

COUNCIL ON AGING

South Hadley Massachusetts

The sun never sets on our Activities...

Director: Joanne Trybus
 E-Mail: jtrybus@southhadleyma.gov
 45 Dayton Street
 South Hadley, MA 01075-1924
 Tel. 538-5042 Fax: 532-8206
 Assistant Director: Lisa Napiorkowski
lnapiorkowski@southhadleyma.gov



MARCH 2016

Chairperson: Gail Bielizna-Pafford
 Social Service Coordinator:
 Ann Andras
 E-Mail: aandras@southhadleyma.gov
 Website: www.southhadleyma.gov

ST. PATRICK'S DAY LUNCH & CONCERT



WEDNESDAY, MARCH 16TH

SUGGESTED DONATION \$2.25

Come and celebrate the holiday with us. The entrée is corned beef and cabbage. A Colleen and court will be chosen via raffle. Entertainment by the Choralites who will sing some wonderful holiday music, immediately following lunch. Reservations will be taken **beginning on Friday, March 4th at 8 a.m. Call 538-5042 or stop by the office. Please do not leave a message.**



NOTE: DAYLIGHT-SAVINGS TIME BEGINS EARLY THIS YEAR. REMEMBER TO MOVE YOUR CLOCKS ONE HOUR FORWARD ON SUNDAY, MARCH 13TH.

TOWN AND PRIMARY ELECTION
 On Tuesday, March 1st primary election at the South Hadley High School. If you need a ride to vote call 538-5042. The cost of transportation for voting is paid by the Friends of South Hadley Elderly, Inc.

MICHAEL E. SMITH MIDDLE SCHOOL JAZZ BAND AND MUSIC DIRECTOR, BROOKS HOLMES WILL BE at the Senior Center on Tuesday, March 8th at 11:00 a.m. in the dining room . They will perform for approximately 45 minutes and then have lunch with the participants.

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

South Hadley Senior Travel Club
Wed., March 23, personal tour of the MA State House hosted by State Representative John Scibak. We will be observing Congress, they are in session. Includes box lunch of sandwiches, chips and drinks in one of the state house rooms. **\$40.00. Call Judy Fortier 534-3598.** **Mon., April 18, Newport Playhouse and Cabaret Restaurant-great buffet, reserved seats in the theater for a comedy play "ONE SLIGHT HITCH."** After the play, a bonus Cabaret Show filled with laughter. **\$89.00. Call David Bellefeuille 533-7724.** **Tues., May 17-Fri. May 20, 4-day, 3-night multi day trip to Lancaster (Penn Dutch Amish Country) and Gettysburg.** Includes **Sight and Sound's** brand new show **"SAMSON"**. 3 nights at the luxurious **CORK FACTORY HOTEL**, 3 breakfasts/3 dinners, a guided VIP tour of an Amish home, farm and schoolroom, narrated 5-mile horse drawn carriage ride through the Amish countryside. Special bonus, a day in **Gettysburg** with a riding tour of the battlefield and dinner at the historic **DOBBIN HOUSE TAVERN. \$579.00. Call Susan Canedy, 536-2106 or Judy Fortier, 534-3598.** **Fri., June 3, Keepsake Quilting-annual sale of quilting materials, a quilter's dream. Includes lunch at Hart's Turkey Farm. \$79.00. Call David Bellefeuille, 533-7724.** **Wed. July 13, 4-hour Plymouth Whale Watch. Lunch at Tavern on the Wharf t \$89.00. Call Susan Canedy, 536-2106.** **Tues., Aug. 16, a narrated cruise of NH Lake Winnepesaukee. Includes delicious full course buffet luncheon. \$84.00. Call David Bellefeuille, 533-7724.** **COMING 11-DAY CARIBBEAN CRUISE FROM NEW YORK from \$1076. Feb 7-17, 2017 aboard the NORWEGIAN GEM. Call Susan Canedy, 536- 2106 or Judy Fortier 534-3598 for information or flyer.**

NOTES FROM THE DIRECTOR

The months are going by quickly and I have started to prepare my office for my departure in June. After almost 30 years I have quite a bit of memorabilia and "stuff" to sort through. My "Fibber Magee's" closet is a huge project all by itself! But as I sort through the items I also reminisce about the people I have met during my time here and the many fun times we have enjoyed. So many participants have taught me the importance of humor and perseverance. I have always looked to them for guidance and realize longevity results in wisdom.

