

# COUNCIL ON AGING

South Hadley Massachusetts

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

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## THE GOLDEN CHRONICLE

**OCTOBER 2015**

**Chairperson: Gail Bielizna-Pafford**

**Social Service Coordinator:**  
 Ann Andras  
 aandras@southhadleyma.gov  
 WebSite: www.southhadleyma.gov

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### HAPPY HALLOWEEN

Our Halloween Party will be held on **Wednesday, October 28th** at lunch. The suggested donation is \$2.25. For guests under 60 the charge is \$3.00. The menu is beef tips & sauce, scalloped potatoes, peas, rolls, and cake. Please make your reservation by calling 538-5042. **Reservations will be accepted beginning on Friday, October 2nd at 8 a.m.** You are encouraged to **COME IN COSTUME** and add to the festivities. Please plan on arriving by 11:30 a.m. For those who do come in an actual costume, there will be a prize courtesy of The South Hadley Friends of the Elderly, Inc. as well as a contest and the top 3 most outstanding costumes will win an additional prize. At 1 p.m. Davis Bates will perform Halloween Harvest: Seasonal songs and stories. The event is partially funded by the S. Hadley Cultural Council, supported by the Mass Cultural Council.

Daily nutritious & delicious lunch -11:45 a.m. - 12:15 p.m. in the Senior Center Dining Room. Please reserve your meal by 1 p.m. of the previous day by calling **538-5042**. Monday reservations should be made by Friday. Meals should be cancelled by 9 a.m. each day. Suggested donation \$2.25 for persons 60 and over. **Guests under 60 must pay a charge of \$3.00.** FEDERAL GUIDELINES SPECIFY THAT FOOD MUST NOT be taken from the lunch site. The only exceptions are bread, fruit, milk or non-perishable items.

### South Hadley Senior Travel Club

**Wed., October 7, Foxwoods Casino trip, with full casino package PLUS** general admission seats for the matinee performance of the Rat Pack. **Cost, \$74.00. Only a few seats left. Call David Bellefeuille, 533-7724.** **Tuesday, November 10, Twin River Casino with full casino package. Cost, \$26.00. Call Howie Walsh, 593-6286.** **Thursday, December 10, The Aqua Turf Holiday Show featuring the world famous Glenn Miller orchestra. Cost, \$90.00. (currently full but taking names for a wait list). Call Judy Fortier 534-3598.** **Tuesday, January 19, 2016, Mohegan Sun casino with full casino package. Cost, \$23.00. Call Howie Walsh, 593-6286.** **Tuesday, February 16, 2016, Twin River Casino, with full casino package. Cost \$26.00. Call Howie Walsh, 593-6286.** A player's card or Picture ID required for all casino trips. **2016 Coming attraction: 4 Day Penn Dutch Tour, Tues., May 17 to Fri., May 20.** Includes The NEW Sight and Sound production of SAMSON, 3 nights at the luxurious CORK FACTORY HOTEL, 3 breakfasts/dinners, guided Amish VIP tour of an Amish home, farm and schoolroom. A 5 mile narrated HORSE-DRAWN CARRIAGE RIDE through the Amish countryside. Special bonus, a day in GETTYSBURG. Includes a riding tour of the Battlefield, visit to the new museum and visitors center. Dinner at the historic DOBBIN HOUSE TAVERN. Total Cost \$579.00. Call Susan Canedy, 536-2106 or Judy Fortier, 534-3598. **Full payment due when booking 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.**

**FRIENDS OF SO. HADLEY ELDERLY, INC.**

**CRAFT FAIR**

**SATURDAY, OCTOBER 17TH**

**9 A.M. TO 2 P.M.**

**SOUTH HADLEY SENIOR CENTER**

**45 DAYTON STREET**

**LUNCH AVAILABLE TO PURCHASE**

**HOMEMADE BAKED GOODS WELCOMED**

## NOTES FROM THE DIRECTOR

Nature has blessed us with a beautiful end to summer with warm, sunny days. Although I am not a big fan of winter, I do love the four seasons and cannot imagine living anywhere besides New England. As the seasons change so do things at the Senior Center. I want to express my thanks to Peg Ryan as she steps down from packing the HDM. She has been a part of the program since the beginning.

