

COUNCIL ON AGING

South Hadley, Massachusetts

The sun never sets on our Activities...

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Sr. Center open Mon.-Fri. 8 am-4:30 pm

WebSite: www.southhadleyma.gov



NOVEMBER 2015



THANKSGIVING LUNCHEON

Our annual special Thanksgiving luncheon will be held on Wed., November 18th. The menu will be turkey and all the fixings. Suggested donation is \$2.25. **Reservations will be taken for this luncheon starting on Monday, November 2nd.** Since this is a very popular event, please make your reservations early by calling 538-5042. Please do not leave your name on the answering machine and do not call before 8 a.m.

Daily nutritious & delicious lunch served 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. Please cancel your meal by 9 a.m. each day.** Monday reservations should be made by Friday. Suggested donation is \$2.25 for 60 and over. **Guests under 60 must pay a charge of \$3.00** for the meal. FEDERAL GUIDELINES SPECIFY THAT FOOD SHOULD NOT BE TAKEN FROM THE LUNCH SITE. The only exceptions are bread, fruit, milk or non-perishable items.



VETERAN'S LUNCH will be held on Tuesday, November 10th. Program begins at 11:30 am and lunch will be served at 12 noon. To demonstrate our sincere gratitude for your service to our country, all **Veterans** are invited to lunch as guests of the **South Hadley Friends of the Elderly**. Please call 538-5042 and make your reservation as soon as possible. At the same time please indicate you are a Veteran and your Branch of Military Service. If you are bringing a guest please let us know because we need to plan for the number of diners.

South Hadley Senior Travel

Tues., January 19, 2016, Mohegan Sun Casino with full casino package. Cost \$23.00. Call Howie Walsh 593-6286. **Tues., February 16, 2016, Twin River Casino with full casino package. Cost \$26,00. Call Howie Walsh 593-6286.** Player's card or picture ID required for all casino trips. **Wed., March 23, 2016, A personal tour of the Massachusetts' State House hosted by our Representative John Scibak.** The magnificent setting of our State government for over two centuries reflects the history of Massachusetts since colonial times. Its spacious marble-floored corridors are lined with portraits and/or statues of such founding fathers as Adams, Hancock, Revere, and Winthrop with murals depicting the glory of their times. If in session, we will be observing the Senate and The House of Representatives as they convene in their respective chambers. **A box lunch of sandwiches, drinks, and chips will be provided in one of the State House rooms. Cost \$40.00. Call Judy Fortier 534-3598.** **Tues., April 12, 2016, The Newport Playhouse and Cabaret Restaurant.** A \$5.00 non-refundable deposit is due on all non-casino trips. Because the So. Hadley Sr. 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.

CHRISTMAS BASKETS will again be distributed through the South Hadley Food Pantry. Non-perishable food items may be dropped off at the Senior Center. The So. Hadley COA will continue to provide grocery gift cards and electric light credits to residents 60 and over during the holiday season. Monetary donations or grocery store gift cards will be greatly appreciated to help subsidize the program. Please send checks payable to the South Hadley COA and indicate Christmas Gift Program in the memo. The address is 45 Dayton Street, SH. If you choose to purchase gift certificates to local grocery stores please bring them to the Senior Center by December 4th. Your generosity is greatly appreciated by the recipients when they send their notes of thanks. For some the holidays would not be merry without your generous and compassionate support of this program.

NOTES FROM THE DIRECTOR

This is the month to give thanks for our blessings. I appreciate the staff, volunteers, my friends and family for their support.



For the last few weeks it has been somewhat confusing as to how to enter the senior center parking lot. I want to express my personal thanks for everyone's patience and cooperation when the roads had to be closed to traffic. As we have all experienced, renovations can be trying on one's patience, but in the end it is usually worth it. When the road work has been completed with new water and sewer pipes installed and smooth new blacktop it will be beneficial to all in the neighborhood. Dayton Street has been prone to large puddles of water during heavy rainfall and maybe that will end.

The Town has provided funds for the COA to replace the out-dated air conditioners in the 4 rooms in the wing with new split-duct units. The new units will provide both heating and cooling. The contractor is hoping to do the work at night and maybe weekends. Again, there may be some inconvenience but remember how difficult it was to stay cool in these rooms this past summer.