Spring will soon be here and with it the initiative to begin the process of designing a new senior center suitable for the needs of participants for the next 30 years. A "Building Needs Committee" has been formed as an ad hoc committee of the COA Board. Meetings have been held, visits to other new Senior Centers have started. The committee will do research to identify the pros and cons of other buildings. COA history will help to plan space and logistics for future building plans. Currently one vacancy exists on the COA Board. If anyone is interested in being a part of the planning, please contact the Selectboard office or fill out an application on the town's website.

My personal thanks to Marc and Wendy of Beers and Story Funeral Home for making the Valentine's Day lunch very special. They have been providing the cake and doing the video for the last 15 years.

The "Friends" do something special for the home-delivered meals clients and this year a card and stamps were sent home. Thank you to Sheila Adams and Donna Robideau for coordinating the program.

Reservations for the St. Patrick's luncheon begin **Fri., March 4th at 8 a.m.** Please do not leave a message. Please note there will be no Healthy Bones and Balance exercise on Wednesday, March 16th. Happy Spring!

Joanne



DONATIONS CONTINUED FROM FEBRUARY NEWSLETTER: NEWSLETTER ACCOUNT: James Stathis, Carolyn Baston, Marlene Perkins, Sara Bach, Joan Casavant, Nellie Cabot, Ken Ellis, Wendell & Cecile Clark, Mr. & Mrs. Louis Sbraga, Phil & Carol Boivin, Helen Willemain, Janice & Frank DeToma, Mary & Wayne Boulais, Francine Resler, Edna Cox, Doris Tanguay, Marguerite & Robert Quesnel, Kenneth Williams, Mark & Jean O'Brien, Ruth Schmidt, Donald Boissonnault, Linda Lavigne, William & Judith Beyer, Gary & Elaine Jordan, Murielle Gendron, Jim & Marie Stathis, Linda Wallace, Mr. & Mrs. Lawrence Batley; **NUTRITION:** S. Hadley Women's Club, Corrine Lemay, Elizabeth Waring, Carol Constant; **SERVICES GIFT:** All Saints Episcopal Church, Bill & Jan Oehler; **TRANSPORTATION:** Linda Cadieux, American Legion Post #260 and many anonymous donations.

SPECIAL THANKS TO:

**The Friends of South Hadley Elderly, Inc. for sponsoring the subscription to the Daily Hampshire Gazette.

**The Friends of South Hadley Elderly, Inc. for the Valentine's Day cards and stamps sent home to the Home-Delivered Meals recipients.

**Dylan Miller for the large basket of candy for the Valentine's Day lunch

**Don Lever for the 10 boxes of Kleenex

**Gail Lehtomaki for the dish detergent and paper towels

**Mariah Levine and Playful Minds for the Valentine's Card for the home-delivered meals recipients.



*SPECIAL THANKS TO WENDY STORY AND MARC GAUDREAU OF BEERS & STORY SOUTH HADLEY FUNERAL HOME FOR THE DELICIOUS CAKE FOR THE CONGREGATE VALENTINE'S LUNCH. THANK YOU TO MARC FOR THE WALK DOWN MEMORY LANE WITH THE SLIDE SHOW OF 2015. **We all appreciate the hours Marc puts into making a very special video presentation.** Everyone appreciated the culinary talents of Amy Giroux for baking and decorating the most beautiful heart cake. It was delicious!

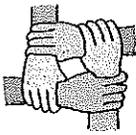
CANDIDATES LUNCHEON-WED., MARCH 30TH—

Meet the candidates running for Town positions. Please make your meal reservation (sirloin tips) by 1 p.m. on Tuesday, March 29th by calling 538-5042. The public is invited to attend and lunch is optional. Usually the candidates take a few minutes to introduce themselves and speak.