Speaking of change, another change is coming in the Nutrition Program. Effective October 1st ONLY 1% MILK will be served. The option of whole milk will end. Not only is it healthier each carton is one cent less. The nutrition contract is very competitive and the South Hadley Council on Aging will receive a 1% increase in the first and second years of the three-year contract. A 1 1/2% increase will be allowed in the third year. With the mandate to use paper products instead of Styrofoam, the 1% increase will not go far in addition to the constantly increasing costs of groceries, etc. PLEASE NOTE: A note was placed in the suggestion box questioning the times lunch is served as well as the donation policy. The serving time is from 11:45 until 12:15 unless there is a special lunch. It is a suggested DONATION and no one can be forced to pay for lunch and NO ONE should be watching either.

Another change coming to our Senior Center will be the tracking software used to record annual statistics for the Executive Office of Elder Affairs. Beginning in the month of October "My Senior Center" will be used and I apologize in advance if you experience any inconvenience. Information will be required to design the individual scan cards that will be used for the computer. I believe it will be a "fun" task as you touch the screen to indicate the activities you will participate in each day. Staff and/or volunteers will be available to assist you. It is a long overdue program. Almost every neighboring Center is already using it. The expense has been funded by the Formula Grant and some Activity Gift funds. I anticipate everyone's full cooperation with this new and exciting program.

I want to thank the staff of Hitchcock Press for producing the newsletter ad page, the advertisers for their loyal support and the community for donations to the newsletter account. Please let us know if **you travel south for the winter so your newsletter will not get mailed. If you wish, you may have the newsletter sent to your winter mailing address.**

Happy Fall!



### LOW-VISION SUPPORT GROUP

Do you know someone who is blind or visually impaired? The Low-Vision Support Group meets on the third Tuesday of the month. Please call the South Hadley Council on Aging for more information at 538-5042.

### SPECIAL THANKS TO:

- \*\*Leslie Dickinson for the weekly baked goods
- \*\*Theresa Brindamour for the box of tea bags
- \*\*Ann Wood for the Christmas tablecloth

WISH LIST: Hand sanitizers

**TITLE III GRANTS BEGIN ANOTHER FISCAL YEAR IN OCTOBER.** Special thanks to WestMass ElderCare for providing these grants through older American Act Funding.

**\*\*ALZHEIMER'S CAREGIVERS SUPPORT GROUP** begins Thursday, October 1st for 8 consecutive weeks. Please call Joanne at 538-5042, Ext. 204 or Ann at Ext. 206 if you have not attended one of these meetings. You must have an interview with the facilitator before participating.

**\*\*COMPANION/ESCORT TRANSPORTATION** (personal vehicle transportation with assistance) begins October 1st. Call Ann at 538-5042, Ext. 206 for more information.

**\*\*CHORES/SNOW REMOVAL** applications are being taken as there are some guidelines and reduced funding. If you need assistance with snow plowing call Ann at 538-5042, EXT. 206.

**\*\*DIABETIC SUPPORT GROUP** begins Wednesday, October 14h at 1—2:30 p.m. This year the group is funded in part by the FY 2016 Formula Grant and the COA Activity Gift Accounts. Join Jean Klepacki, RD, LDN, CDE and Jeanette, a Dietetic intern for an interactive session on "Planning Healthy Snacks and Smoothie Recipes." Please call 538-5042 to register.

### FLU SHOTS

#### CHANGES FOR FALL 2015

The Massachusetts Department of Public Health will no longer provide flu vaccine to any insured residents. They will only supply vaccine to use on uninsured residents and children. If you have any type of health coverage, the State is requiring residents to get their vaccine from their doctor's office or one of the local pharmacies. Medicare and many insurances will cover the cost of the flu vaccine. The South Hadley Senior Center will be hosting a **flu vaccine clinic provided by Rite Aid on Thursday, October 22nd from 9 a.m.—1 p.m.** in the Craft and Card Rooms. Medicare or insurance cards will be required.

The COA minibus provided 535 rides during the month of August 2015.

"The discontent and frustration that you feel is entirely your own creation." Stephen Richards



## Outreach News

by Ann M. Andras  
Social Service Coordinator

### Fuel Assistance 2015-2016



When the temperature of the day reaches into the 90's it's difficult to imagine what the winter ahead will bring! This is the **best** time to apply for Fuel Assistance. I have already begun to see many elders who have received their re-certification packet in the mail. Natural gas and electric customers will be receiving their applications soon. Here are the financial guidelines for 2015/2016 heating season:

<u>Family Size</u>	<u>Income Limit</u>
1	\$33,126
2	\$43,319

#### Who Should Apply:

- Renters and homeowners who pay their own heat.
- Renters whose heat is included in their rent.

