60 FOURTH
 THIS YEAR! OF JULY!



NOTE: THIS IS A TWO-MONTH ISSUE-
 SAVE FOR AUGUST

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

SOUTH HADLEY SENIOR TRAVEL CLUB



Aug. 3, Off to the races at 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 Captain Fish Waterfront Inn, 2 full breakfast buffets, 2 dinners (one at the Carousel Dinner Theatre, the other a Lobster Bake on Cabbage Island), guided tour of Boothbay Harbor, boat ride, and train ride. Plus a stop on the way 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.** **Wed., Oct. 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.** **Tues., Nov. 10, \$90.00. Twin River Casino with full casino package. Cost, \$26.00. Call Howie Walsh, 593-6286.** A players' card or Picture I'D required for all casino trips. **Thurs., Dec. 10, Aqua Turf for a lively Holiday Show featuring the world famous Glenn Miller orchestra.** Includes Aqua Turf's famous FAMILY STYLE DINNER MENU. **Cost, 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

Welcome to the individuals receiving this newsletter for the first time. I hope you find this publication informative, interesting and helpful. Annually the COA adds names of residents who will turn 60 during the year to the mailing list. This year 232 individuals are turning 60! Remember age is just a number and a positive attitude is more important. Paying attention to one's mind, body and spirit is the best path to healthy aging. To witness the celebrants at the 90+ birthday celebration who are 90 and over is proof of this statement. They are an inspiration.

This issue provides general information about the various services, activities and programs at the Senior Center. It is a two-month issue. July is the only month we all take a break from publishing/printing a newsletter. If by chance you receive more than one copy of this edition, or do not want it, please let us know. You may also view the publication on the town's website.

Our staff is open to suggestion regarding new activities. The activity level slows down in the summer months so in September you will see many more programs listed.

The 90+ birthday celebration was a joyous event. Special thanks to Rep. John Scibak for the special certificates. Barbara Russell played soothing music on the harp during lunch and we all appreciated her talents. The most wonderful part of the day was acknowledging the celebrants who have reached 90 or more. This year Vernell Bloom was the oldest and will be 101 in October. Congratulations to her and she looks wonderful!

Enjoy your summer and come visit the air-conditioned senior center anytime. It is truly a home away from home for many. I hope to see you soon!



NEW SENIOR CENTER FUND -It is with great pleasure that I announce the beginning of the South Hadley Council on Aging "New Senior Center Fund" initiated by our Town Administrator, Mike Sullivan with the support and advocacy of the Selectboard.

Dr. Carol Craig, a former COA Board member recently passed away. In her Will she named the S. Hadley COA as the beneficiary of an IRA. Her bequest of \$26,776.39 will be added to the current balance of \$22,507 for a total of almost \$50,000 to use as "seed" money. In addition, the Friends of South Hadley Elderly, Inc. has earmarked \$5,000 for a new Center. A few more estates are in the process of being settled that will add more funds to the account. I am delighted to share this news but it is only the start. No project of this magnitude will happen quickly.

There are many aspects of the current building that cannot be changed. The basement is a dirt maze with moisture that will eventually deteriorate the pillars that reinforce the building. The exercise room is much too small for the exercise classes and no room for equipment

SPECIAL THANKS TO:



*Representative John Scibak for the House of Representative Citations for the 90+ birthday celebration.

*Carey's Florists for the donations of beautiful flowers throughout the year, especially for the monthly birthdays.

*Big Y for the assorted breads and pastries donated once a week.

*American Legion Post 260 for the \$100 donation in appreciation of the use of the van for Memorial Day. It was deposited into the transportation account.

*Roger Ouimet for the wooden sticks for flattening the newsletters.

*Kathy Gallivan for the flash drive.

*Les Dickinson for bringing the bread to the kitchen on Thursdays.

*The volunteers who weed, water and maintain the beautiful Mothers' Garden.

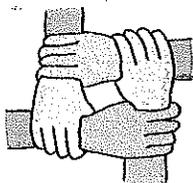
*South Hadley Senior Travel Club for the Power Point Projection Screen

WISH LIST ITEMS: Laundry detergent, regular dish detergent, paper towels, Kleenex tissue. Thank you to those who have donated items from this list. Your generosity is greatly appreciated!

As fiscal year 2015 comes to an end, special thanks go to the Town of South Hadley; Massachusetts Executive Office Of Elder Affairs; WestMass ElderCare, Inc.; Friends of South Hadley Elderly, Inc.; Senator Stanley Rosenberg; Representative John Scibak; the families who name the COA for memorial donations and the many individuals in the community who help to support the South Hadley COA.

(New Senior Center continued) currently used in the new Centers. Areas needing attention include carpeting, the wood floor in the dining room and the bathroom flooring. In addition, the parking lot is too small when there are multiple activities at the Center. Plans must always consider the participants and avoiding long-distance walks to the building. In spite of 7 handicapped-parking spots, many participants complain to me they cannot get one unless they arrive very early, long before their program begins.