I am also working on replacing the old gas stove with a new unit. Building codes require a new hood and fire suppression system that will mean some renovations in the kitchen. There may be some days when the conditions are not conducive to preparing meals on site. I am attempting to do this project in the most efficient and complete method possible. I will be sure to keep everyone informed.

Sometime during the month of November participants will be asked to use the "My Senior Center" statistical tracking program. On Tuesday, November 3rd, between 9 a.m. and 3 p.m., 6 staff members will be trained to use the program. Volunteers will be overseeing the COA activities under the supervision of Billy and Jim. When the program is ready, an employee or a volunteer will be available to assist you. If you have difficulty logging in, please do not hesitate to ask someone in the reception office for assistance. This new tracking system is an integral part of senior center activity. Annual report information is derived from the entries. Because the computer will only be available in the front entry way, I request that everyone try to use the main entrance as much as possible when the program is ready.

Happy Thanksgiving to all!

Joanne



SPECIAL THANKS TO: Carey's Flowers, Inc. for the fall arrangement that was used for the raffle at the RSVP volunteer luncheon.

**Big Y for the bread and delicious baked goods.

**Joyce Gay for the hand sanitizer

Mike Koske and his family for the very generous donation of \$8,000 for the Caregiver's Services Gift Account in memory of Janet "Penny" Koske. Sincere thanks from the South Hadley COA and all of the caregivers and loved ones who will benefit from their generosity. **NOVEMBER IS CAREGIVER'S MONTH.

**Jean Lacoste for the tea bags

ATTENTION SNOWBIRDS

Please call the COA office at 538-5042 if you go away for an extended period of time during the winter. Because the newsletters are not mailed First Class, they are returned to the COA if someone is temporarily away. Each piece of returned mail costs the COA 49 cents in addition to the original mailing cost. Although this may seem like a minimal amount, when it is multiplied by 40 for 5 months, the price tag does go up. So please help our department to save money and let us know when you are going to be away. The newsletter is on the South Hadley website so if you have internet access while you are away, you can read it online. Thank you for your anticipated cooperation.

Joanne

*****TIME TO TURN YOUR CLOCKS BACK ONE HOUR ON SUNDAY, NOVEMBER 1ST. IT IS A GOOD TIME TO CHECK THE BATTERIES IN YOUR SMOKE DETECTORS.**

November is Diabetes Month—Be sure to have your glucose checked. The symptoms may be vague but undetected Diabetes can be very detrimental to one's body.

Important Reminder

Now that we are entering the winter season there is a possibility lunches, home-delivered meals, meetings and activities may be cancelled. If WMEC cancels their meal program, South Hadley COA usually does the same. WMEC posts its notice on the local television channels. South Hadley COA cancellations will appear on the television stations also.

EASTFIELD MALL TRIP MON., NOV. 16TH. NO COST FOR THE FARE AS IT WILL BE PROVIDED COURTESY OF DONATIONS TO THE SUBSIDIZED SENIOR TRANSPORTATION ACCOUNT. CALL 538-5042 TO MAKE YOUR RESERVATION.



Outreach News

by Ann M. Andras
Social Service Coordinator

Fuel Assistance 2015-2016 Updates

The Franklin/Hampshire County Fuel Assistance Program will officially begin on November 1st. I have already been helping those elders who heat with oil and need my help in completing their re-certification paperwork. Natural gas customers should be receiving paperwork sometime in early November and electric heat customers should see their applications in December. Here are the financial guidelines for 2015/2016 heating season:

Family Size

Income Limit

1	\$33,126
2	\$43,319

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.

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

MEDICARE NEWS

The Medicare Open Enrollment will be from October 15, 2015 to December 7, 2015. This is the time when you can make medical plan or drug changes that will start on January 1, 2016. It is a good time to review your coverage and make sure your health plans work for you. Our SHINE representative, Eileen Burke will be available on Tuesdays (by appointment) to answer your questions in making plan changes. Don't delay and be left out. Call ahead at 538-5042 to schedule an appointment.