**Please Note:** Residents who are living in subsidized housing do not qualify for Fuel Assistance.

#### What Documents do I Need to Bring to my Fuel Appointment:

- A Photo ID
- Proof of **ALL** Income ( Social Security Award Letter, Pension Notice, Wages, interest/dividends and IRA Distributions)
- A Current Bank Statement
- If renting, a Copy of the Lease
- Current Mortgage Statement
- Real Estate Tax Bill
- Homeowner's Insurance Premium
- A Fuel Bill showing Name and Address
- Condo fee

If you would like help with your fuel application, or to answer any related questions, please call Ann at 538-5042 extension 206. Appointments are required, so that I can devote the necessary time to each senior. I should have applications after September 28th for any elder who will be applying for the first time.

*Ann*

**Just a thought.....** "Enjoyment is not a goal; it is a feeling that accompanies important ongoing activity."

Paul Goodman

#### 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 ( <i>Future Purchase</i> ) | <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 Gift Card Fund |
| <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. OCTOBER MENU

## *Aging and Taste Perceptions*

Christy Maxwell, MS, RDN, LDN  
WestMass ElderCare Nutritionist

- 1) CHEESE LASAGNA W/SAUCE, Zucchini Blend, Garlic Bread Juice, Tropical Fruit. Or Diet Tropical Fruit.
- 2) BREADED POLLOCK LOINS, Scalloped Potatoes, Beets, Whole Wheat Bread, Pineapple or Diet Pineapple.
- 5) BBQ CHICKEN, Baked Potato, Multi Grain Bread, Mixed Vegetables, Bananas.
- 6) BIRTHDAY/ANNIVERSARY-FRENCH MEAT PIE W/GRAVY, Egg Noodles, Whole Grain Roll, Spinach, Cake or Diet Cake.
- 7) COLD PLATE: CHICKEN SALAD, Macaroni Salad, Rye Bread, Three Bean Salad, Juice, Apple.
- 8) ROASTED TURKEY W/GRAVY, Mashed Potatoes, Corn, Cranberry Sauce, Fruit Crisp or Diet Fruit Crisp.
- 9) FLORENTINE POLLOCK, Rice Pilaf, Whole Grain Bread, Green Beans, Juice, Apricots or Diet Apricots.
- 12) CENTER IS CLOSED - COLUMBUS DAY HOLIDAY
- 13) HAMBURGER, Potato Puffs, Roll, Corn, Pineapple or Diet Pineapple.
- 14) LIVER & ONIONS, Mashed Potatoes, Multi Grain Bread, Green Peas, Pears or Diet Pears.
- 15) MEATLOAF W/MUSHROOM GRAVY, Au Gratin Potatoes, Whole Wheat Bread, Broccoli & Cauliflower, Pudding or Diet Pudding.
- 16) COLD PLATE: TUNA SALAD, Pasta Salad, Carrot & Raisin Salad, Multi Grain Roll, Juice, Apple.
- 19) OVEN FRIED CHICKEN, Roasted Potatoes, Rye Bread, Ratatouille, Pears or Diet Pears.
- 20) GRILLED HAM & CHEESE SANDWICH, Wild Rice, Broccoli & Cauliflower, Peaches or Diet Peaches.
- 21) SHEPHERD'S PIE W/GRAVY, Corn, Biscuit, Juice, Brownie or Diet Brownie.
- 22) STUFFED CABBAGE W/SAUCE, Mashed Potatoes, Whole Grain Bread, Carrots, Jell-O or Diet Jell-O.
- 23) FIESTA POLLOCK, Egg Noodles, Mixed Vegetables, Juice, Pineapple or Diet Pineapple.
- 26) MILD BEEF CHILI, Rice, Cornbread, Broccoli, Apricots or Diet Apricots.
- 27) HAM W/RAISIN SAUCE, Sweet Potatoes, Rye Bread, Beets & Onions, Mandarin Oranges or Diet Mandarin Oranges.
- 28) HALLOWEEN LUNCHEON—BEEF TIPS & SAUCE, Scalloped Potatoes, Roll, Peas, Cake or Diet Cake.
- 29) TERIYAKI CHICKEN, Rice Pilaf, Whole Grain Bread, Wax Beans, Pineapple or Diet Pineapple.
- 30) STUFFED SHELLS W/TOMATO SAUCE, Italian Blend Vegetables, Garlic Bread, Orange Juice, Mixed Fruit, Cookies or Diet Cookies.