It is time to form a committee for the purpose of fundraising for a new Center. Emmett Schmarsow, Program Manager of COA's from the Executive Office of Elder Affairs recently stated at a grant training that the Director and COA Board members are not allowed to participate in fundraising activities. Therefore community support will be vital to make this endeavor successful. Joanne



Outreach News

by Ann M. Andras
Social Service Coordinator

Welcome Seniors!

If you are reading The Golden Chronicle for the first time you have reached the age of "60" or will do so in the next few months. Congratulations and welcome to the Council on Aging!

As Social Service Coordinator it is my responsibility to keep all South Hadley seniors informed as to the many services that are available. I can assist with the application process for a variety of programs and services such as: MassHealth (Medicaid), Low-Income Home Energy Assistance Program (Fuel Assistance), Joe 4 Oil, SNAP (Food Stamps), the Brown Bag: Food for Elders Program and Prescription Advantage, the state pharmacy assistance program.

Referrals for in-home services can be made to WestMass ElderCare, Inc. (our area agency on aging) such as home and or personal care, Meals on Wheels, the Money Management program and Options Counseling to name a few.

If a senior is having a civil/legal issue, FREE help is available to those who meet financial guidelines through a program called Hampshire Elder Law Program (H.E.L.P.)

The South Hadley TRIAD group is comprised of senior volunteers in the community, Council on Aging staff, Police and Fire personnel, Board of Health, Housing Authority, a representative from the Hampshire County District Attorney's office as well as the Hampshire County Sheriff's Department, all working together with the common goal of educating and informing seniors about safety, both public and personal.

I can provide information regarding emergency response equipment such as a pendant worn around the neck or a wrist device to ensure help will arrive to the seniors' home in case of an injury or illness.

The Council on Aging has a SHINE Program (Serving the Health Insurance Needs of Elders).

Our volunteer SHINE counselor, Eileen Burke, as well as myself are trained and certified to provide health insurance information and if needed to guide seniors through the Medicare system.

The Council on Aging is the recipient of several service grants such as the Snow Removal/Chore Grant and the Companion/Escort Program. Seniors are encouraged to request these services which have benefited many elders over the years. Our Director, Joanne Trybus and I work closely, choosing senior residents who have the greatest need and little or no family support in the area.

I am available to meet with South Hadley seniors at the Council on Aging or at home if a senior is home-bound. Arrangements can be made to use our transportation service if needed for a visit in my office. I am here at the Senior Center Monday thru Friday from 8:30 a.m. to 4:30 p.m. I can be reached in my office by calling 413-538-5042 extension 206. Of course I am willing to meet with family members of a senior who might be in need of services. It is best to make an appointment with me so that I can devote the necessary time needed.

I also serve as your source for information and referral regarding area senior services. If I do not have the answer you need I will give you my best effort to find someone who does.

Your privacy is important to me. Please be assured that all conversations and meetings with me, whether here in my office or in your home, are confidential.

It is both my pleasure and an honor to serve the South Hadley seniors and I look forward to an opportunity to work with each of you. Please don't hesitate to contact me in the future.

Warmest regards,

Ann M. Andras
Social Service Coordinator

Just a thought..... "There aren't any timeouts in life. The clock is always running."

Andy Stanley

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.
JULY MENU

- 1) STUFFED PEPPERS W/SAUCE, Mashed Potatoes, Peas & Mushrooms, Whole Grain Bread, Pineapple or Diet Pineapple.
- 2) COLD PLATE: TUNA SALAD: Cucumber Salad, Carrot Raisin Salad, Rye Bread, Cookies or Diet Cookies.
- 3) **CENTER IS CLOSED - HOLIDAY**
- 6) SWEET & SOUR CHICKEN, Sweet Potatoes, Broccoli Florets, Rye Bread, Bread Pudding or Diet Bread Pudding.
- 7) LOW SODIUM BEEF FRANKS, Baked Beans, Mixed Vegetables, Roll, Pineapple or Diet Pineapple.
- 8) SHEPHERD'S PIE W/GRAVY, Green Beans, Biscuit, Mandarin Oranges or Diet Mandarin Oranges.
- 9) BAKED HAM W/PINEAPPLE, Sweet Potatoes, Broccoli, Whole Grain Bread, Tropical Fruit or Diet Tropical Fruit.
- 10) CATFISH FILETS, Confetti Rice, Green Peas, Orange Juice Oatmeal Bread, Pudding or Diet Pudding.
- 13) FRENCH MEAT PIE W/GRAVY, Noodles, Spinach, Multi Grain Bread, Pears or Diet Pears.
- 14) **BIRTHDAY/ANNIVERSARY— ROAST PORK LOIN**, Oven Roasted Potatoes, Mixed Vegetables, Roll, Gingerbread Cake or Diet Gingerbread Cake.
- 15) MACARONI & CHEESE, Stewed Tomatoes, Peas, Rye Bread, Apricots or Diet Apricots.
- 16) COLD PLATE: TURKEY SALAD, Macaroni Salad, Lettuce & Tomato, Three Bean Salad, Orange Juice, Roll, Plum.
- 17) BAKED POLLOCK LOINS, Brown Rice, Beets & Onions, Orange Juice, Whole Grain Bread, Cookies or Diet Cookies.
- 20) COLD PLATE: CHICKEN SALAD, Potato Salad, Carrot & Raisin Salad, Multi Grain Roll, Apple.
- 21) MILD BEEF CHILI, Brown Rice, Wax Beans, Cornbread, Pineapple or Diet Pineapple.
- 22) VEAL PATTY W/GRAVY, Egg Noodles, Corn, Juice, Whole Grain Wheat Bread Jell-O or Diet Jell-O.
- 23) ROASTED TURKEY W/GRAVY, Mashed Potatoes, Peas & Mushrooms, Rye Bread, Peaches or Diet Peaches.
- 24) BAKED SALMON FILET, Wild Rice, Broccoli, Whole Grain Roll, Pie or Diet Pie.
- 27) BROCCOLI & CHEESE QUICHE, Potato Puffs, Spinach, Multi Grained Bread, Mixed Fruit or Diet Mixed Fruit.
- 28) BBQ CHICKEN, Mashed Potatoes, Whole Grained Bread, Corn Cobbets, Apricots or Diet Apricots.
- 29) COLD PLATE: EGG SALAD, Pasta Salad, Pickled Beets, Fresh Fruit (Melon).
- 30) SWEDISH MEATBALLS W/GRAVY, Egg Noodles, Carrots & Cauliflower, Orange Juice, Multi Grain Roll, Cake or Diet Cake.
- 31) FLORENTINE POLLOCK, Rice Pilaf, Broccoli, Rye Bread, Tapioca Pudding or Diet Tapioca Pudding.