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"/> New Senior Center | <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 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. NOVEMBER MENU

- 2) VEAL PATTY W/GRAVY, Sweet Potato, Mixed Vegetables, Multi-Grain Bread, Tropical Fruit or Diet Tropical Fruit.
- 3) BIRTHDAY/ANNIVERSARY—AMERICAN CHOP SUEY, Wax Beans, Italian Bread, Juice, Cake or Diet Cake.
- 4) ROAST CHICKEN W/GRAVY, Mashed Potatoes, Peas & Mushrooms, Cranberry Sauce, Whole Grain Bread, Mandarin Oranges or Diet Mandarin Oranges.
- 5) SWEDISH MEATBALLS, Brown Rice, Cole Slaw (Congregate) or Winter Mixed Vegetables (HDM), Roll, Jell-o or Diet Jell-o.
- 6) MACARONI & CHEESE, Stewed Tomatoes, Green Beans, Roll, Pears or Diet Pears.
- 9) BAKED HAM W/PINEAPPLE, Sweet Potato, Broccoli, Rye Bread, Peaches or Diet Peaches.
- 10) VETERANS LUNCHEON—BEEF SIRLOIN TIPS & MUSH-ROOMS, Mashed Potatoes, Carrots, Roll, Cake or Diet Cake.
- 11) CENTER IS CLOSED—VETERANS DAY
- 12) LIVER & ONIONS W/GRAVY, Mashed Potatoes, Beets & Onions, Roll, Apricots or Diet Apricots.
- 13) CATFISH FILLETS, Rice Pilaf, Corn, Multi-Grain Bread, Orange.
- 16) BBQ CHICKEN, Roasted Potatoes, Corn, Whole Grain Roll, Pineapple or Diet Pineapple.
- 17) MILD BEEF CHILI, Egg Noodles, Carrots, Wheat Bread, Orange Juice, Fruit Cocktail or Diet Fruit Cocktail.
- 18) THANKSGIVING LUNCHEON—ROAST TURKEY W/GRAVY, Mashed Potatoes, Bread Dressing, Squash, Cranberry Sauce, Pie w/Topping or Diet Pie w/Topping.
- 19) CHICKEN PATTY W/GRAVY, Egg Noodles, Spinach, Wheat Bread, Applesauce or Diet Applesauce.
- 20) BAKED SALMON FILETS, Wild Rice, Broccoli, Whole Wheat Roll, Rice Pudding or Diet Rice Pudding.
- 23) SWEET & SOUR CHICKEN, Mashed Potatoes, Squash Blend, Whole-Grain Bread, Pineapple or Diet Pineapple.
- 24) SHELLS W/TOMATO SAUCE, Mixed Vegetables, Italian Bread, Juice, Cookies or Diet Cookies.
- 25) SHEPHERD'S PIE W/GRAVY, Mashed Potatoes, Green Beans, Biscuit, Tropical Fruit or Diet Tropical Fruit.
- 26) CENTER IS CLOSED—THANKSGIVING HOLIDAY
- 27) CENTER IS CLOSED
- 30) LOW-SODIUM BEEF FRANKS, Baked Beans, Spinach, Rolls, Pears or Diet Pears.

ALL MEALS ARE SERVED WITH BREAD AND A 1/2 PINT OF 1% MILK ONLY (Effective October 1, 2015).
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.

Happy
Thanksgiving!



A Balanced Bite: MyPlate for Older Adults

Jennifer Shaw
UMass Dietetic Intern

As we age, eating right often ends up at the bottom of a long list of priorities. With heating bills, medication, health-care expenses, and the overall cost of living on a limited income occupying our everyday thoughts, it's no wonder.

According to the Centers for Disease Control and Prevention (CDC) 2013 report on *The State of Aging and Health in America*, in the next fifteen years, older adults will account for 20% of the U.S. population. Healthcare costs are expected to increase by 25% for this population due to the treatment of chronic diseases, such as heart disease, cancer, and diabetes. The onset of disease, and increased medical costs, can be delayed or prevented with a balanced, nutritious diet.

Enjoy a variety of colorful vegetables and fruits every day. 3-5 ½ cup servings of fruit and vegetables a day are ideal and should make up at least half of your dinner plate. Good sources include: carrots, broccoli, tomatoes, berries, and oranges. These foods will provide you with sources of vitamins A and C, minerals, dietary fiber and compounds called phytochemicals, which help cut your cancer risk and are important for older adult health.

One-quarter of your dinner plate should include whole grains, such as brown rice or 100% whole wheat bread. Whole grains provide B-vitamins that support brain health as well as fiber for digestive health. You should aim to **make at least ½ of your grains whole to increase fiber intake** and control for blood sugar spikes.