On average, adults have over 10,000 taste buds in the mouth responsible for our five unique taste observations: sweet, sour, bitter, salty, and umami (pronounced oo-ma-me) which is savory. However, taste buds are not the only contributors to our sense of taste. Did you know that our sense of smell accounts for approximately 80% of the taste sensation? We're all aware of how a stuffy nose can ruin the taste of our favorite meal. The taste of sweetness from sugar may be there, but the flavors of mint and cinnamon would be absent since these perceptions come primarily from our sense of smell.

The olfactory system (our sense of smell) begins to diminish around age 50, and continues its downward trajectory with each subsequent decade. It is estimated that 75% of people over age 80 have evidence of major olfactory impairment, which negatively impacts the sense of taste. Many medical conditions can also affect the sense of taste and/or smell. In addition to normal aging, neurological conditions such as Alzheimer's disease, Multiple Sclerosis, Parkinson's disease, as well as endocrine disorders such as Diabetes, hypothyroidism, and Cushing's syndrome are known to adversely affect one's taste/smell perception. Nutritional deficiencies of micronutrients such as zinc, vitamin B<sub>12</sub>, and niacin (B<sub>3</sub>) can also contribute to the loss.

Reduced taste acuity affects the elderly on many levels. A higher incidence of depression and anxiety are reported among those with a decreased sense of taste and/or smell. Imagine not being able to smell your morning coffee or flowers in springtime. A lack of taste also leads to appetite suppression which can result in weight loss, malnutrition, impaired immunity, and an exacerbation of current medical conditions. In more severe cases, there may be the inability to detect a gas leak in your home, or food spoilage which could result in food poisoning.

If you are experiencing a reduction in taste and/or smell, or if you suspect this could be a concern for someone you know, it's important to obtain a proper diagnosis. There are a number of ways to manage this condition and reduce the risk of its negative consequences and subsequently improve your quality of life.

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.

## IN MEMORIAM

**IN MEMORY OF:**

**FROM:**

**NEW SENIOR CENTER FUND:**

J. J. DOHERTY	Bud Andras
PAT JOHNSTON	Jack Johnston
BERNARD WHALEN, SR.	Bob Bontempo
EDWARD F. MORIARTY	Bob Bontempo
RUTH DESJEUNES	Don Desjeunes
FREDERICK BACH	James M. Procon

**COMPUTER LEARNING CENTER:**

KENNETH LANDRY      Computer Learning Group

## IN MEMORIAM

**IN MEMORY OF:**

**FROM:**

**CAREGIVERS GIFT FUND:**

ROBERTA "BOBBY" STATHIS      Lauren Levreault

**SUBSIDIZED SENIOR TRANSPORTATION:**

RALPH      David Perwak

**MOTHER'S GARDEN:**

DONNA POTVIN      Janie Brochu

**CHRISTMAS BASKET:**

ROSE PHANEUF      Gloria Labonte

LAURETTA INKEL      Gloria Labonte

PAT ROOT      Gloria Labonte

### SO. HADLEY FRIENDS OF THE ELDERLY CRAFT FAIR



The Friends of South Hadley Elderly will hold its annual Craft Fair on Saturday, October 17th between 9 a.m. and 2 p.m. The event will be held at the South Hadley Senior Center, 45 Dayton Street. This is one of our largest fundraisers that allow us to provide funds to the Council on Aging for the special activities, luncheons, parties, equipment, and other items not available through their operating budget. Vendors include jewelry, knitted items, woodcrafts, greeting cards, holiday decorations, quilted items—a wide variety. There is also a bake sale (and we always appreciate your donations of baked goods). These can be dropped off at the Senior Center Friday afternoon or early Saturday morning. Light lunch items will also be available.