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.

WESTMASS ELDERCARE, INC.
AUGUST MENU

- 1) CHICKEN MARSALA W/MUSHROOMS, Egg Noodles, Stewed Tomatoes, Multi Grain Roll, Peaches or Diet Peaches.
- 2) **BIRTHDAY/ANNIVERSARY— VEAL PARMESAN W/PASTA**, Peas, Juice, Garlic Bread, Cake or Diet Cake. Congregate: Tossed Salad.
- 3) COLD PLATE: CHICKEN SALAD, Three Bean Salad, Carrot & Raisin Salad, Whole Grain Bread Tropical Fruit or Diet Tropical Fruit.
- 4) ROASTED TURKEY W/GRAVY, Mashed Potatoes, Corn, Cranberry Sauce, Apricots or Diet Apricots.
- 5) TUNA NOODLE CASSEROLE, Mixed Vegetables, Multi Grain Bread, Orange Juice, Bread Pudding or Mixed Bread Pudding.
- 10) OVEN FRIED CHICKEN, Roasted Potatoes, Ratatouille, Whole Grain Bread, Fruit Cocktail, Diet Fruit Cocktail.
- 11) SPAGHETTI W/MEATBALLS, Garlic Bread, Mixed Vegetables, Pineapple or Diet Pineapple.
- 12) HAM W/PINEAPPLE SAUCE, Sweet Potato, Beets, Rye Bread, Mandarin Oranges or Diet Mandarin Oranges. Higher Sodium Meal (HMOW—PICNIC DAY)
- 13) **PICNIC DAY—HAMBURGER OR HOTDOG ON BUN/ROLL**, Baked Beans, Corn on the Cob, Cold Slaw, Potato Chips, Watermelon, Ice Cream or Diet Ice Cream.
- 14) BREADED CATFISH, Brown Rice, Spinach, Wheat Bread, Cake or Diet Cake.
- 17) COLD PLATE: EGG SALAD, Cucumber Salad, Carrot & Raisin Salad, Roll, Jell-O or Diet Jell-O.
- 18) BROCCOLI & CHEESE QUICHE, Rice Pilaf, Mixed Vegetables, Orange Juice, Whole Grain Roll, Mixed Fruit or Diet Mixed Fruit.
- 19) SHEPHERD'S PIE, Carrots, Biscuit, Pineapple or Diet Pineapple.
- 20) CHICKEN PATTY W/GRAVY, Rice Pilaf, Peas & Onions, Whole Grain Bread, Tropical Fruit or Diet Tropical Fruit.
- 21) POLLOCK LOINS, Brussels Sprouts, Au Gratin Potatoes, Multi Grain Bread, Pudding or Diet Pudding.
- 24) LIVER & ONIONS, Mashed Potatoes, Green Beans & Tomatoes, Multi-Grain Bread, Pears or Diet Pears.
- 25) MILD BEEF CHILI, Brown Rice, Winter Blend Vegetables, Biscuit, Pie with Topping or Diet Pie.
- 26) VEAL PATTY W/GRAVY, Mashed Potatoes, Mixed Vegetables, Multi Grain Roll, Mandarin Oranges or Diet Mandarin Oranges.
- 27) TARRAGON CHICKEN, Confetti Rice, Broccoli, Cranberry Sauce, Oatmeal Bread, Brownies or Diet Brownies.
- 28) MEATLOAF W/GRAVY, O'Brien Potatoes, Corn, Rye Bread, Fresh Fruit (Apple).
- 31) COLD PLATE: HAM SALAD, Pasta Salad, Cucumber & Onion Salad, Whole Grain Roll, Mixed Fruit or Pineapple or Diet Pineapple.