SHINE INFORMATION: Prescription Drug Costs too High? Look into the **Extra Help** program from the Social Security Administration www.socialsecurity.gov/extra-help (1-800-772-1213) You may be eligible to apply for **Extra Help** with prescription drug costs...and you can be a homeowner and still potentially qualify for this program. Benefits for 2016 include drug co-pays as low as \$2.95 for generics and \$7.40 for brand name drugs. An **Extra Help** application can be completed anytime during the year. If you need assistance or want to apply, make an appointment with the SHINE Counselor. Individuals monthly income limit: \$1,491/month; asset limit: \$13,460 Couple: \$2,011/month and assets \$27,250.

NEW SENIOR CENTER FUND \$57,018.44

TRANSPORTATION PROVIDED BY THE EXECUTIVE OFFICE OF ELDER AFFAIRS, THE TOWN OF SOUTH HADLEY AND DONATIONS FROM THE COMMUNITY. During the month of January 426 rides were provided by the COA bus.



Outreach News
by Ann M. Andras
Social Service Coordinator

Attention All Elders who are Renters! Be Prepared

If you are like most renters, you've probably been ignoring something you've needed for far too long now. That something is *Renter's Insurance*.

Renter's insurance, often called tenants' insurance, is an insurance policy that provides most of the benefits of homeowners' insurance. Renters' insurance does not include coverage for the dwelling, or structure.

The tenant's personal property is covered against fire, theft and vandalism. The owner of the building is responsible for insuring it but bears no responsibility for the tenant's belongings.

Most renters don't get renter's insurance because they don't think they need it. They falsely believe that their landlord's insurance will cover their personal belongs. Some don't even know renter's insurance is available. You have things that you've worked very hard for, and therefore you should protect those possessions

from fire, flood or theft. Buying can sometimes be confusing. Here are some tips to understanding and buying renter's insurance, courtesy of Hano-verinsurance.com and Jubinville Insurance of South Hadley:

- **One Lump Sum Could Save You...**Everybody wants a discount and to pay less. With renter's insurance, just like your car insurance, you can pay in one lump sum and same on installment fees.
- **Understanding the Claims Process is Crucial...**It's important that you know how to file a claim before you need to. It's important to keep handy the telephone number, policy number and who to speak to when making a claim.
- **Evaluate the True Value of Your Personal Possessions...**When it comes to buying renter's insurance, it's truly not the time to guess. Guessing can end up costing you a lot of money and heart-ache.

Keep a thorough inventory of your belongings. Keep that list with your insurance company contact information.

- **Understanding What is Covered and What is NOT...**For instance, jewelry and electronics almost certainly have a cap. You may need to purchase extra coverage for some of your items.

- **Understanding Which Type of Coverage is Best to Purchase...**Do your homework, ask lots of questions. There are several insurance companies right here in South Hadley, that will be happy to help you make the best choice. Talk to your landlord and be sure you understand what is covered in a case of an emergency and what is not.

The minimum amount of coverage is \$20,000 with a cost of approximately \$200.00. Be prepared to pay a deductible of \$500.00 if needing to file a claim. Ask your agent about something called "loss of use" which will explain what monies are available if you need to live elsewhere while your apartment is being repaired. Who will pay for that?

Ann

Just a thought... "Keep some souvenirs of your past, or how will you ever prove it wasn't all a dream"? Ashleigh Brilliant

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 (<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. MARCH MENU

