



# NOTES FROM THE DIRECTOR

Although we have had a mild winter, it will be very nice to see Spring arrive. Being a "flower" person I love seeing the crocus blossoms appear in my garden followed by the other bulbs and many types of bushes. It is definitely invigorating to see more daylight!

On a sad note, Edward Mello passed away a few weeks ago. Ed was a faithful driver for the COA when I first began my journey in this department. On behalf of everyone at the Senior Center, I want to express our deepest sympathy to his family.

Currently the staff is busy planning the Volunteer Appreciation and we welcome the opportunity to thank the many faithful volunteers who have assisted us through 2015. Please note, if you are a new volunteer or have less than 10 active volunteer hours (training time not included) in 2015, you will not be invited this year. The recognition is based on a calendar year. Volunteers will be accommodated first. If room allows, guests will also be welcome but first must go on a waiting list. It is a fun evening so please try to come and let the staff wait on you! Due to the rave reviews about the food last year, Hamel's Creative Catering will be providing a delicious buffet.

I want to thank all of the staff and volunteers for helping to make the St. Patrick's Day luncheon a wonderful event! On this day over 250 meals are prepared, delivered or served at the Center. It is a wonderful day of celebration and as the saying goes, "many hands make lighter work." This year the Colleen is Barbara Hatch. The members of her court are Terry Desforges, Linda Larivee, Claire Lizak and Venita Redding. Special thanks to the Choralites for making the event fun! As always the dining room was a "field of green" that day.

The "Friends" are the 501(c)3 non-profit fund-raisers for the COA. Annually the group gives a generous donation to the South Hadley COA to host special events, buy gifts, and pay for entertainment. The newsletter is printed on the Xerox copier purchased by the "Friends." The office photocopier and maintenance is supported by this volunteer group. In addition coffee for the coffee station is provided every morning through the financial support of these dear "Friends." Clients of the home-delivered meal program receive 5 stamps for their birthday through the generosity of the "Friends" annual donation. Please support them with the \$5.00 membership dues or the other fund-raising initiatives. They are also looking for new or unused raffle items for the Volunteer Appreciation Raffle. One of the raffle prizes is a lottery tree with a \$100 bill for a guaranteed win of \$100.00 Tickets are available at the Senior Center. If you have an item to donate, please drop off at the Senior Center, between 8 a.m.-4:30 p.m., Monday-Friday.

HAPPY SPRING!!!!

