

COUNCIL ON AGING

South Hadley Massachusetts

The sun never sets on our Activities...

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 South Hadley, MA 01075-1924
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 Assistant Director: Lisa Napiorkowski
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JUNE 2016

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

90+ BIRTHDAY LUNCHEON WEDNESDAY, JUNE 22nd

This year we will honor those who are turning 90 or over at a **SPECIAL LUNCHEON to be held on June 22nd at 12 Noon. If you were born in 1926 PLEASE LET THE RECEPTIONIST KNOW** when you make your reservation. It will be beneficial for planning if you make your reservation by Friday, June 3rd. Cancellations are accepted until 9 a.m. on the 22nd. Those who are 91 or over this year are also welcome to attend. Because of limited space in the dining room each celebrant will be allowed to invite 1 guest. Celebrants will have their luncheon paid for by the Friends of South Hadley Elderly, Inc. Guests must pay for their own luncheon (60 and over suggested donation \$2.25 and 59 and under charge of \$3.00) Call in early! Give your name and date of birth and the name of your guest. The oldest person in attendance will receive a small cake. We hope to see all nonagenarians that day! Space is limited, please keep in mind we want to accommodate as many 90 and over celebrants as possible. The menu is Juice, French Meat Pie with gravy, Noodles, Broccoli & Cauliflower, Whole Wheat Bread, and Cake.

➤ Every Weekday: Nutritious & Delicious Lunch 11:45 am - 12:15 pm, 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.** The suggested donation is \$2.25 for participants 60 and over. IT IS A DONATION. 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., July 13, **Plymouth Whale Watch.** 4-hour whale watch out of Plymouth. Full course luncheon at **Tavern on the Wharf** (overlooking Harbor) \$89.00. Call **Susan Canedy, 536-2106.**

Tues., Aug. 16, a narrated cruise of New Hampshire's beautiful **Lake Winnepesaukee.** Includes a delicious full course buffet luncheon. \$84.00. Call **Howie Walsh, 593-6286.**

Sept. 12-14, **OGUNQUIT, MAINE:** visits to Kennebunkport, Kittery and Perkins Cove. 2 nights at **Meadowmere Resort:** 2 breakfasts, a dinner at **Jonathan's** and a lobster clambake along the ocean at **Foster's.** A musical **7 Brides for 7 Brothers** at the Ogunquit playhouse. \$375.00. Call **Susan Canedy, 536-2106** or **Judy Fortier, 534-3598.**

Tues., Oct. 18: **OCTOBERFEST** at the East Side Restaurant in New Britain, CT. Includes award winning German lunch & entertainment and bonus scenic foliage train ride. **Cost \$89.00.** Call **Howie Walsh 593-6286.**

Wed., Nov. 9, **Foxwoods Casino:** full casino package, includes buffet, time to gamble, and The Big Band sound of The Harry James Orchestra, in a Veteran's Day concert at the Fox Theatre. **Cost \$79.00.** Call **Susan Canedy, 536-2106.** Now booking an 11 day/10 night **CARIBBEAN CRUISE FROM NY**-from \$1076. Feb 7-17, 2017 aboard the **NORWEGIAN GEM.** Transportation to NY Pier included. Visiting San Juan, St. Thomas, St Maarten, Tortola. **Susan Canedy-536-2106** or **Judy Fortier 534-3598** for information/flyer. *Because the S.H. Sr. Travel Club pays in advance for all trips, no cancellations will be honored less than 1 month prior to the trip with the exception of a Dr.'s note certifying a medical emergency.*

HAPPY FATHER'S DAY TO ALL FATHERS, GRANDFATHERS, GREAT GRANDFATHERS AND GREAT-GREAT GRANDFATHERS.

NOTES FROM THE DIRECTOR

This will be my last newsletter column as a new Director will begin on Monday, June 6th. I want to take this opportunity to express my thanks to everyone. I also want to express my gratitude to the staff who have been part of my team and assisted me in providing the services. Without all of you I would not have been as successful. We were able to do so much and sometimes with so little. It has been a wonderful 30 years being a part of the South Hadley COA. I did not have any clue that my path here would lead to being the Director. But I am so very grateful for the personal and professional growth that resulted from being in the position. I can foresee me continuing to try and do kind deeds for others as it is in my nature.