- 1) BIRTHDAY/ANNIVERSARY—FRENCH MEAT PIE, Scalloped Potatoes, California Blend Vegetables, Wheat Bread, Cake or Diet Cake.
- 2) BROCCOLI & CHEESE QUICHE, Brown Rice, Succotash, Whole Grain Bread, Mandarin Oranges or Diet Mandarin Oranges.
- 3) LIVER & ONIONS W/GRAVY, Mashed Potatoes, Broccoli & Cauliflower, Multi Grain Roll, Pears or Diet Pears.
- 4) BAKED STUFFED SHELLS, Sauce, Spinach, Garlic Bread, Pineapple or Diet Pineapple.
- 7) SALISBURY STEAKS W/GRAVY, Noodles, Beets, Cornbread, Brownies or Diet Brownies.
- 8) ROASTED PORK W/GRAVY, Roasted Potatoes, Peas & Onions, Multi Grain Roll, Peaches or Diet Peaches.
- 9) STUFFED PEPPERS W/TOMATO SAUCE, Mashed Potatoes, Carrots, Rye Bread, Apricots or Diet Apricots.
- 10) VEAL PATTY W/GRAVY, Au Gratin Potatoes, Mixed Vegetables, Whole Grain Bread, Tropical Fruit or Diet Tropical Fruit.
- 11) FLORENTINE POLLACK, Rice Pilaf, Peas/Carrots/Cauliflower, Roll, Coolies or Diet Cookies.
- 14) CHEESE TORTELLINI W/SAUCE, Squash Blend, Garlic Bread, Orange Juice, Peaches or Diet Peaches.
- 15) MEATBALLS W/SPAGHETTI, Tomato Sauce, Spinach, Garlic Bread, Pears or Diet Pears.
- 16) ST. PATRICK'S DAY LUNCHEON—CORNEBEEF WITH CABBAGE, Boiled Potatoes, Carrots, Soda Bread, Cake w/Mint Frosting or Diet Cake w/Mint Frosting.
- 17) GROUND BEEF STROGANOFF, Noodles, Broccoli, Biscuit, Apricots or Diet Apricots.
- 18) BAKED SALMON W/LEMON, Rice, Corn, Multi Grain Roll, Juice, Pudding or Diet Pudding.
- 21) CHICKEN TERIYAKI, Brown Rice, Peas & Onions, Whole Wheat Bread, Mandarin Oranges or Diet Mandarin Oranges.
- 22) CHEESE LASAGNA W/SAUCE, Broccoli, Garlic Bread, Pears or Diet Pears.
- 23) SHEPHERD'S PIE W/GRAVY, Mashed Potatoes, Carrots, Multi Grain Bread, Jell-O or Diet Jell-O.
- 24) SWEET & SOUR PORK, Confetti Rice, Mixed Vegetables, Rye Bread, Tropical Fruit or Diet Tropical Fruit.
- 25) BAKED POLLOCK LOINS, Au Gratin Potatoes, Spinach, Multi Grain Roll, Fruit Crisp or Diet Fruit Crisp.
- 28) AMERICAN CHOPPED SUEY, Zucchini Blend, Garlic Bread, Orange Juice, Brownies or Diet Brownies.
- 29) CHICKEN PATTY W/GRAVY, Brown Rice, Peas & Onions, Multi Grain Bread, Cranberry Sauce, Pineapple or Diet Pineapple.
- 30) SIRLOIN TIPS W/SAUCE, Mashed Potatoes, Broccoli & Cauliflower, Whole Grain Roll, Tapioca Pudding or Diet Tapioca Pudding.
- 31) HAM & NOODLE CASSEROLE, Peas & Carrots, Rye Bread, Tropical Fruit or Diet Tropical Fruit.

What You Need to Know About Diverticular Disease

By Christy Maxwell, WMEC Nutritionist

Diverticular disease is a fairly common condition in the U.S., particularly as we get older. This condition strikes about a third of Americans by age 60, and roughly two-thirds by age 85 years. While most cases do not cause a problem, approximately 10 to 35% of persons with this disease will develop complications.

Diverticular disease encompasses two conditions: diverticulitis and diverticulosis. Diverticulosis is the condition of having small pouching areas (diverticula) within the lower digestive tract, particularly in the sigmoid colon. Diverticulitis is when one or more of the diverticula become inflamed and/or infected causing abdominal pain, fever, nausea and vomiting.

While it is not completely understood as to why diverticula form, studies suggest they are more common in people who consume a low-fiber diet. Diets low in fiber can lead to constipation, which puts an increased pressure and undue straining on the intestinal muscles. This is thought to weaken the lining making it easier for diverticula to form. Once formed, it is possible for bacteria and fecal matter to become lodged in the pouch resulting in an infection.