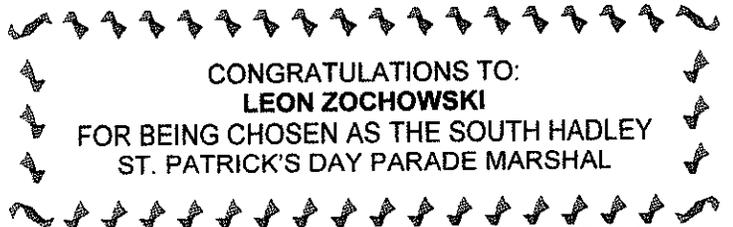


**NEW SENIOR CENTER FUND  
ACCOUNT BALANCE  
\$57,999.22**



## SPECIAL THANKS TO:

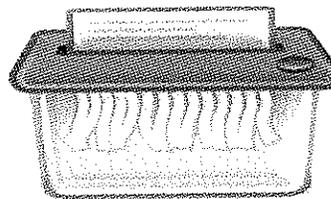
- \*\*BILLY POE FOR THE AMERICAN FLAG FOR THE FLAG POLE IN THE FRONT OF THE SENIOR CTR.
- \*\*JEAN LAMBERT FOR THE PAPER TOWELS
- \*\*THE ARBORS AT CHICOPEE FOR THE HEALTHY SNACKS FOR THE BEGINNING EXERCISE CLASS
- \*\*DR. & MRS. WOLF, FLORENCE BANK (CYNTHIA CUSTEAU), GERRY'S MUSIC SHOP, INC., THE JUBINVILLE INSURANCE GROUP, DR. STEVEN & JENNIFER MARKOW, SOUTH HADLEY DENTAL ASSOCIATION, INC. PEOPLESBANK (MATT BANNISTER) FOR THE SOUTH HADLEY CHORALE CONCERT TICKETS
- \*\*MARILYN & WAYNE GASS FOR THE TICKETS TO THE SO. HADLEY POLICE ASSOC./B.A.S.H. COMEDY NIGHT
- \*\*THE SOUTH HADLEY SENIOR TRAVEL CLUB FOR THE \$360.00 DONATION TO THE NEW SENIOR CENTER FUND THROUGH A COLLETTE STIPEND
- \*\*LES DICKINSON FOR THE BAKED GOODS
- \*\*BIG Y FOR THE BREAD AND BAKED GOODS
- \*\*FRANCINE RESLER FOR THE GARDEN BENCH WITH WHEELS FOR THE GARDEN VOLUNTERS.



CONGRATULATIONS TO:  
**LEON ZOCHOWSKI**  
FOR BEING CHOSEN AS THE SOUTH HADLEY  
ST. PATRICK'S DAY PARADE MARSHAL

## DIABETES SUPPORT GROUP

Join Jessica and student intern, Nicole as they demonstrate "Exercises to Ease Arthritis." This last session will be held on Wednesday, April 13th from 1-2:30 p.m. in the exercise room. It has been a pleasure to work with the Mercy Diabetes Education Center for the last several years. The support group will continue but with another medical facility.



**PUT A DENT IN  
IDENTITY THEFT**  
Free  
Community Shred Event  
**SATURDAY**  
**MAY 14TH, 2016**  
**BIG Y SHOPPING PLAZA**  
Newton St., S. Hadley  
9:00 a.m. to 12 noon

Sponsored by South Hadley TRIAD/S.A.L.T. Council, and VALLEY GREEN SHREDDING. Open to all community members, no limit on the amount you can bring. You can also bring old cell phones and hard drives. We are asking that you bring a canned good to benefit the food pantry of South Hadley. We look forward to seeing you there!



**Outreach News**  
by Ann M. Andras  
Social Service Coordinator

**Brown Bag: Food for Elders**

The Brown Bag: Food for Elders program provides a FREE bag of healthy groceries to eligible seniors once a month at the South Hadley Senior Center. The food items are specifically selected to meet seniors' special dietary requirements to help them stay healthy and active.

The Brown Bag program is for people over the age of 55 who meet certain income guidelines. If you qualify for SSI, Mass Health, Fuel Assistance, Veteran's Aid or have a documented disability for which you receive SSDI, you probably qualify to receive the Brown Bag.

Donations are never required for the Brown Bag program. The program is fully funded by The Food Bank of Western Massachusetts, with much of the food being provided by the state and federal government.



Some examples of food frequently available in the Brown Bag are: low-sodium soup, vegetables, spaghetti sauce, canned chicken and tuna, macaroni & cheese, canned stew, rice, spaghetti, fruit, and fruit juices, cheese, yogurt, shelf milk, some fresh foods such as onions, potatoes, carrots, butternut squash and kale.

The Brown Bag for South Hadley residents is held on the third Tuesday of every month. Participants are welcomed to pick up their bags between 10:00 a.m. and 11:00 a.m. For more information or to apply for the Brown Bag call Ann at 538-5042 extension 206 or call The Food Bank directly at 413-247-9738 or 1-800-247-9632.

*A very special THANK YOU to our dedicated group of Brown Bag Volunteers!*

*Ann*

**Just a thought...** "Don't expect to enjoy the cream of life if you keep your milk of human kindness all bottle up."

Author Unknown

**Need Help with your Prescriptions?**

Call the **Pharmacy Outreach Program** at 1-866-633-1617. What can the Pharmacy Outreach Program do for you? The pharmacy outreach program provides unique patient support with medication issues through a personalized approach. Clinical pharmacists and case managers provide medication and financial information. Their goal is to ensure that patients can afford to get the medications they need, and will know how to properly take them.