Low-fat dairy, such as 1% fortified milk and yogurt help provide calcium and **vitamin D**, which partner to **support and strengthen bones**. Older adults are more prone to falls and bone fractures are common with poor nutrition; a single serving of low-fat milk is 8 ounces.

Lean meats, fish, poultry, and eggs round out the rest of your dinner plate and serve as **sources of protein and vitamin B12**, two other nutrients of concern with older adults.

It should come as no surprise that Americans are living longer; while living *healthy and well* may seem impossible, with the help of some planning and resources, it *can* be done.



IN MEMORIAM

IN MEMORY OF:

FROM:

NEW SENIOR CENTER FUND:

ROSEMARY K. FLEMING	Joan J. Almedia
	Kevin & Tracy McGlinchey
Michael Fleming & Mary Ellen Koscs-Fleming	
	Karen & Frank Giglio

CHESTER "CHET" TOWNE	David & Cindy Morrell
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JEFFREY DEC	Ola Herbert
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FREDERICK BACH	Jim Procon
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GEORGE "CHUCK" HALKYARD	Eileen Halkyard
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EUGENE DESCANT	Joan Descant
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LIONEL BRINDAMOUR	Theresa Brindamour
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CARL KIONTKE	Lorraine Kiontke
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NUTRITION:

VIVIAN MORIARTY	Jean & Phyllis Lacoste
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ED & RICHARD JORGENSEN	Anonymous
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WALTER KOS	Joseph Paul
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MARIAN KENNEDY	Sophie Paquette
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NEWSLETTER ACCOUNT:

LUANNE REYNOLDS	Noella Loiselle
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RENE LAVERDIERE	Tillie Laverdiere
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CHRISTMAS BASKET:

BRUNO PATRUNO	Rita Patruno
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GEORGE SCHOFIELD	Lois E. Schofield
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WILLIAM LUCHINI	Rose M. Luchini
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In Memory of Susan Lever
A generous donation was received for our
Christmas Basket Fund
from her husband, Don Lever

IN MEMORIAM

IN MEMORY OF:

FROM:

SUBSIDIZED SENIOR TRANSPORTATION:

RALPH	David Perwak
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MINIBUS MAINTENANCE ACCOUNT:

LIONEL BRINDAMOUR	Theresa Brindamour
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VETERAN'S GROUP:

BILL SLIGO	Virginia Sligo
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LIGHTS ON:

LIONEL BRINDAMOUR	Theresa Brindamour
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BILL LAMBERT	Jean Lambert
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**COA HOURS OF OPERATION
MONDAY-FRIDAY
8:00 A.M. TO 4:30 P.M.**

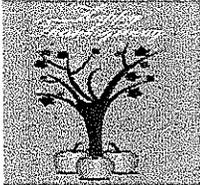
In Loving Memory

We are sincerely thankful for the following very
generous donations received in memory of the
following people:

\$10,000—Estate of Carlene Allard to our
Activity Gift Account to help fund the
Kitchen Stove Project

\$8,000—In Memory of Penny Koske for our
Caregivers Gift Account from the Annual
"Penny's Pride Memory Ride to End
Alzheimers"