For years the belief was that foods such as nuts, seeds, corn and popcorn could block the opening of the diverticula and lead to a flare-up of diverticulitis. It is now known that these foods are **not** associated with an increased risk of diverticular complications. A recent study published in the *Journal of the American Medical Association* stated that the recommendation to avoid nuts, seeds, corn, and popcorn in diverticular disease should be reconsidered.

Physicians, dietitians, and other healthcare practitioners recommend eating a diet rich in fiber; one that includes nuts, seeds and corn, in the prevention of diverticular disease. If you have been avoiding these foods because of diverticular disease, remember to take it slow when reintroducing them to your diet, and drink plenty of water. Now, you no longer have to miss out on your favorite meals because of diverticulosis. You can enjoy your Shepherd's pie or that summertime com-on-the-cob worry-free!

ALL MEALS ARE SERVED WITH BREAD AND A 1/2 PINT OF 1% MILK ONLY. 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:

VIRGINIA P. SLIGO	Melide Normand Ola Herbert Jean & Phyllis Lacost Joanne & Wally Kluza Gen Munroe Joanne Trybus Alice Pont Doris Bibeau Eileen Burke Roland & Sharlene Racine HIPS (Health Information Partners) Ann M. Andras Kathy Gallivan
-------------------	--

VIRGINIA & BILL SLIGO	Joanne & Wally Kluza Gen Munroe
-----------------------	------------------------------------

TIMOTHY CROSSLAND	Florence & Kathy Gallivan
-------------------	---------------------------

HARVEY BRIERE	So. Hadley Cribbage Club
---------------	--------------------------

WALTER SKIBEL	Jennett L. Teece
---------------	------------------

WALLY MONROE	Gayle & Rod Kenneson
--------------	----------------------

NEWSLETTER ACCOUNT:

KAROL PAUL KAPINOS	Barbara Ann Kapinos
--------------------	---------------------

NORM GAGNON <i>(1st Anniversary)</i>	Doris Gagnon
---	--------------

SUBSIDIZED SENIOR TRANSPORTATION:

FREDERICK JOY	Stella Warzenski
---------------	------------------

RALPH	David Perwak
-------	--------------

MOTHER'S GARDEN:

VIRGINIA P. SLIGO	Barbara Kapinos
-------------------	-----------------

NUTRITION:

WALLACE K. MONROE	Liz & Bob Methot
-------------------	------------------

MARION "DOLLY" PEPIN	Sophie Paquette
----------------------	-----------------

IN MEMORIAM

IN MEMORY OF:

FROM:

ACTIVITIES/NECESSITIES:

DR. ROBERT L. BERGEN, JR.	Betsy Bergen
---------------------------	--------------



SPAGHETTI SUPPER!!!

Monday, March 7th

4:30-6:00 p.m.

FRIENDS OF THE SO. HADLEY ELDERLY & SO. HADLEY LIONS PARTNER FOR SPAGHETTI SUPPER

The SH Lions Club is partnering with the Friends of SH Elderly for their Monday, March 7th Spaghetti Supper at the Roost on Main Street. Meals (\$6.00) will be served from 4:30 -6:00 p.m.,—take out meals are available. The Lions will donate \$1 from each meal to the Friends, the more who attend the more \$\$ will be donated to the Friends.

CATCH THE FRIENDS ACTION!

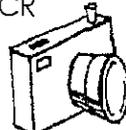
Okay – we made it through January and February. Since we started collecting the \$5 2016 membership fee, many have renewed their membership or become new Friends. The thing to remember: if you pay by March 15, you'll be eligible to win the \$100 lottery tree to be drawn on March 16 at the St. Patrick's Luncheon. Checks should be made payable to Friends of So. Hadley Elderly.

If you haven't already bought some, the Friends are selling raffle tickets for the drawing to be held Volunteer Appreciation Night, Friday, April 22. This is the second year we've been doing this in lieu of the card party. The grand prize is a Lottery Tree with a GUARANTEED \$100 winner. Tickets are a book of 6 for \$5 or \$1 for one chance. Local businesses have been requested donate prizes or gift cards that will be included in this raffle. You might want to ask the businesses you deal with if they care to donate to this fund-raiser. Tickets are available at some luncheons and any Director of the Friends. If you would like a book (or more) mailed to you, please contact Donna Robideau at 534-3942.