On June 6th Leslie Hennessey will begin her adventure as the new Director. I will be working with Leslie to teach her how to prepare the many reports that are due. There are grants to learn as well as the complicated accounting associated with this department. However, Leslie will have time to meet the participants and staff. She will need to learn where the various files are located and the history of the COA. I know everyone will give her a very warm welcome!

I also want to extend my sincere thanks to Gail Bielizna-Pafford for serving as the Chairperson of the COA Board. Gail and Doris Bibeau will both be stepping down from the Board this month. Doris has been on the Board for 6 years and must step down.

PLEASE NOTE THAT OUR 90+ BIRTHDAY CELEBRATION WILL TAKE PLACE AT THE LUNCHEON ON WEDNESDAY, JUNE 22nd. SPACE WILL BE LIMITED SO CELEBRANTS SHOULD BE SURE TO MAKE THEIR RESERVATIONS IMMEDIATELY BY FRIDAY, JUNE 10TH.

I hope everyone enjoys the beautiful month of June! I will end my time at the COA on June 29th but I know it will not be "good-bye" but see you later. I will be out and about during the day so I hope to see you around Town.

Thanks for the many wonderful memories!!!!



OPEN HOUSE RETIREMENT CELEBRATION FOR JOANNE TRYBUS- WEDNESDAY JUNE 29TH FROM 1-4 P.M. PLEASE RSVP BY WED., JUNE 15TH TO LISA, EXT. 203 OR ANN, EXT. 206. REFRESHMENTS & BEVERAGES WILL BE PROVIDED.

SPECIAL THANKS TO: Jim's Auto for fixing the minibus door for no charge.

TRANSPORTATION PROVIDED BY THE EXECUTIVE OFFICE OF ELDER AFFAIRS, TOWN OF SOUTH HADLEY AND MANY GENEROUS DONATIONS. During the month of April 365 rides were provided.

Unfortunately with summer comes the season of scams, especially for paving driveways, painting, etc. Do not fall victim to a scam artist. Check out business credentials before signing a contract. Do not hesitate to call the South Hadley Police if you are suspicious or a stranger is on your property. Remember the saying: "If it sounds too good to be true, beware because it probably is not!"

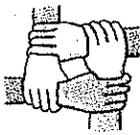
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 ☆
 ☆ **CONGRATULATIONS TO** ☆
 ☆ **MARTHA & TOM TERRY** ☆
 ☆ **FOR** ☆
 ☆ **RECEIVING THE LIONS CLUB** ☆
 ☆ **CITIZENSHIP AWARD** ☆
 ☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆

THERE ARE CURRENTLY TWO VACANCIES ON THE COUNCIL ON AGING BOARD. IF YOU ARE INTERESTED IN APPLYING, PLEASE FOLLOW THIS LINK: <http://www.southhadley.org/FormCenter/Selectboard-4Application-for-Appointment-to-Board-Com-44>. Or go to the Town Website and click on Forms, scroll down to Selectboard and then on Application for Appointment to Board, Commission or Committee.



NEW SENIOR CENTER FUND ACCOUNT BALANCE \$59,275.00

FRIDAY, JULY 1ST-LUNCHEON TO CELEBRATE RICHARD CARRIGNAN'S RETIREMENT. Call 538-5042 to make your reservations. Richard has been the faithful and well-loved minibus driver at the COA for the last 19 1/2 years. He now wants to spend more time with his wife Lorraine, family and friends.



Outreach News
by Ann M. Andras
Social Service Coordinator

Miscellaneous Co-Pays: Am I Responsible???

I have recently been contacted by several residents who believe they are being incorrectly billed for medical services not covered by their current Medicare Insurance Plan. I hope that I can clarify some of the confusion among plans and answer your questions.

Those elders who have chosen to purchase a *Medicare Advantage* plan will indeed incur co-pays for hospital and doctor visits, as well as surgical procedures and various testing. Those co-pays can start with \$15.00 to \$25.00 for a visit to your Primary Care and be as much as \$45.00 to see a specialist. A trip to the Emergency Department will cost you a \$75.00 co-pay.

Many seniors choose a Medigap Plan also referred to as a Medex Bronze or Supplement 1 Plan.