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PICNIC TIME! ☆
 ☆
WestMass ElderCare Summer Luau Picnic ☆
Tuesday, July 7, 2015 ☆
11:00 a.m.to 2:30 p.m.—(Reservation Needed) ☆
 ☆
South Hadley COA Picnic—Thursday—August 13th ☆
and ☆
Picnic Lunch for Home Delivered Meals will be on ☆
Wednesday—August 12th ☆
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<p>JULY 2015</p> 	<p>ROOM KEY B=Billiards Room CR=Card Room CE=Ceramics C2=Formerly Old Office C1=Conf. Room Off Library EX=Exercise Room DR=Dining Room L=Library</p>	<p>1 STUFFED PEPPERS W/ SAUCE 9:30 Grocery Shopping 10 Travel Club-C1 10:30 Osteoporosis Exercise-EX 1- Granby Card Group—DR 1 Mah Jongg-CE 1 Pitch-CR</p>	<p>2 TUNA FISH SALAD PLATE 10 Alzheimer's Support-C2 10 Travel Club-C1 1 Chip Poker—B 1 Quilting-CE 1 Scrabble-L</p>	<p>3 CLOSED Independence Day</p> 
<p>6 SWEET & SOUR CHICKEN 10 Music Appreciation 10 Tai Chi-EX 1 Canasta—DR 1 Pinochle- DR 1 Mah Jongg-CR</p>	<p>7 LOW SODIUM BEEF FRANKS WMEC Picnic/ Chicopee 12:45 Monthly Movie-EX 1 Bingo-CR 1 Needlecraft-CE</p> 	<p>8 SHEPHERD'S PIE/GRAVY 9:30 Grocery Shopping 10 Travel Club-C1 10:30 Osteoporosis Exercise-EX 1 Friend's Ice Cream Social & Entertainment (reservations needed) No Granby Card Group 1 Mah Jongg-CE/1 Pitch-CR</p> 	<p>9 BAKED HAM W/ PINEAPPLE 10 Travel Club-C1 12:30- 2 Blood pressure screening w/ nurse 1 Friends meeting 1 Chip Poker—B 1 Quilting-CE 1 Scrabble-L</p>	<p>10 CATFISH FILLETS 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>13 FRENCH MEAT PIE/GRAVY 9:30 Foot Nurse (by appt.) 10-2 Hampshire Mall Trip (reservations needed) 10 Music Appreciation 10 Tai Chi-EX 1 Canasta- DR 1 Pinochle- DR 1 Mah Jongg-CR 4pm COA Board meeting</p>	<p>14 ROASTED PORK LOIN BIRTHDAY & ANNIVERSARY LUNCH 1 Bingo-CR 1 Needlecraft-CE</p> 	<p>15 MACARONI AND CHEESE Travel Club Trip 9:30 Grocery Shopping 10 Brain Healthy Eating Presentation w/ Alecia Byrem from Armbrook, Village —CR 10 Travel Club-C1 10:30 Osteoporosis Exercise-EX 1- Granby Card Group—DR 1 Mah Jongg-CE/1 Pitch-CR</p>	<p>16 TURKEY SALAD PLATE 10 Travel Club-C1 1 Chip Paker—B 1 Quilting-CE 1 Scrabble-L</p> 	<p>17 BAKED POLLOCK LOINS 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>20 CHICKEN SALAD PLATE 10 Music Appreciation 10 Tai Chi-EX 1 Canasta—DR 1 Pinochle- DR 1 Mah Jongg-CR</p>	<p>21 MILD BEEF CHILI 10 Brown Bag 10 Lo-Vision Support- (Offsite) 11—3 SHINE (by appt.) 1 Bingo-CR 1 Needlecraft-CE</p> 	<p>22 VEAL PATTY/GRAVY 9:30 Grocery Shopping 10 Travel Club-C1 10:30 Osteoporosis Exercise-EX 1- Granby Card Group—DR 1 Mah Jongg-CE 1 Pitch-CR</p>	<p>23 ROAST TURKEY/GRAVY 10 Travel Club-C1 1 Chip Poker—B 1 Quilting-CE 1 Scrabble-L</p>	<p>24 BAKED SALMON FILET 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>27 BROCCOLI & CHEESE QUICHE 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>28 BBQ CHICKEN 1 Bingo-CR 1 Needlecraft-CE</p> <hr/> <p>TOWN TRANSPORTATION IS AVAILABLE MONDAY-FRIDAY 9-3BY APPOINTMENT ONLY</p>	<p>29 EGG SALAD PLATE 9:30 Grocery Shopping 10 Travel Club-C1 10:30 Osteoporosis Exercise-EX 1- Granby Card Group—DR 1 Mah Jongg-CE 1 Pitch-CR</p>	<p>30 SWEDISH MEATBALLS W/ GRAVY 10 Travel Club-C1 1 Chip Poker—B 1 Quilting-CE 1 Scrabble-L</p>	<p>31 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>