### FALL/WINTER FRIENDS BOUTIQUE

As we told you in last month's Chronicle, the "Friends Boutique" will be reopening in October with our fall and winter merchandise. Hours of operation are 10:00 a.m. to 1:00 p.m. on the following dates: October 5, 13, 21, and 29. The Boutique is located in the rear hall of the Senior Center. Although we do not stock children's clothing, there are fashions for both men and women. You don't have to be "old" to buy at the Boutique! Dates for future months will be in later issues of the Chronicle and posted on Channel 15.

### SHINE Open Enrollment Fall 2015 for 2016

It's that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO or PPO), you should receive a notice from your plan by the end of September. That notice outlines changes to be made to your plan for 2016: *it is important to review, understand and save this information!*

During Medicare Open Enrollment, from October 15<sup>th</sup> to December 7<sup>th</sup>, you will be able to change your plan for next year. If you would like help understanding your upcoming changes and options, a trained SHINE counselor is available to offer FREE and CONFIDENTIAL counseling on all Medicare and related health insurance programs. Learn more about how SHINE can help you: call our senior center now at (413) 538-5042!

### COUNCIL ON AGING BOARD MEMBERS

Gail Bielizna-Pafford	Chairperson
Judith Fortier	Vice Chairperson
Sarah Gmeiner	Secretary

Sheila Adams, Doris Bibeau, Mary Billon, Eileen Burke, Carlene Hamlin, Donald Lever, William Schenker



SOUTH HADLEY SCHOOL DISTRICT  
CONSTRUCT YOUR CITY

shdtr-estck-245212649

### NEW SENIOR CENTER FUND

**\$53,648.44**

2015



**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

**IN TOWN TRANSPORTATION  
 AVAILABLE MONDAY-FRIDAY  
 FROM 9-3, BY APPOINTMENT  
 ONLY.**



**1 CHEESE LASAGNA /SAUCE**

10 Alzheimer's Support-C2  
 10 Beginning Exercise- EX  
 10 Travel Club-C1  
**1 Falls prevention follow up—EX**  
 1 Chip poker -B/ 1 Scrabble-L  
 1 Golden Agers—CE/Scrabble—L  
**2-4 Bereavement Support —C2**

**2 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

**5 BBQ CHICKEN**

10- 1- Friend's Boutique  
 10 Music Appreciation-CE  
 10 Tai Chi-EX  
 1 Canasta- DR  
 1 Pinochle- DR  
 1 Mah Jongg-CR

**6 BIRTHDAY/ANNIVERSARY**

**FRENCH MEAT PIE/GRAVY**  
 10 Beginning Exercise- EX  
**12:45 Monthly Movie—EX**  
 1 Bingo-CR  
 1 Needlecraft-CE

**7 COLD CHICKEN SALAD PLATE**

So. H. Travel Club Trip  
 9:30 Grocery Shopping  
 10 Travel Club-C1  
 10:30 Osteoporosis Exercise-EX  
**1 Choralites —DR**  
 1 Mah Jongg-CE  
 1 Pitch-CR

**8 ROASTED TURKEY W/GRAVY**

10 Alzheimer's Support-C2  
**10 Veteran's Group**  
 10 Beginning Exercise- EX/  
 10 Travel Club-C1  
**12:30-2pm Blood Pressure Screening  
 w/Nurse-C2**  
**1 Friend's meeting**  
 1 Chip poker—B/1 Golden Agers -CR  
 1 Quilting-CE/Scrabble-L  
**2-4 Bereavement Support Group - C2**

**9 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

**12 COLUMBUS DAY HOLIDAY**

**CENTER IS CLOSED**



**13 HAMBURGERS W/POTATO  
 PUFFS**

10- 1- Friend's Boutique  
 10 Beginning Exercise- EX  
 1 Bingo-CR  
 1 Needlecraft-CE

**14 LIVER & ONIONS**

9:30 Grocery Shopping  
 10 Travel Club-C1  
 10:30 Osteoporosis Exercise-EX  
**1 Diabetic Support group - C2**  
**1 Choralites —DR**  
 1 Mah Jongg-CE  
 1 Pitch-CR

**15 MEATLOAF W/GRAVY**

10 Alzheimer's Support-C2  
 10 Beginning Exercise- EX  
 10 Travel Club-C1  
 1 Chip poker—B  
 1 Golden Agers -CR  
 1 Quilting-CE/1 Scrabble-L  
**2-4 Bereavement Support  
 Group - C2**