The boutique will be closed during the month of March to give our volunteers a needed rest. Donations of new or clean, gently used spring/summer clothing will be accepted at the Senior Center during April. The boutique will operate May and June with the first date being May 9. Following that, the May dates are the 17th and the 25th. June dates: 6, 14, 22, and 30. The availability of donations will determine whether the boutique will open in July.

MARCH 2016



<p>1 BIRTHDAY/ANNIVERSARY FRENCH MEAT PIE Town Primary Election- Rides available by reservation. 10 Beginning Exercise- EX 12:45 Monthly Movie-EX 1 Bingo-CR 1 Needlecraft-CE</p>	<p>2 BROCCOLI & CHEESE QUICHE 9-12 AARP Tax Assistance(by appt.) - C2 9:30 Grocery Shopping 10 Travel Club-C1 10:30 HB & Balance -EX 1 Choralites-DR 1 Mah Jongg-CE/1 Pitch-CR</p>	<p>3 LIVER & ONIONS W/ GRAVY 10 Alzheimer's Support-C2 10 Beginning Exercise-EX 11 Travel Club-C1 1 Chip poker—B 1 Golden Agers-CR 1 Quilting-CE/1 Scrabble-L</p>	<p>4 BAKED STUFFED SHELLS W/ SAUCE 9:30 Grocery Shopping 10 Coffee & Conversation-DR 10:30 HB & Balance-EX 1 Bridge-CE 1 Canasta- DR 1 Cribbage - CR/1 Knitting-L</p>
<p>7 SALISBURY STEAKS W/ GRAVY 10 Music Appreciation-CE 10 Tai Chi-EX 1 Canasta- DR 1 Pinochle- DR 1 Mah Jongg-CR</p>	<p>8 ROAST PORK W/GRAVY 9-12—SHINE (by appt.) 10 Beginning Exercise—EX 11 Michael E. Smith Middle School Jazz Band—DR 1 Bingo-CR/1 Needlecraft-CE 4-6 Caregiving series— session 1—CR</p>	<p>9 STUFFED PEPPERS W/ TOMATO SAUCE 9-12 AARP Tax Assistance(by appt.) - C2 9:30 Grocery Shopping 10 Travel Club-C1 10:30 HB & Balance -EX 1 Choralites-DR 1 Mah Jongg-CE/1 Pitch-CR</p>	<p>10 VEAL PATTY W/ GRAVY 10 Veteran's meeting 10 Beginning Exercise-EX 11 Travel Club-C1 1 Chip poker—B 1 Golden Agers-CR 1 Quilting-CE 1 Scrabble-L</p>
<p>14 CHEESE TORTELLNI W/ SAUCE 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-C2</p>	<p>15 MEATBALLS & SPAGHETTI 10 Lo-Vision Support resumes -C2 10 Brown Bag 10 Beginning Exercise—EX 12:45 Monthly Movie-EX 1 Bingo-CR/1 Needlecraft-CE 4-6 Caregiving series session 2—CR</p>	<p>16 ST. PATRICK'S DAY LUNCHEON CORNED BEEF W/ CABBAGE 9-12 AARP Tax Assistance(by appt.) - C2 9:30 Grocery Shopping 10 Travel Club-C1 No HB & Balance -EX 1 Choralites Concert -DR 1 Mah Jongg-CE/1 Pitch-CR</p> 	<p>17 GROUND BEEF STROGANOFF 10 Beginning Exercise-EX 11 Travel Club-C1 1 Chip poker—B 1 Golden Agers-CR 1 Quilting-CE 1 Scrabble-L</p>
<p>21 CHICKEN TERIYAKI 10 Music Appreciation-CE 10 Tai Chi-EX 1 Canasta- DR 1 Pinochle- DR 1 Mah Jongg-CR</p>	<p>22 CHEESE LASAGNA W/ SAUCE 9-12—SHINE (by appt.) 9 Newsletter Collating—CE 10 Beginning Exercise—EX 1 Bingo-CR 1 Needlecraft-CE 4-6 Caregiving series—session 3—CR 7pm Selectboard meeting -DR</p>	<p>23 SHEPHERD'S PIE W/GRAVY So. H. Sr. Travel Club Trip 9-12 AARP Tax Assistance(by appt.) - C2 9:30 Grocery Shopping 10 Travel Club-C1 10:30 HB & Balance -EX 1 Choralites-DR 1 Mah Jongg-CE/1 Pitch-CR</p> 	<p>24 SWEET & SOUR PORK 10 Beginning Exercise-EX 11 Travel Club-C1 1 Chip poker—B 1 Golden Agers-CR 1 Quilting-CE 1 Scrabble-L</p>
<p>28 AMERICAN CHOP SUEY 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>29 CHICKEN PATTIES W/ GRAVY 10 Beginning Exercise—EX 1 Bingo-CR 1 Needlecraft-CE</p> <hr/> <p>TOWN TRANSPORTATION AVAILABLE MONDAY-FRIDAY FROM 9-3, BY APPOINTMENT ONLY.</p>	<p>30 SIRLOIN TIPS W/ SAUCE Candidate Lunch 9-12 AARP Tax Assistance(by appt.) - C2 9:30 Grocery Shopping 10 Travel Club-C1 10:30 HB & Balance -EX 1 Choralites-DR 1 Mah Jongg-CE/1 Pitch-CR</p>	<p>31 HAM & NOODLE CASSEROLE 10 Beginning Exercise-EX 11 Travel Club-C1 1 Chip poker—B 1 Golden Agers-CR 1 Quilting-CE 1 Scrabble-L</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