\$1,000—In Memory of Walter Kos for our
Nutrition Gift Account from Joe Paul

<p>2 VEAL PATTY W/ GRAVY 10- 1- Friend's Boutique 10 Music Appreciation-CE 10 Tai Chi-EX 1 Canasta- DR 1 Pinochle- DR 1 Mah Jongg-CR</p>	<p>3 Birthday/Anniversary AMERICAN CHOP SUEY 9-4—SHINE (by appt.) 1 No Bingo 1 Needlecraft-CE</p>	<p>4 ROASTED CHICKEN W/GRAVY 9:30 Grocery Shopping 10 Travel Club-C1 10:30 Osteoporosis Exercise-EX 1 Choralites —DR 1 Mah Jongg-CE 1 Pitch-CR</p>	<p>5 SWEDISH MEATBALLS 10 Alzheimer's Support-C2 10 Beginning Exercise- EX (Session 2) 10 Travel Club-C1 1 Chip poker—B 1 Golden Agers—CR 1 Quilting-CE/Scrabble-L 2-4 Bereavement Support —C2 (Last session)</p>	<p>6 MACARONI & CHEESE 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>9 BAKED HAM W/ PINEAPPLE 9:30 Foot nurse (by appt.) 10 Music Appreciation-CE 10 Tai Chi-EX 1 Canasta- DR 1 Pinochle- DR 1 Mah Jongg-CR 4 COA Board Meeting</p>	<p>10 Sr. Travel Club Trip Veterans Luncheon-Beef BEEF SIRLOIN TIPS 9-4—SHINE (by appt.) 10- 1- Friend's Boutique 12:45 Monthly Movie—EX 10 Beginning Exercise- EX 1 Bingo-CR 1 Needlecraft-CE</p>	<p>11 Veterans Day COA/ Center Closed</p> 	<p>12 LIVER & ONIONS W/ GRAVY 10 Alzheimer's Support - C2 No Veteran's Group 10 Beginners exercise—EX 10 Travel Club 12:30-2pm Blood Pressure Screening w/Nurse-C2 1 Chip poker—B/1 Golden Agers—CR 1 Quilting—CE/1 Scrabble—L</p>	<p>13 CATFISH FILLETS :930 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>16 BBQ CHICKEN 10-2 Eastfield Mall Trip (reservations needed) 10 Music Appreciation-CE 10 Tai Chi-EX 1 Canasta- DR 1 Pinochle- DR 1 Mah Jongg-CR</p>	<p>17 MILD BEEF CHILI 9-4—SHINE (by appt.) 10 Lo-Vision Support-C2 10-11 Brown Bag-CE 10 Beginning Exercise- EX 1 Bingo-CR 1 Needlecraft-CE</p>	<p>18 Thanksgiving Luncheon— ROAST TURKEY W/ GRAVY 9:30 Grocery Shopping 10- 1- Friend's Boutique 10 Travel Club-C1 No Osteoporosis Exercise 1 Choralites - DR 1 Mah Jongg-CE/1 Pitch-CR</p>	<p>19 CHICKEN PATTY W/ GRAVY 10 Alzheimer's Support-C2 10 Beginners exercise—EX 10 Travel Club 1 Chip poker—B 1 Golden Agers—CR 1 Quilting—CE 1 Scrabble—L</p>	<p>20 BAKED SALMON FILETS 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>23 SWEET & SOUR CHICKEN 10 Music Appreciation-CE 10 Tai Chi-EX 1 Canasta- DR 1 Pinochle- DR 1 Mah Jongg-CR</p>	<p>24 SHELLS /TOMATO SAUCE 9 Newsletter Collating-CE 9-4—SHINE (by appt.) 10 Beginning Exercise- EX 1 Bingo-CR 1 Needlecraft-CE</p>	<p>25 SHEPHERD'S PIE W/ GRAVY 9:30 Grocery Shopping 10 Travel Club-C1 10:30 Osteoporosis Exercise-EX 1 Choralites —DR 1 Mah Jongg-CE 1 Pitch-CR</p>	<p>26 Happy Thanksgiving- Senior Center Closed</p> 	<p>27 Senior Center Closed</p> 
<p>30 LOW SODIUM BEEF FRANKS 9:30 Foot nurse (by appt.) 10 Music Appreciation-CE 10 Tai Chi-EX 1 Canasta- DR 1 Pinochle- DR 1 Mah Jongg-CR</p>	<p>November 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>IN TOWN TRANSPORTATION AVAILABLE MONDAY-FRIDAY FROM 9-3, BY APPOINTMENT ONLY.</p> 	<p>Daylight Savings Time ends on November 1st. Turn clocks back one hour!</p> 

**IN HONOR OF VETERAN'S DAY PAGES 7 & 8 CONTAIN SOME WRITINGS OF DECEASED MEMBERS OF THE
SOUTH HADLEY COA VETERAN'S GROUP**