**16 COLD TUNA SALAD PLATE**

9:30 Grocery Shopping  
 10:30 Osteoporosis Exercise-EX  
**11:30 Rep. John Scibak-DR**  
 1 Bridge-CE/1 Canasta-DR  
 1 Cribbage-CR/1 Knitting-L  
**No afternoon activities-in  
 DR -Craft Fair Set up**

**19 OVEN FRIED CHICKEN**

10 Music Appreciation-CE  
 10 Tai Chi-EX  
 1 Canasta- DR  
 1 Pinochle- DR  
 1 Mah Jongg-CR  
**4 COA Board Meeting-C2**

**20 GRILLED HAM/CHEESE  
 SANDWICHES**

**9-4 SHINE**  
 10- 1- Friend's Boutique  
 10- Brown Bag-CE  
**10 Lo-Vision Support-C2**  
 10 Beginning Exercise—EX  
 1 Bingo-CR  
 1 Needlecraft-CE

**21 SHEPHERDS' PIE W/ GRAVY**

9:30 Grocery Shopping  
 10- 1- Friend's Boutique  
 10 Travel Club-C1  
 10:30 Osteoporosis Exercise-EX  
**1 Choralites —DR**  
 1 Mah Jongg-CE  
 1 Pitch-CR

**22 STUFFED CABBAGE W/  
 SAUCE**

**9-1 Flu Vaccine Clinic—CE/CR**  
**10 Alzheimer's Support-C2**  
 10 Beginning Exercise- EX  
 10 Travel Club-C1  
 1 Chip poker—B/1 Golden Agers -  
 CR  
 1 Quilting-CE/1 Scrabble-L  
**2-4 Bereavement Support —C2**

**23 FIESTA 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

**26 MILD BEEF CHILI**

**9:30 Foot nurse ( by appt. )**  
 10 Music Appreciation-CE  
 10 Tai Chi-EX  
 1 Canasta- DR  
 1 Pinochle- DR  
 1 Mah Jongg-CR

**27 HAM W/ RAISIN SAUCE**

**9-4 SHINE**  
**9 Newsletter Collating-CE**  
 10 Beginning Exercise— EX  
 1 Bingo-CR  
 1 Needlecraft-CE

**28 HALLOWEEN LUNCHEON  
 BEEF TIPS & SAUCE**

9:30 Grocery Shopping  
 10 Travel Club-C1  
**1 Halloween Harvest  
 Entertainment—DR**  
**No Osteoporosis Exercise**  
**No Choralites**  
 1 Mah Jongg-CE  
 1 Pitch-CR

**29 TERIYAKI CHICKEN**

10 Alzheimer's Support-C2  
**10 Beginning Exercise- EX (end  
 of session 1)**  
 10 Travel Club-C1  
 1 Chip poker—B  
 1 Golden Agers—CR  
 1 Quilting-CE/Scrabble-L  
**2-4 Bereavement Support - C2**

**30 STUFFED SHELLS W/  
 TOMATO SAUCE**

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

## DOREEN'S INFO

Happy autumn to all. Many enjoy this season for many reasons. Marveling at nature's beautiful technicolor show, apple and pumpkin picking, hot cider with donuts and of course getting your exercise by raking up those leaves. If the later does not sound inviting to you, but you want to stay (or get into) shape, here at the COA we have three great exercise programs. Programs offered are Tai Chi, Beginners Exercise and Osteoporosis Exercise. In order to participate in any of these programs we need to have a physician's approval note on their office letter head.

Our **Monthly movie** is held on the first Tuesday of each month (12:45pm). This month we will be showing **Fury** with Brad Pitt. This movie follows Mr. Pitt & his men as they make their final push on a delay mission in a Sherman tank behind enemy lines during World War II.

Are you celebrating a birthday or anniversary this month? If so come and be the Friend's of the Elderly guest for lunch on Tuesday, October sixth. Reservations are needed.

Our 55+ Anniversary celebration was well attended and it was a joy to recognize couples who have been married 55 years or more. Many blessing to them all.

Get your thinking caps out and on. Our Halloween Luncheon will be held on Wednesday, October 28th. Halloween Harvest of song and stories will be our entertainment at 1pm. We encourage all to come dressed in a costume. Every year I am amazed on the creativity of our seniors and the costumes they create. Guaranteed to have a fun time – dressed in a costume or not.