Trained staff will answer questions regarding prescription drug costs, information on assistance programs for medications, and health education for the community. Their clinical pharmacists will also follow up to make sure you are using the medications safely and correctly.

The Pharmacy Outreach Program is sponsored in part by:

*The Commonwealth of Massachusetts, and the Executive Office of Elder Affairs.*

**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.**  
**APRIL MENU**

## The Importance of Fiber

By Christy Maxwell, WMEC Nutritionist

- 1) POLLOCK LOINS,, Scalloped Potatoes, Beets, Rye Bread, Mixed Fruit or Diet Mixed Fruit.
- 4) SWEET & SOUR CHICKEN, Brown Rice, Broccoli, Whole Wheat Bread, Pudding or Diet Pudding.
- 5) **BIRTHDAY/ANNIVERSARY—FRENCH MEAT PIE W/GRAVY**, Noodles, Carrots, Orange Juice, Multi Grain Roll, Cake or Diet Cake.
- 6) VEAL PARMESAN W/SAUCE, Pasta, Romano Beans, White Bread, Tropical Fruit or Diet Tropical Fruit.
- 7) GRILLED HAM & CHEESE SANDWICH, Potato Puffs, Corn, Mandarin Oranges or Diet Mandarin Oranges.
- 8) CHEESE LASAGNA W/ALFREDO SAUCE, Italian Bread, Mixed Vegetables, Pineapple or Diet Pineapple.
- 11) MEATLOAF W/GRAVY, Mashed Potatoes, Peas & Mushrooms, Multi Grain Bread, Apricots or Diet Apricots.
- 12) BAKED CHICKEN W/GRAVY, Rice Pilaf, Zucchini Blend w/ Tomatoes, Cranberry Sauce, Whole Grain Roll, Orange.
- 13) BAKED STUFFED SHELLS, Garlic Bread, Spinach, Cookies or Diet Cookies.
- 14) ROASTED TURKEY W/GRAVY, Mashed Potatoes, Corn, Cranberry Sauce, Roll, Brownies or Diet Brownies.
- 15) Breaded Pollock Fillets, Brown Rice, Mixed Vegetables, Multi Grain Bread, Pineapple or Diet Pineapple.
- 18) **CENTER IS CLOSED—PATRIOT'S DAY**
- 19) LIVER & ONIONS, Mashed Potatoes, Peas & Mushrooms, Whole Grain Bread, Fruit Mix or Diet Fruit Mix.
- 20) CHICKEN CACCIATORA, Pasta, Spinach, Rye Bread, Pudding or Diet Pudding.
- 21) SHEPHERD'S PIE, Mashed Potatoes, Carrots, Biscuit, Pineapple or Diet Pineapple.
- 22) FIESTA POLLOCK, Rice, Creamed Corn, Multi Grain Roll, Mandarin Oranges or Diet Mandarin Oranges.
- 25) BAKED HAM W/PINEAPPLE, Brown Rice, Oatmeal Bread, Jell-O or Diet Jell-O.
- 26) TERIYAKI CHICKEN, Au Gratin Potatoes, Beets, Cornbread, Tropical Fruit or Diet Tropical Fruit.
- 27) STUFFED CABBAGE W/SAUCE , Mashed Potatoes, Peas & Onions, Rye Bread, Pears or Diet Pears.
- 28) MILD BEEF CHILE, Brown Rice, Spinach, Cornbread, Cookies or Diet Cookies.
- 29) MACARONI & CHEESE, Stewed Tomatoes, Green Beans, Multi Grain Bread, Peaches or Diet Peaches.

There are two types of dietary fiber – “soluble” fiber and “insoluble” fiber. While many fiber-containing foods have a mixture of both, each type provides significant, but different health benefits.

**Soluble fiber** attracts water and becomes gel-like in our intestinal system. This tends to *slow things down*, which lends to benefits that include regulating blood sugar levels and reducing diarrhea. Soluble fiber is also beneficial in lowering cholesterol levels and helping to maintain the good bacteria that reside in our intestinal tract.