GOLD STAR MOTHER-Casualty On The Home Front

The grinding, endless war continued with mounting fury
 All the young men had gone to war.
 Only women, children and elderly men remained
 To produce the weapons of war.
 The chilling morning air found grim, pale faces
 Rushing to factories; working day and night.
 Turning a corner, the messenger of death appeared
 Slowly, relentlessly, peddling his bicycle.
 Searching for that fateful address of destiny
 To deliver his sad and painful message.
 "Regret to inform you that your son was killed
 In action on the Western front."
 The grim, pale faces froze in their tracks
 Breathlessly waiting to see where
 The grim reaper would stop.
 Relieved as the messenger passed them by
 They silently prayed for a mother in grief.
 Only to be interrupted by a spine chilling scream
 And the anguished cries -- "Oh my God, my Son".
 The wailing and screams rang in their ears for days
 A mother unable to find solace in her heart.
 The loss of a son was beyond her endurance
 The magnitude of grief brought her to the breaking
 point.
 Unable to cope with the cruelty of life,
 She turned her back on the world.
 Retreating into a cloud, that slowly drifted away
 Into the misty world of the past.
 Soon a Gold Star appeared in the window
 In the shadow, the face of a broken heart,
 And the spirit of a Son no longer there.
 After the funeral and burial of her Son
 She too was soon gone to the silent world beyond.
 Today on the green lawn of a cemetery
 Stands a black polished granite monument.
 Inscribed on the face are two names
 A Son and a Gold Star Mother.
 Pressed into the ground, a bronze plaque
 And two small American flags.
 The polished monument reflects the clouds above
 And the image of the face of a broken heart.
 Gentle winds softly whisper an epitaph
 Of the demise of an American family. (continued
 next column)

As the sun sets on the forlorn Western Sky
 So too, this sad tale ends, of a Gold Star Mother,
 Her Son, and the supreme sacrifice
 WALTER P. LEMIECH

TURNING RED

While stationed at Camp Luna in Las Vegas, New Mexico, I became ill one evening and reported to sick bay after vomiting. The base was having a scarlet fever scare and I showed up red all over with an irritated throat, apparently symptoms of scarlet fever. I quickly found myself in a small isolation room with no door handle on the inside. Assuming that I had scarlet fever, the doctor became upset when I had no fever and he threatened to stick the thermometer elsewhere if I couldn't spike a fever by mouth. I wasn't sure what I was supposed to do but they finally realized I did not have scarlet fever although they kept me in confinement for several days.

I was having the Transcript mailed to me and when a copy was transferred to the hospital one of the nurses, who just happened to be from So. Hadley, saw the paper and came to introduce herself. She was a Malone and I believe her family lived on Lamb St.

After I was discharged and attending Bates College, I was on the football team and playing at UMASS when the referee came up to me and introduced himself as the husband of the nurse I met in New Mexico.

But that wasn't the end of my experiences turning red. Going overseas on the USS Mariposa, formerly used in the Pacific cruise service, we were lucky to have eight of us billeted in a former cabin for two where I turned red again along with passing out when standing. The doctor in the sick bay was convinced that I had a sunburn until I dropped my drawers and he realized that I hadn't been out in the sun nude. We were heading for Bombay and if there had been an American hospital in Bombay he would have sent me there but instead I spent several days in Bombay before taking a train ride across India for service in Assam. It happened once more on the train where there was no medical service and went untreated.

When it happened on the USS Mariposa I had just eaten a box of Fig Newton's. I haven't eaten a Fig Newton since.

Ned Noel (1923-2012) 31285816

OLD SOLDIERS

The old soldiers were there, faded and worn by time.
 We turned away, and they were all gone.
 Like the clouds in the sky, they slowly drifted away.
 Stoic faces, gone forever, never again to rise and defend;
 The Liberty of a nation, and the Faith of a world.
 May they find peace in another, better place.
 We turned away, and they were all gone.
 Leaving all of us, diminished by the loss.

Walter P. Lemiech (1922-2014)