<p>3 CHICKEN MARSALA So. H. Sr. Travel Club Trip 10 Music Appreciation 10 Tai Chi-EX 1 Canasta- DR 1 Pinochle- DR 1 Mah Jongg-CR</p>	<p>4 VEAL PARMESAN/PASTA BIRTHDAY/ANNIVERSARY 11-3 SHINE (by appt.) 12:45 Monthly Movie-EX 1 Bingo-CR 1 Needlecraft-CE</p> 	<p>5 COLD CHICKEN SALAD PLATE 9:30 Grocery Shopping 10 Travel Club-C1 10:30 Osteoporosis Exercise-EX 1- Granby Card Group—DR 1 Mah Jongg-CE 1 Pitch-CR</p>	<p>6 ROAST TURKEY / GRAVY 10 Alzheimer's Support-C2 10 Travel Club-C1 1 Quilting-CE 1 Scrabble-L</p>	<p>7 TUNA NOODLE CASSEROLE 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>10 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>11 SPAGHETTI / MEATBALLS 11-3 SHINE (by appt.) 1 Bingo-CR 1 Needlecraft-CE</p>	<p>12 HAM/PINEAPPLE SAUCE HMOW PICNIC 9:30 Grocery Shopping 10 Travel Club-C1 10:30 Osteoporosis Exercise-EX 1- Granby Card Group—DR 1 Mah Jongg-CE 1 Pitch-CR</p> 	<p>13 COA PICNIC HAMBURGERS/HOTDOGS HMOW HAM 10 Travel Club-C1 12:30- 2 Blood pressure screening w/ nurse 1 Quilting-CE 1 Scrabble-L</p>	<p>14 BREADED CATTFISH 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>17 COLD EGG SALAD PLATE 9:30 Foot Nurse (by appt.) 10 Music Appreciation 10 Tai Chi-EX 1 Pinochle-DR 1 Canasta-DR 1 Mah Jongg-CR</p>	<p>18 BROCCOLI & CHEESE QUICHE 10 Brown Bag 10 Lo-Vision Support-CR 1 Bingo-CR 1 Needlecraft-CE</p> 	<p>19 SHEPHERD'S PIE 9:30 Grocery Shopping 10 Travel Club-C1 10:30 Osteoporosis Exercise-EX 1- Granby Card Group—DR 1 Mah Jongg-CE 1 Pitch-CR</p>	<p>20 CHICKEN PATTY/GRAVY 10 Travel Club-C1 1 Quilting-CE 1 Scrabble-L</p>	<p>21 POLLOCK LIONS 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>24 LIVER & ONIONS 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>25 MILD BEEF CHILI 9 Newsletter Collating 1 Bingo-CR 1 Needlecraft-CE</p>	<p>26 VEAL PATTY / GRAVY 9:30 Grocery Shopping 10 Travel Club-C1 10:30 Osteoporosis Exercise-EX 1- Granby Card Group—DR 1 Mah Jongg-CE 1 Pitch-CR</p>	<p>27 TARRAGON CHICKEN 10 Travel Club-C1 1 Quilting-CE 1 Scrabble-L</p> 	<p>28 MEATLOAF W/ GRAVY 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>31 COLD HAM SALAD PLATE 10 Music Appreciation 10 Tai Chi-EX 1 Canasta- DR 1 Pinochle- DR 1 Mah Jongg-CR</p>	<p>IN TOWN TRANSPORTATION IS AVAILABLE MONDAY-FRIDAY 9-3 BY APPOINTMENT ONLY</p> 	 AUGUST 2015		<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>ACTIVITIES TO RESUME IN SEPTEMBER Beginning Exercise—9/8 Choralites—9/9 Veteran's Group—9/10 Golden Agers—9/3</p>

IN MEMORIAM

IN MEMORY OF:

FROM:

NUTRITION GIFT ACCOUNT:

CAROL E. CRAIG, M.D. Carol Griffin

GEORGE R. PERREAULT Ann M. Andras
George & Mary Hojnoski
Mary & Richard Rys
Holyoke Pediatric Associates
Joanne Trybus
Michael Guarco
Gail (Perreault) Oparowski
Ellen Manolakis

GEORGE PELC Alice Pelc & George Pelc, Jr.