**Sources include:** Fruits & veggies, dry beans & peas, oat bran & oatmeal

**Insoluble fiber** is often referred to as “roughage.” This fiber tends to *speed things up*, moving waste through the digestive system. Insoluble fiber acts more in the lower intestine, or colon. Its benefits include aiding with constipation, reducing hemorrhoids and the risk of diverticular disease. Some studies also suggest that insoluble fiber may help to reduce the risk of colon cancer.

**Sources include:** Whole grains, fruit & vegetable skins, brown rice, & lentils

The Dietary Guidelines recommend that we consume 25 – 30 grams of fiber daily for good health. The current average intake in the United States is only 15 grams. Below is a short list of good fiber sources.

Fiber Source & Quantity	Grams
1 cup Black, Kidney, Pinto, or Navy Beans	15 - 20
1 cup Berries (raspberries are the highest)	4 – 8
3 cups Popcorn (air popped)	4
1 cup Brown Rice or Quinoa, cooked	4
1 cup Broccoli, Cabbage, Cauliflower, Spinach, Dark Greens	5
1 med Apple or Orange	4
1 med Potato or Sweet Potato	4
High Fiber Cereals, per serving	6 – 10 +

**Looking just at the fiber portion for a day, let's put it together...**

- ◆ Breakfast = 1/2 cup Grape Nuts (or other high-fiber cereal) [7 g]
- ◆ Lunch = 1 cup berries [5 g] and 1/2 cup black beans [10 g]
- ◆ Snack = 1 oz. of Almonds (approx. 23 nuts) [5 g]
- ◆ Dinner = 1 medium potato [4 g] and 1 cup of broccoli [5 g]
- ◆ Evening Snack = 3 cups air-popped popcorn [4 g]

**By incorporating these foods, you would more than meet the fiber recommendation for the day. A total of 40 grams!**

**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:

EDWARD J. MELLO, SR. Cecile Comeau  
Henry & Catherine Geberth, Jr.

RICHARD AUBUCHAN Ola Herbert & Don Dec  
The Dineen Family  
Tillie Laverdiere  
Kathy & Florence Gallivan  
Grace Kelly  
COA Staff  
Frank & Mary Thetreault  
Carol & Will Beaudry  
Patricia Meyer  
Alice Pont & Family  
Donna Robideau  
Jim & Barb Rougeau  
William & Dorothy Schenker

VIOLA DUDEK Theresa VanBelle

MARIE WILGA Carolyn Nester

WALTER SKIBEL Philippa Goad  
Teresa Miele

GENE DESCANT Joan Descant

BARBARA LEONARD Joan Descant

SUSAN LEVER Donald Lever

#### SUBSIDIZED SENIOR TRANSPORTATION:

RALPH David Perwak

#### MOTHER'S GARDEN:

DON BROCHU Janie Brochu

#### NUTRITION:

EDWARD J. MELLO, SR. William St. Laurence  
Mary & Fred Craig  
Cheryl Remillard  
Susan M. Dominick  
Philip & Margaret Hendel  
Judith & Victor Kamont, Jr.  
Jason & Caroline Halker  
Peter Peri  
Michael Superson  
Gary & Mariann Ingraham  
Berkshire Bank & Berkshire Insurance Group  
Society of Clinical Child & Adolescent Psychology

## IN MEMORIAM

### IN MEMORY OF:

### FROM:

#### NUTRITION:

BOB RHEAUME

Anita Rheaume

## GARDENERS NEEDED!!

Have you enjoyed the Mothers' Garden these past 15 years? We urge anyone with any interest in seeing this Garden continue, to call in to the COA office at 538-5042 and leave your name and contact information. The beauty of the spring flowers in the Woodland Garden, the summer and fall flowers throughout the other five Gardens have brought us so much joy BUT we need help to plant and maintain them. The gardeners usually work two hours a week but we welcome any help at all and you can work with us as a group or on your own. The window boxes are another source of beauty for so many but they need twice weekly watering. Can you help for one or more weeks this season? Please don't let this area of color go back to its drab dirt of so many years ago. Ask your children and grandchildren if they can help. Many hands do make for light work!