Lionel Brindamour Navy: (1925-2013) During WWII I enlisted in the Navy on 4-14-43 in Springfield, MA, had a physical and passed. From Springfield, those passing the physical took a train to Geneva, NY where Sampson NTS was located. The first day, we were given another physical and an interview with a Psychiatrist. The next day we were issued our clothes, had haircuts. Then we started our training: marching, boat training, learning to tie knots and lots more. We were all given a work detail, mine was a swimming instructor, all during my basic training. I completed my training June 6, 1943 after which I was given a 7-day leave. After my leave, I returned to Sampson for orders. A week later, 200 hundred of us were put on a troop train bound for San Francisco. We were sent to Treasure Island across the bay to wait for orders. Four days later 100 of us were put on an LST, an amphibious ship. We left San Francisco going under the Golden Gate Bridge and going by Alcatraz. The voyage took about a month nonstop. We crossed the International Dateline and were told we were going to New Caledonia in the South Pacific. We arrived in Noumea, New Caledonia a French Colony which was the Navy's South Pacific Command. All 100 of us were sent to a receiving station to wait to be assigned a ship. A few days later 5 of us were assigned to the USS Bobolink, a sea going tug with a crew of 65. I was promoted to Seaman 2nd Class. The ship left for Guadalcanal in the Solomon Islands. While in route, I started to feel sickly with headaches and a fever. The pharmacist mate examined me and took me off duty. Our voyage took 5 days, by the time we reached Guadalcanal I was very sick and taken off the ship on a stretcher. I don't remember the next 2 weeks, but was told I was delirious. After about 2 weeks I started to be cognizant of my surroundings. I stayed in the navy hospital for about 6 weeks. Before I left I was told by the doctor who took care of me that I had Spinal Meningitis. He told me what saved my life was Penicillin which just came out. While in the hospital Japanese bombers came over a few times and dropped a few bombs so we had to go to air raid shelters. I got back to the ship the end of August 1943. To get back to my ship I left Guadalcanal for Tulagi, about 20 miles away. I got a ride by a PT boat, an exciting ride. I got to my ship and rejoined the ship's company. I resumed my duties and made Seaman First Class very soon afterward. The Bobolink did many jobs such as towing barges, battle-damaged ships and sometimes bringing sailors back to New Caledonia. One time we were towing an LST to New Caledonia that had been badly damaged. It started to sink during the night. We took the rest of the crew off the ship, took the tow cable off and let the ship sink. Our ship went up and down the Solomon Islands many times, known as the "slot." When our ship went to Guadalcanal, which was often, we always filled our locker with beer, which we dropped off to the Marines on the various islands. The Marines called our ship the "Tulagi Express." I left the ship in November 1943 for leave and reassignment back to the states. I got a ride back to New Caledonia by an LCI, a small amphibious ship. While waiting for transportation back to the states myself and other sailors were supervised by an Australian officer and were assigned to storing bombs and ammunition in a big cave. I left New Caledonia on December 19, 1943. I was a passenger with many other sailors on a French luxury liner that had been converted to a troop ship called the "Rochambeau" It had been previously captured by the Americans from the Vichy Government. I arrived in San Francisco on January 15, 1944. The ship stopped in American Samoa to pick up wounded sailors and Marines. I was sent to Treasure Island for a physical and dental work, got my leave papers and left on a train bound for Springfield, home and family. I arrived 5 days later for a 21-day leave which I enjoyed very much. I needed home cooking, piece of mind and relaxation. When I got back to Treasure Island, I waited a few days for my new assignment. My orders were to proceed to San Diego and Coronado Island Amphibious Base for amphibious training. I trained in LCVP and LCM's landing crafts. We trained with Marines making beach landings on beaches below San Diego. Being a First Class Seaman I was trained as a coxswain, the person who steered the boat and was in charge of the crew. The LCVP had a crew of 3 and the LCM had a crew of 5. In March 1944, about 200 of us were put on a Navy transport to Hawaii. When we arrived in Hawaii we were put on two LCI's and transported to Kauai Amphibious Training Base for 1-month of training. Fifty of us were sent by a Navy transport ship to the island of Appamama, a small atoll in the Gilbert Islands. We were reassigned to US Naval Air Base 809 on detached duty as amphibious men, running LCVP's, bringing in supplies from ships. Appamama was about 3 miles long and 2 miles wide where we fished in the lagoon during free time. There was a native village which was out of bounds to the sailors. After 4 months or so, that base was closed and we were all sent back to Pearl Harbor. We flew back on a C47 Army transport plane. In July 1944 I was reassigned to Waipio Amphibious Operation Base in Pearl Harbor. Others were assigned to ships. My duty was to coxswain an LCVP. The crew consisted of myself and two seaman as deck hands. Our boat was to patrol West Lock which was mostly amphibious ships which were tied up to buoys or anchored. The right side of the locks were dry docks, duties were to keep the ships from coming in too fast to not disturb the ships being repaired. I had 2 days off a week and spent a lot of time in Honolulu, not bad duty. After 5 months I asked for a new assignment. In February 1945 1,000 sailors, mostly amphibious men and Seabees were put on a Navy transport ship bound for the Philippines. Three weeks later the Seabees got off first and started to build a camp in the jungle for the amphibious men. We got off 3 days later on Samar, an island off Philippines. We lived in tents. Bugs and snakes were all over the place. I wished I was back in Pearl Harbor. In March 100 of us were assigned to a ship, the USS Epping Forest LSD-4, an amphibious ship. Three officers and 100 men were assigned to the ship as a permanent boat group. The boat had 18 LCM's large 50 ft landing crafts. I was assigned as a coxswain to one of the boats with a crew of 5, a fireman for the 2-diesel engines and 3 seamen to take care of the lines and machine guns. From Samar we sailed to Leyte, Philippines picking up 18 General Sherman tanks and their crews waiting on the beach. In picking up the tanks one boat capsized losing both boat and tank. On March 27th the largest invasion force in the Pacific left Leyte and other bases in the Pacific with 1500 ships bound for Okinawa. One hundred miles from destination air attacks became imminent. Under the cover of darkness, April 1, 1945 the invasion of Okinawa began. The forces moved in towards Hagushi, a small village on the western side of Okinawa. At dawn enemy planes began to attack with fanatical fury. Regardless of the suicide dives, launching of the LCM's was started.