DOREEN'S INFO

March and spring are on their way. This past winter Mother Nature teased us with the unseasonably "spring like" weather. Can't wait to see how the gardens and trees will react. Our Mothers' Garden Volunteers will be busy cleaning out the garden and planting soon. Those of you who enjoy working in gardens, come and volunteer.

As you get ready to flip your calendar's to March - here are some dates to jot down. Our Birthday/Anniversary lunch will be held on Tuesday, March 1st, pre registration is needed. Also on this day is our Monthly movie day. The featured films we show are from Netflix.

On Tuesday, March 8th the Michael E. Smith Middle School Jazz Band will provide entertainment in the dining room.

The Alzheimer's support group will be meeting on the first Thursday of the month. This month they will be meeting March 3rd.

The Lo-vision support group will be returning on Tuesday March 15. If you know of anyone who is dealing with vision changes and would like some information on equipment, resources this group would be happy to help you.

The St. Patrick luncheon will be held on Wednesday the 16th. Remember reservations are needed for this event. Our COA Colleen and her court will be chosen. I so encourage you to stay and hear the Choralites singing a variety of favorite songs. The Choralites are volunteers who are dedicated to rehearsing and bringing music to our center.

Are you looking for different activities? Well I am too. If you are interested in any of the following, please call me and let me know.

***Adult Coloring** – this activity actually improves health. A research study found that adults 65 and older who engage in this creative activity had better overall health, made fewer visits to the doctor, and had fewer health problems. It is also an excellent mood booster and de-stresser.

* **Dominoes** - The earliest mention of dominoes is from the "Song" dynasty from China and Dominoes first appeared in Italy during the 18th century.

* **Scarf painting** – Silk scarf painting is wearable art that YOU made.

All of us at the COA are so grateful to our dedicated volunteers. They could be spending their time somewhere else, but they choose to spend it with us and I and staff are so grateful.

In December/2015 volunteers logged 939 hours and in January /2016 they logged 1046 hours. THANK YOU!

Happy spring! *Doreen*



South Hadley Council on Aging Computer Learning Center

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

The South Hadley Council on Aging Computer Learning Center offers the following **individual** tutoring classes:

Computer Basics: Become familiar with your computer.

Word Processing: Learn to use Word Pad.

The Internet: Learn to use G-Mail.

Database with Microsoft Works: Understand database functions.

Spreadsheet using Excel: Understand terms and use of a spreadsheet.