MARGARET POITRAS Clement Poitras

TOM TETLOW Irene Tetlow

SHIRLEY DEMERS Jean & Phyllis Lacoste
Alice Pont

CHESTER "CHET" TOWNE Ann M. Andras

NEW SENIOR CENTER FUND:

CAROL E. CRAIG, M.D. John & Mary Osgood
Ann M. Andras
Philippa Goold
Pearl H. Edwards

CHESTER "CHET" TOWNE Claire Bielanski

FREDERICK BACH Jim Procon

COLLEEN RONDEAU Michael Koske

EMERGENCY FUND:

GABRIELLE "TOOTSIE" LACHAPPELLE
Theresa Van Belle

ROBERT M. BERTRAM Hugh Hutton &
Cynthia Charette

NEWSLETTER:

ROBERT M. BERTRAM Alvord Place
Communities

MARIE CECILE TETREAULT David & Lucille
Bellefeuille

IN MEMORIAM

IN MEMORY OF:

FROM:

SUBSIDIZED SENIOR TRANSPORTATION:

RALPH David Perwak

HERBERT SHUMWAY Jennie Cwieka

ACTIVITIES ACCOUNT:

BILL BIELANSKI Claire Bielanski

SIMONE DESJARDINS Leo Desjardins

MOTHER'S GARDEN:

REGINA THEREAULT Noella Loiselle

VIRGINIA "GINNEY" RUSSELL Patricia Nelen

COMPUTER LEARNING CENTER:

LUCILLE THORPE Claire Bielanski

RICHARD HEBERT Computer Group

SERVICES ACCOUNT:

MARY CLEMENT-ALLEN Brad Allen

SHIRLEY DEMERS Jennie Cwieka

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Susan Lewinski

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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"/> Emergency Fund | <input type="checkbox"/> Mothers' Garden |
| <input type="checkbox"/> Minibus (Future Purchase) | <input type="checkbox"/> Computer Class | <input type="checkbox"/> "Lights On" |
| <input type="checkbox"/> Subsidized Senior Transportation | <input type="checkbox"/> Caregivers Gift Acct. | <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"/> New Senior Center | |

"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.

NEWSLETTER DONATIONS

Another fiscal year begins on July 1st for the newsletter gift account. South Hadley continues to be one of the few remaining communities where newsletters are mailed to individual homes, free of charge. It is only through the generous donations of the businesses that place ads, the support of the Executive Office of Elder Affairs, volunteer assistance and the many generous donations throughout the year that the free mailing is made possible. People who live out of town must pay \$10.00 per year to cover the mailing expenses. Patrick Labonte volunteers well over 20 hours every month to print the publication. This teamwork demonstrates that many hands working together make for efficient and economical service. Please know your donations are sincerely appreciated. Some people give many times throughout the year and your generosity is greatly appreciated.

The majority of individuals who receive the newsletter find it educational and informative. I am always open to suggestions. However, if you have no interest in the newsletter, please notify us so we can take your name off of the mailing list. The newsletter is also available on the Town of South Hadley website.
Joanne



**FRIENDS OF THE ELDERLY, INC.
ICE CREAM SOCIAL**

The Friends of South Hadley Elderly, Inc. will be hosting their annual ice cream social on Wednesday, July 8th at the South Hadley Senior Center at 1 p.m. The Social will start with entertainment by Jimmy Mazz courtesy of the Friends of South Hadley Elderly, Inc. Call 538-5042 and make your reservation early. Please let the receptionist know if you want strawberry, butter-scotch or chocolate topping.

SUMMER MINIBUS TRIPS (minimum of 5 passengers)
Monday, July 13th there will be a trip to the Hampshire Mall in Hadley from 10 a.m. until 2 p.m. Through the generosity of donations made to the Subsidized Senior Transportation Account there will be no charge for this trip. Call 538-5042 to sign up. If you have questions, contact Lisa Napiorkowski, Asst. Dir. at Ext.203.

.....
 "Never Look Down Upon A Person Unless You Are
 Helping Them Up!" author unknown

COA PROGRAMS & SERVICES

FORMS, ETC. AVAILABLE AT THE

SENIOR CENTER

There are many forms which we have at the Senior Center to assist you. Unless a price is stated, it is free. Many other places would charge you, so take advantage of what we have to offer.

- Homestead Protection forms are available for those 62+ and disabled persons of any age (\$500,000/person) and an individual under 62 for \$500,000 on the home. There is a \$35.00 filing fee payable to the Registry of Deeds. These protect you from losing your home due to a lawsuit. You must be the owner of the home to file a homestead.
- Health Care Proxy is available for you to choose your health care agent and treatment. There are many choices in life support; it is important that your family know your wishes.
- Cable Discount Informational letters on how to file for a cable discount are available for those 62+, heads of households receiving SSI or Medicaid, Mass. Fuel Asst. or seniors living in public housing. A \$2.00 discount is available for the Expanded Basic Tier component of service. Documents proving age, Head of Household status or Benefits (Mass. Health Card, Mass. Fuel Asst.) are also required.
- FILE OF LIFE A magnetic holder to keep on your refrigerator door with your updated emergency & medical information available to responding emergency technicians. A compact size is also available to keep with you at all times in a wallet or purse. Replacement inserts are available for both.