On another note, our deepest thanks go to Jo Duguay and Doris Pliche, two long-time gardeners, who are no longer able to help on a weekly basis. They will be missed!



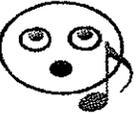
Cecile Girard  
Mary Hojnoski  
Claire Laporte  
Linda Young



## FRIENDS BOUTIQUE

The South Hadley Friends of the Elderly, Inc. Boutique will be opening on Monday, May 9<sup>th</sup> for several weeks. At this time the Friends are accepting new and/or clean gently used spring and summer clothing. Accessories are also welcome. Thank you for supporting the fundraisers of the South Hadley Council on Aging. Without the support of the Friends many services would not be possible.



<p><b>ROOM KEY</b>  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>	<h1 style="text-align: center;">APRIL 2016</h1>	<p>IN TOWN TRANSPORTATION AVAILABLE MONDAY-FRIDAY FROM 9-3, BY APPOINTMENT ONLY.</p> 		<p><b>1 POLLOCK LOINS</b>  9:30 Grocery Shopping  10 Coffee &amp; Conversation-DR  10:30 HB &amp; Balance -EX  1 Bridge-CE  1 Canasta-DR  1 Cribbage - CR  1 Knitting-L</p>
<p><b>4 SWEET &amp; SOUR CHICKEN</b>  10 Music Appreciation-CE  10 Tai Chi-EX  1 Canasta- DR  1 Pinochle- DR  1 Mah Jongg-CR</p>	<p><b>5 BIRTHDAY/ANNIVERSARY FRENCH MEAT PIE W/GRAVY</b>  <b>9-12 SHINE (by appt.)</b>  10 Beginning Exercise-EX  <b>12:45 Monthly Movie—EX</b>  1 Bingo-CR  1 Needlecraft-CE</p>	<p><b>6 VEAL PARMESAN W/ SAUCE</b>  <b>9-12 AARP Tax Assist -C2</b>  9:30 Grocery Shopping  10 Travel Club-C1  10:30 HB &amp; Balance -EX  <b>1 Choralites-DR</b>  1 Mah Jongg-CE  1 Pitch-CR</p>	<p><b>7 GRILLED HAM &amp; CHEESE</b>  10 Beginning Exercise-EX  10 Travel Club-C1  1 Golden Agers-CR  1 Quilting-CE  1 Scrabble-L</p>	<p><b>8 CHEESE LASAGNA W/ ALFREDO SAUCE</b>  9:30 Grocery Shopping  10 Coffee &amp; Conversation-DR  10:30 HB &amp; Balance -EX  1 Bridge-CE  1 Canasta- DR  1 Cribbage - CR  1 Knitting-L</p>
<p><b>11 MEATLOAF W/GRAVY</b>  <b>9:30—Foot Nurse (by appt.)</b>  10 Music Appreciation-CE  10 Tai Chi-EX  1 Canasta- DR  1 Pinochle- DR  1 Mah Jongg-CR  <b>4- COA Board meeting</b></p>	<p><b>12 BAKED CHICKEN W/ GRAVY</b>  <b>Town Elections @ the High School / 7am - 8pm</b>  <b>Rides available courtesy of the friend's—reservations needed.</b>  <b>No Beginning Exercise</b>  1 Bingo-CR/1 Needlecraft-CE</p>	<p><b>13 BAKED STUFFED SHELLS</b>  <b>9-12 AARP Tax Assist-C2 (last day)</b>  9:30 Grocery Shopping  10 Travel Club-C1  10:30 HB &amp; Balance -EX  <b>1 Diabetic Support Group (last session) - EX</b>  <b>1 Choralites-DR</b></p>	<p><b>14 ROASTED TURKEY W/GRAVY</b>  <b>10 Veteran's Group - CE</b>  10 Beginning Exercise-EX  10 Travel Club-C1  <b>12:30- 2 Blood pressure screening w/ nurse</b>  <b>1 Friend's meeting</b>  1 Golden Agers-CR/1 Quilting</p>	<p><b>15 BREADED POLLOCK FILLETS</b>  9:30 Grocery Shopping  10 Coffee &amp; Conversation-DR  10:30 HB &amp; Balance -EX  <b>11:30—Rep John Scibak—DR</b>  1 Bridge-CE  1 Canasta- DR  1 Cribbage - CR/1 Knitting-L</p>