The South Hadley Friend's of the Elderly Boutique will be retuning this month. It was such a huge hit for spring and summer. Please check the calendar for times and dates. The Friend's Craft Fair will be held on Saturday, October 17th. This is a fun place to shop for friends, relatives and of course yourself. As a reminder on Friday the 16<sup>th</sup>, the dining room will not be hosting afternoon activities due to setting up for Saturday's event.

We have many activities taking place daily. If you have not visited our Council on Aging, please call me to schedule a tour.

I am always in need of volunteers. Please call me if you are interested in volunteering. My contact information is 538-5042, ext 205. I would like to welcome our newest volunteer's Hazel Laferriere, Sally Maciaszek and Grace Tang. In July our volunteers logged 898 hours and in August, 1,804.5 hours were logged. Many thanks to our volunteers.

*Doreen*



## **SOUTH HADLEY COUNCIL ON AGING**

**Computer Learning Center- South Hadley Senior Center, 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. IPAD class to be given in November. 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.

## **TAX-AIDE VOLUNTEERS NEEDED!**

The AARP Foundation Tax-Aide program is recruiting volunteers to help other state residents prepare and file their income tax returns in the upcoming 2015 tax season (return filed by 4/15/2016). AARP Foundation Tax-Aide offers free face-to-face help for low to moderate income taxpayers with special attention to those aged 60 plus. Nation-wide over 35,000 trained volunteers helped taxpayers file their 2014 tax returns at 5,000 sites.

Tax Aide Volunteers should have experience with Windows-based personal computers. Experience preparing personal income tax forms, preferably with a Windows-based computer. Able to commit to five to six days of training and two to three additional days to take the annual IRS certification exam (open book with multiple returns to be prepared). Able to volunteer at least 40 hours from February 1 to April 15, 2016. Flexibility in volunteering at a nearby town if there are no volunteer opportunities at your nearest tax preparation center. Volunteer will be asked to complete a CORI background check. Volunteers are needed not only to prepare tax returns but also to greet people, maintain computers, manage the program and volunteers, and serve as translators. Interested? Visit [www.aarp.org/taxaide](http://www.aarp.org/taxaide) for more information and to register as a volunteer.

**EMERGENCY LOCK BOXES-S. H. S.A.L.T. Council/ TRIAD, Fire District #1 and the COA are continuing to collaborate for these boxes. Applications/Release forms available at the Senior Center. The cost is \$30.00 and checks should be made to S.H. S.A.L.T. The TRIAD meeting will be October 27 at the So. Hadley Police Station.**

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

**South Hadley Council On Aging**  
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 <p><b>Village Eye Care</b>  <b>Dr. Steven A. Markow</b>      Optometrist  <b>413-536-6100</b>      7 Hadley St., South Hadley, MA 01075</p>	 <p><b>RYAN &amp; BOUDREAU, L.L.P.</b>      129 College Street, P.O. Box 190      South Hadley, Massachusetts 01075-0190      Paul D. Boudreau, Esq.      Serving South Hadley since 1967      (413) 536-8891      Elder Law Wills and Trusts      Guardianships/Conservatorships      Probate of Estates</p>	<p>Proud to support the  <b>South Hadley Council on Aging</b></p>  <p>The bank of you.  <b>bankesb.com   413.527.4111</b>      Member FDIC Member DIF</p>
 <p><b>Supporting The Council on Aging</b>      33 Lamb Street      South Hadley      538-4642      www.curranjones.com</p> <p>T.J. O'Brien      Joe Curran      Vincent Govoni      Directors</p>	<p><b>STATE REP. JOHN W. SCIBAK</b>      P. O. BOX 136, SO. HADLEY, MA      Tel: (413) 539-6566 Fax: (413) 539-5855      E-mail: Rep.Johnscibak@hou.state.ma.us</p> <p><b>Hair Services for Men &amp; Women</b>  <i>in your home</i>      Call Barbara at      538-9516 or 885-0371      Serving the Elderly &amp; Disabled 25 Years</p>	 <p><b>BEERS &amp; STORY</b>  <b>SOUTH HADLEY</b>  <b>FUNERAL HOME</b></p> <p>•Preplanning      •Burial •Cremation</p> <p>646 Newton St.      South Hadley      533-4400      www.beersandstory.com</p> <p>Marc G. Gaudreau      Wendy L. Story      Directors</p>
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