Many programs and services are available at the Senior Center. If you are looking for information on Volunteer opportunities or a tour of the building, please call Doreen McDonald at 538-5042, Ext. 205. If you require assistance with forms, Prescription Advantage (a Massachusetts support program for Medicare Part D), applications for Brown Bag or Fuel Assistance, personalized transportation service, chores, information on the various support groups, food stamps (SNAP), home care assistance or general information about nursing homes or rehab facilities, please call and ask for Ann Andras, Ext. 206. For minibus transportation questions, call Lisa Napiorkowski at 538-5042, Ext. 203. A full list of staff is shown on Page 11. In our library we have lots of books, some large print. There is a puzzle table with two puzzles going at most times or to borrow and do at home. There are coupon boxes where we keep the many coupons that our volunteers clip, sort and file. There are magazines and local newspapers.

We collect eye glasses for the Lions Club and Campbell Soup labels (and other company products) for Plains & Mosier Schools and tabs from cans for the Shriners.

A billiards room is open from 8-4:30.

In the lower hall by the entrance door there is a "free" table that people really enjoy. If you have items that are still usable (no shoes, broken, electronic, electrical, dirty or impractical items please) bring them to the free table or come and look at what we have available.

In the spring and fall new and/or gently used items are on sale for a low price through the Friends of South Hadley Elderly, Inc. Boutique.

TRIAD



TRIAD is a volunteer group made up of senior citizens, law enforcement and service providers to increase safety through education and crime prevention. Our S.A.L.T. (seniors and lawmen together) meets the last Tuesday of every month, September through May or June at 9 a.m. at the S. Hadley Police Station conference room. New members are welcome.

One project is the "ARE YOU OK?" a computerized calling program housed at the Police Department and an automatic call to check on individuals enrolled in the program.

Other projects include house numbers, educational presentations, and Files of Life.

"SUMMERTIME IS ALWAYS THE BEST OF WHAT MIGHT BE."
Charles Bowden

VOLUNTEER OPPORTUNITIES-if you are interested, we have many ways you can spend some quality time helping the Council on Aging. We need nutrition volunteers, kitchen volunteers, newsletter volunteers, data entry people, decorators, office volunteers and many other various slots you can fill if you would like to share some of your time. Call Doreen at 538-5042, Ext. 205.

EDUCATION PROGRAMS- our goal is to have at least one program monthly. The subject varies but we are always looking for new ideas.

HEALTH EQUIPMENT-is available for loan for 3 months, no charge. If possible, please call 538-5042 prior to stopping by so one of the staff may have the equipment ready.

EXERCISE PROGRAMS-all exercise programs require a physician's permission slip to participate.

WELCOME TO LIVING FULLY-OVER 55

A new series of introductory classes at Holyoke Community College responding to the needs, questions and concerns of those on either side of 60 as they contemplate their path forward. (fall 2015-spring 2016)

Western medicine has developed the means and the mindset to "fix" ailments allowing for a more lengthy "third chapter of life" than many anticipated. Most people are unprepared unless he or she has been involved with care giving or decision making for aging loved ones. Some may have been well influenced by the demonstration of positive aging.

Given the choice of a possible 30-year period how does one live fully? If physiological "decline" shows up "how do you want to age with wisdom and grace?"

This program is an opportunity to explore life through conversations and learning resources geared to conscious aging and maintaining a vital third chapter of life.

The Living Fully—Over 55 program series is the result of a collaboration between Dean Ken White, Dept. of Community Services at HCC, local topic experts, and Martha Johnson, life journey mentor and HCC instructor.



SO. HADLEY COUNCIL ON AGING

Computer Learning Center

at the South Hadley Senior Ctr.

45 Dayton St., So. Hadley, MA 01075

Telephone: (413) 533-6889

At the Computer Learning Center, we have received many favorable comments about the courses we offer. A recent student said that he was thrilled with what he had learned at the classes that he attended. A couple said that our Center has "the best teaching methods." So, if you are interested in learning new skills or refreshing your skills, come and join us. We will be attempting to schedule the following classes: Excel 8.1 and Introduction to Computers. Individual tutoring is also available. Please call (413)533-6889 and leave your name, your telephone number and the best time to call you stating the course that interests you. We will call you with the details as soon as possible.

FLU VACCINATION UPDATE

Flu shots will only be available this October at the annual Senior Center and Town Hall clinics. The Massachusetts Department of Public Health will no longer supply vaccine for any insured residents. The Rite Aid Pharmacy will be providing the vaccine for these clinics.

There will be two changes: Insurance information will need to be provided at the time of the clinic and there will not be any option of coming into the nurse's office at a later date to get the vaccine. Residents are advised to utilize their primary providers or local pharmacies if they are unable to come to the scheduled clinics. The Flu Vaccination Clinic will be held at the South Hadley Senior Center on Thursday, October 22, 2015 from 9 a.m. until 1 p.m.

4 OF THE BEST EXERCISES YOU CAN EVER DO

Swimming might be called the perfect workout because the buoyancy of the water supports your body and takes the strain off painful joints.

Tai Chi the Chinese martial art incorporates movement and relaxation so good for body and mind. It has been called "meditation in motion" by some. It is good for older people because of the balance component.

Strength training is the way to keep the muscles strong. Be sure to learn the proper form and start with light weights, 1 or 2 pounds and increase the weight if the lifting becomes easy after 12 repetitions.