<p><b>18 So. H. Sr. Travel Club Trip</b></p> <p style="text-align: center;"><b>PATRIOTS' DAY HOLIDAY CENTER IS CLOSED</b></p> 	<p><b>19 LIVER &amp; ONIONS</b>  <b>9-12 SHINE (by appt.)</b>  10 Brown Bag—CE  10 Lo Vision—C2  <b>No Beginning Exercise</b>  <b>12:45 Monthly Movie</b>  1 Bingo-CR  1 Needlecraft-CE</p>	<p><b>20 CHICKEN CACCIATORA</b>  9:30 Grocery Shopping  10 Travel Club-C1  10:30 HB &amp; Balance -EX  <b>1 Choralites-DR</b>  1 Mah Jongg-CE  1 Pitch-CR</p> 	<p><b>21 SHEPHERD'S PIE</b>  <b>No Beginning Exercise</b>  10 Travel Club-C1  1 Chip poker—B  1 Golden Agers-CR  1 Quilting-CE  1 Scrabble-L</p>	<p><b>22 FIESTA POLLOCK</b>  9:30 Grocery Shopping  10 Coffee &amp; Conversation-DR  10:30 HB &amp; Balance -EX  1 Bridge-CE  1 Cribbage - CR/1 Knitting-L  <b>No afternoon activities in DR</b>  <b>Volunteer Appreciation/6pm-8pm—Doors open @ 5:30pm</b></p>
<p><b>25 BAKED HAM W/ PINEAPPLE</b>  <b>9:30—Foot Nurse (by appt.)</b>  10 Music Appreciation-CE  10 Tai Chi-EX  1 Canasta- DR  1 Pinochle- DR  1 Mah Jongg-CR</p>	<p><b>26 TERIYAKI CHICKEN</b>  <b>No Newsletter collating - On Wednesday 4/27 !</b>  <b>9 TRIAD meeting @ Police Station</b>  10 Beginning Exercise-EX  1 Bingo-CR  1 Needlecraft-CE</p>	<p><b>27 STUFFED CABBAGE W/ SAUCE</b>  <b>9 Newsletter Collating-CE</b>  9:30 Grocery Shopping  10 Travel Club-C1  10:30 HB &amp; Balance -EX  <b>1 Choralites-DR</b>  1 Mah Jongg-CE  1 Pitch-CR</p>	<p><b>28 MILD BEEF CHILE</b>  10 Beginning Exercise-EX  10 Travel Club-C1  1 Chip poker—B  1 Golden Agers-CR  1 Quilting-CE  1 Scrabble-L</p> 	<p><b>29 MACARONI &amp; CHEESE</b>  9:30 Grocery Shopping  10 Coffee &amp; Conversation-DR  10:30 HB &amp; Balance -EX  1 Bridge-CE  1 Canasta- DR  1 Cribbage - CR  1 Knitting-L</p>

## DOREEN'S INFO

A hearty welcome to spring. Though this winter was a strange weather one and not too much snow had to be pushed out of our way – it sure was a cold one. It will be so nice to put on our walking shoes and get some exercise. If you are looking for programs to help wake up your muscles the COA has great exercise programs. If you are not sure which is best for you, you are welcome to come and observe a class.

Our Mothers' Garden Volunteer group is looking for more volunteers to help cleaning out the garden and do some planting. Those of you who enjoy working in gardens, come and volunteer. Give me a call.