DOREEN'S INFO

Happy November. This season many of us are going through our closets putting the summer and fall clothes away and digging out our heavy jackets, gloves, and boots. If you find you are creating a clothes donation pile – think about sharing any clean, gently used items with the South Hadley Friend's of the Elderly – Fashion Boutique. Please check the monthly calendar to check on the dates the Fashion Boutique will be here. You may find just what you were looking for.

As the colder weather starts to appear it is important that we keep our body & muscles moving. The COA offers 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. You are welcome to come and observe a class to make sure it is a "right fit" for you.

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, November 3rd. Reservations are needed.

Please note that our **Monthly movie** will **NOT** be on the 3rd. This month it is scheduled for Tuesday, November 10th this month.

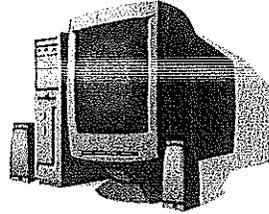
On Tuesday, November 10th we will have our Veteran's Luncheon honoring the men and women who gave so much to our country. This day is set aside to thank ALL who have served honorably in the military in wartime or peacetime. Reservations are needed and **please state the name, and the branch of the military in which the Veteran served.**

As we get older we find that our vision is constantly changing. We may find it is harder to get around and reading can be difficult. At our COA we hold a monthly Lo-Vision Support Group. This month it is Tuesday, November 17th. Much information can be found at these meetings. Often they have a speaker from various agencies that can assist those with Lo-Vision and the issues it may cause.

On the 18th we will be having our annual Thanksgiving Luncheon. This is a time for all to reflect on the many blessings that come our way. This is also the time we go to share a "feast" with our COA family of friends.

I would like to welcome our newest volunteer's Enid Sichel, Doreen Blasko, Harvey Lafleur, and Grace Tang.

Thank you to all 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.

COLDS VERSUS FLU-A Review by the DPH, Bureau of Infectious Disease. What is the difference between a cold and the flu? The flu and the common cold are both respiratory illnesses but they are caused by different viruses. In general, the flu is worse than the common cold, and symptoms such as fever, body aches, extreme tiredness and dry cough are more common and intense with the flu. Colds tend to develop gradually, while the flu tends to start very suddenly. People with colds are more likely to have a runny or stuffy nose.

The important differences between colds and flu:

Cold	Flu
Almost never have a fever	You have a fever
Feel stuffiness in your head	You entire body feels sick
You feel a little sick	You feel very sick

Colds can develop at any time, seasonal flu starts in early winter and continues through spring. There are no prescription medicines to treat colds but there are prescription medicines (anti-flu medicines) to treat the flu. Treatment with anti-flu medicines are usually not needed for healthy people who have mild flu symptoms or appear to be getting better when sick with the flu. However, people who have flu-like illness with severe symptoms and need medical care should receive anti-flu medication promptly. Your doctor can determine if you need treatment.

Transportation is provided by the Town of South Hadley, the Massachusetts Executive Office of Elder Affairs, and your generous donations. For the month of September 535 rides were provided.

SPECIAL THANKS TO the South Hadley Knights of Columbus #1721 for preparing and delivering dinners to the homebound on **THANKSGIVING DAY**. The home-delivered meals clients will receive a meal from WMEC on the Friday after Thanksgiving. No Congregate meals will be served on Nov. 27th.

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