Greeting Cards: Learn how to design and print your own greeting cards.

Typing: Become familiar with your keyboard to make typing easier.

For more information call (413)533-6889. Leave your name and number and call will be returned.

ESSENTIAL SKILLS FOR FAMILY CAREGIVERS OF LOVED ONES LIVING WITH DEMENTIA

A series of talks to provide education, practical guidance and tools to those caring for someone with dementia will be presented by Vanessa Martinez of the Alzheimer's Association at the South Hadley Senior Center. Join in to learn strategies for improving daily life, managing challenges associated with dementia, and increasing coping skills. Please call **Vanessa in advance to register at 800-272-3900.**

March 8, 4-6 p.m.-Essential Skills, It Starts with Communication: There are many proven communication techniques that caregivers can learn to improve day-to-day life for those with dementia and reduce their own stress. Learn how to communicate in a way that minimizes frustrations, decreases anxiety, and avoids disagreements.

March 15, 4-6 p.m.-Essential Skills, Understanding Behaviors: Actions, or behavior, may be telling us something like "slow down" or "I need something to do". Learning how to understand the message and making changes to care can prevent outbursts and arguments.

March 22, 4-6 p.m.-Essential Skills, Safety at Home: For someone with dementia, a safe and supportive home can prevent injury and enhance independence and a sense of security. Learn to adapt your home environment and make it dementia-friendly.

March 28, 11 a.m.-The Healthy Living for your Brain and Body: Open to anyone interested in brain health. No need to pre-register. For centuries research proves that the health of brain and body are connected. Science now can provide insight in how to optimize physical and cognitive health as one ages. Come and learn some tools to help plan for healthy aging.

South Hadley Council On Aging
 45 Dayton Street
 South Hadley, MA 01075
 (413) 538-5042
 (413) 532-8206 FAX

PRSR STD
 U.S. Postage
PAID
 Permit #3085
 Springfield, MA
 01152

"THE GOLDEN CHRONICLE" IS PRINTED WITH GRANT FUNDS PROVIDED BY THE MASSACHUSETTS EXECUTIVE OFFICE OF ELDER AFFAIRS AND BY OUR ADVERTISERS AND CONTRIBUTORS. ALTHOUGH THE SHCOA CANNOT ENDORSE THE ADVERTISERS, WE ASK THAT YOU PATRONIZE THEIR BUSINESS.

 <p>Village Eye Care</p> <p>Dr. Steven A. Markow Optometrist 413-536-6100 7 Hadley St., South Hadley, MA 01075</p>	 <p>RYAN & BOUDREAU, L.L.P.</p> <p>129 College Street, P.O. Box 190 South Hadley, Massachusetts 01075-0190</p> <p>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 South Hadley Council on Aging</p>  <p>The bank of you.</p> <p>bankesb.com 413.527.4111</p> <p>Member FDIC Member DIF</p>
 <p>Supporting The Council on Aging</p> <p>33 Lamb Street South Hadley 538-4642 www.curranjones.com</p> <p>T.J. O'Brien Joe Curran Vincent Govoni Directors</p>	<p>STATE REP. JOHN W. SCIBAK 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>Hair Services for Men & Women <i>in your home</i> Call Barbara at 538-9516 or 885-0371 <i>Serving the Elderly & Disabled 25 Years</i></p>	 <p>BEERS & STORY SOUTH HADLEY FUNERAL HOME</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>
 <p>246 North Main St. South Hadley, MA 01075 (413) 532-5325 www.LoomisCommunities.org</p>	 <p>ACE Drain & Sewer Cleaning South Hadley 538-9930</p> <p>Owner Rorakl T. Paayrula</p> <p>Radio Dispatched • Sinks • Tubs • Toilets • Sewer Lines Video Inspection of Pipes • Fully Insured • Reasonable Rates</p>	<p>SOUTH HADLEY DENTAL ASSOC., INC.</p> <p>MARJORIE S. BLOCK, D.M.D. 15 DAYTON ST., SOUTH HADLEY, MA 01075 TEL (413) 536-4455 FAX (413) 532-1757</p>