Our Birthday/Anniversary lunch will be held on Tuesday, April 5th, pre registration is needed. Also on this day we have our Monthly movie. The featured films we show are from Netflix. On the 5<sup>th</sup> we are planning to show *Exodus: Gods and Kings*. On our next Month movie day which is April 19<sup>th</sup> we plan to show *Big Eyes*. Please keep in mind our schedule is subject to change.

On Wednesday, April 13<sup>th</sup> the last session of the Diabetic support group will be held.

Our Lo-Vision support group will be meeting on Tuesday April 18<sup>th</sup>. They are looking for more interested individuals who are dealing with vision changes. This group has much information on equipment and resources that you or a loved one may find helpful.

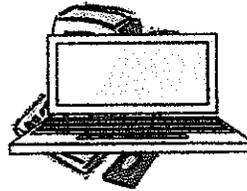
Several people have contacted me regarding my request of interest in the Adult Coloring Activity that I mentioned in last month's calendar. I am happy to report that there is a strong interest for it. I am "tying the loose ends" on implementing this activity. If you are interested, please contact me by leaving your name and contact information. As soon as this activity is up & running I will contact you.

Last month the Michael E. Smith Middle School Jazz Band provided entertainment in our dining room. Boy were they great. Such talented students. Thank You.

On April 22nd we will be hosting our annual Volunteer Appreciation Dinner. This year's theme is *Volunteers, the heart of the community*. There are not enough words to explain how important our volunteers are in assisting in the operations of the COA. They are part of "our family."

**A HUGE THANK YOU TO ALL.** If you are interested in volunteering, having a tour of the senior center or have any questions regarding activities, please contact me at: 413 538-5042, ext. # 205 or Email: dmcdonald@southhadleyma.gov.

*Doreen*



**SOUTH HADLEY  
COUNCIL ON AGING**  
**Computer Learning Center**  
Address: S. H. Senior Center  
45 Dayton Street  
South Hadley, MA 01075  
Telephone: 413-533-6889

The Computer Learning Center will offer a beginning I-Pad class on April 5th and 7th from 1-3 p.m. An advanced I-Pad class is presently being developed.

Classes are now forming for an Excel class and an Introduction to Computers class in April and May. Individual tutoring is available for Greeting Cards and Typing.

Some comments that we have received from students include: "good presentation", "very helpful", and "course was excellent".

If you would like more information on any of our classes, please call 533-6889 and leave your name and phone number. We will return your call as soon as possible.

## **LOCK BOXES**

A few months ago, the South Hadley S.A.L.T. Council of TRIAD teamed together with Fire District 1 to provide a medical emergency lock box to residents of the District. In addition to the boxes recommended by Fire District 2, these boxes are now available to residents of District 2. To date, more than 100 boxes have been installed. Master keys to these boxes are securely kept at the Districts' headquarters for use by EMTs and other safety/security personnel. The purpose behind the lock box is to permit emergency responders a quick, easy way into the property when required. This prevents the breakdown of doors to gain entrance and the cost to homeowners to repair the damages. Additionally, because the entry is not damaged, the property is secured should the resident be transferred to a medical facility. It is not to be used in the event of a lock-out! The cost of the box is \$30.00 which includes the materials, as well as installation. Checks are to be made payable to South Hadley S.A.L.T. Council; further information and applications can be obtained by visiting the Council on Aging at 45 Dayton Street or calling Joanne Trybus at 538-5042. This program is available to all residents of the Town—not just seniors! If you're planning to sign up for the lock box, why not also consider a house number. This is a metal pole with your reflective house number attached. These are also installed by the Districts at a minimal cost of \$7.00. If there is an emergency, be sure the responders can find you! Sign up for the house numbers can also be made through the Council on Aging.



**SOUTH HADLEY TOWN ELECTION**  
**TUESDAY, APRIL 12, 2016**  
**POLLS OPEN 7:00 A.M.—8:00 P.M.**

If you are interested in transportation to the polls, please call the Council on Aging at 538-5042 to schedule "free" transportation, paid for by the Friends of the South Hadley Elderly, Inc.

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

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