Walking is simple but powerful. All that is needed is a good pair of supportive shoes. Start with a 10-15 minute walk until you can work up to a 30-60 minute daily walk.

Source: Harvard Medical School Healthbeat, Jan. 16, 2014



BRAIN HEALTHY EATING

On **Wednesday, July 15th at 10 a.m.** in the Card Room, Alecia Byrem, Director of Community Relations at Armbrook Village a Senior Living Residence in Westfield will do a presentation

on the relationship with a healthy brain and a good diet.

Several large scale scientific studies of the Mediterranean Diet, as well as smaller studies on specific foods and spices, point to the important role played by diet in the cause, prevention and management of Alzheimer's disease. A healthful diet is now widely acknowledged to boost overall brain health and cognitive function and even potentially delay the onset of dementia symptoms and Alzheimer's. The Mediterranean Diet has also been proven to reduce strokes, heart attacks and deaths due to heart disease. Finally, because it helps to regulate blood sugar, it is great for seniors managing diabetes.

At Senior Living Residences, we are proud to be the first Assisted Living company in the nation to create a research-based nutrition program focused on the documented connection between diet and brain health. Our program was in development for three years and launched in 2009, just as the first widely reported large scale study on the Mediterranean Diet was concluded!

Learn how a healthy diet improves body and brain health and may slow the progression of Alzheimer's Disease.

Please call 538-5042 to register for this program.

DOREEN'S INFO

Summer is here! Time to enjoy the beautiful weather, As Nat King Cole would sing, "Roll out those lazy, hazy, crazy days of summer. Dust off the sun and moon and sing a song of cheer". Summer is my favorite season and for me it goes by much too fast. But there are things that one needs to be aware of. The hot and humid weather this season brings can take a toll on us. Being in an air conditioned environment can help. The South Hadley COA is a "Cooling Shelter", so don't hesitate to come and visit.

In May the Choralites ended their "season" with their Spring Concert. This was a cheerful event and toes were tapping. Our annual event, "90+ celebrations" held in June was well attended. We all were inspired by the celebrant's energy.

Here are some dates to mark on your calendar for the months of July and August.

July 3 – Center is closed

July 7 - Monthly movie

WMEC picnic/ Chicopee

July 8 – Friends Ice Cream Social @ 1pm
w/ Jimmy Mazz

(Reservations needed)

July 9 – Friend's of the Elderly meeting

July 14 - Birthday/Anniversary Lunch

(Reservations needed)

July 15 – Brain Healthy Eating

July 21 – Brown Bag

Lo Vision (off site)

August 4 – Birthday/Anniversary Lunch
(Reservations needed)

Monthly movie

August 12 - HMOW PICNIC

August 13 - COA PICNIC (Reservations needed)

These are the activities that will be resuming in September Beginning exercise - September 8th, Choralites – September 9, Veteran's group – September 10, Golden Agers – September 3rd

If you are turning 60 or know of someone who is , or you are new to South Hadley and looking for activities, interested in meeting new people, would like a " home styled " cooked meal, please contact me. I would be happy to give you a tour of our center.

I am in need of volunteers to help in the dining room Please call me if you are interested in volunteering. My contact information is 538-5042, ext 205. I would like to welcome our newest volunteers Abby Johnson and Jeanne Garon. In May our volunteers logged 1343.5 hours. Thank you to all and continue to have a great summer.

Doreen

SOUTH HADLEY COA STAFF:

Director: Joanne Trybus

Assistant Director: Lisa Napiorkowski

Social Services Coordinator: Ann Andras

Activity/Volunteer Coord.: Doreen McDonald

Food Service Coordinator: Billy Poe

Office Clerks: Ola Herbert and Kathy Gallivan

Assistant Cook: Jim Tomlinson

Home-Delivered Meals Coord.: Rick Dufault

Sub Hot Meals Coordinators: Alice Pont

Minibus Driver: Richard Carrigan

Substitute Minibus Drivers: Rick Dufault

Roger Duval

Paul Grennon

Hot Meals Drivers: Herb Baker

Nancy Blodgett

Rick Dufault

Maryanne Fredette

Linda Tenkate

Sub Meals Drivers: Linda Callahan, Sal Canata

Sub Cook: Herb Baker, Paul Grennon

Office Senior Aide: position vacant

Nutrition Senior Aide: Bethany Brennan Moffat

Chores: Rick Landry

SHINE COUNSELOR: Eileen Burke

WestMass ElderCare Executive Board: Ken Ellis

WestMass ElderCare Advisory Council:

Joanne Chuslo, Dorothy Martin, vacancy

PVTA Advisory: Marilyn Ishler

Triad Chair: Donna Robideau

Travel Club Chairperson: David Bellefeuille

Friends President: Sheila Adams

So. Hadley COA Computer Class Coordinator:
Lillian Dunn

Newsletter Printer: Patrick Labonte

**AND NUMEROUS DEDICATED, LOYAL AND
HARDWORKING VOLUNTEERS**

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