Working with your original Medicare these plans will typically have a higher monthly premium cost. In addition, elders will need to purchase a separate Part D or drug plan. The most attractive feature of the Medigap plans is there are no co-pays.

It is important to understand what type of plan you have and what are your out of pocket costs. Review your plan now before the open enrollment time in October. If you have a Medigap Plan and receive a miscellaneous bill that you would not typically be responsible for STOP and call your insurance company.

If you need assistance with your current plan or have other **SHINE** (Serving the Health Insurance Needs of Elders) related questions, please call the main office at 538-5042 for an appointment with our SHINE volunteer, Eileen Burke or Ann @ extension 206.

Ann

Just a thought.... "Someone who gets things started will usually get things finished".

Author Unknown

Senior Farmers' Market Nutrition Program



It's time to start thinking about all the wonderful fresh fruits and vegetables that are available at our local Farmers Markets.

The Farmers' Market Coupon Program is designed to assist low income older adults enhance good nutrition by providing those individuals with coupons valued at \$25.00 to be spent (like cash) at local Farmers' Markets. Markets in our area are located in South Hadley, Chicopee, Holyoke, Easthampton and Amherst.

In previous years the South Hadley C.O.A. has received 50 booklets to share with our senior residents. I will begin taking requests for these coupons on June 1st. The coupons typically arrive in mid-July.

Income guidelines do apply and proof of residency is required. For additional information and to request the Farmers' Market Coupons, please call Ann at 538-5042 extension 206.

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. JUNE MENU

- 1) ALL-BEEF FRANKS, Baked Beans, Mixed Vegetables, Whole Grain Roll, Tropical Fruit or Diet Tropical Fruit.
- 2) LIVER & ONIONS W/GRAVY, Mashed Potatoes, Broccoli & Cauliflower, Multi Grain Bread, Pears or Diet Pears.
- 3) POPCORN CHICKEN, Potato Puffs, Corn, Whole Wheat Bread, Pineapple or Diet Pineapple.
- 6) CHEESE LASAGNA WITH TOMATO SAUCE, Garlic Bread, Italian Blend Vegetables, Apricots or Diet Apricots.
- 7) BIRTHDAY/ANNIVERSARY—CHICKEN MARSALA W/ MUSHROOMS, Brown Rice, Summer Blend Vegetables, Salad: Congregate, Rye Bread, Cake or Diet Cake.
- 8) SALISBURY STEAKS W/GRAVY, Mashed Potatoes, Carrots, Multi Grain Bread, Tropical Fruit or Diet Tropical Fruit.
- 9) COLD PLATE: CHICKEN SALAD, Pasta Salad, Cucumber & Onion Salad, Roll, Pineapple.
- 10) BREADED POLLOCK FILLETS, Rice Pilaf, Green Beans, Juice, Whole Wheat Bread, Pudding or Diet Pudding.
- 13) COLD PLATE: TURKEY SALAD, Potato Salad, Carrot & Raisin Salad, Whole Grain Roll, Cookies or Diet Cookies.
- 14) SPAGHETTI & MEATBALLS, Mixed Vegetables, Garlic Bread, Tropical Fruit or Diet Tropical Fruit.
- 15) BROCCOLI & CHEESE QUICHE, Potato Puffs, Peas & Carrots, Roll, Mandarin Oranges or Diet Mandarin Oranges.
- 16) BBQ CHICKEN, Baked Potato, Corn Cobbets, Whole Grain Bread, Mixed Fruit or Diet Mixed Fruit.
- 17) BAKED SALMON FILLETS, Brown Rice, Spinach, Multi Grain Roll, Peaches or Diet Peaches.
- 20) BAKED HAM W/FRUIT SAUCE, Sweet Potatoes, Green Beans, Rye Bread, Pineapple or Diet Pineapple.
- 21) BEEF TIPS W/SAUCE, Mashed Potato, Peas, Mandarin Oranges or Diet Mandarin Oranges.
- 22) 90+ BIRTHDAY CELEBRATION—FRENCH MEAT PIE W/ GRAVY, Noodles, Broccoli & Cauliflower, Whole Wheat Bread, Juice, Cake or Diet Cake.
- 23) OVEN FRIED CHICKEN, Roasted Potatoes, Ratatouille, Peaches or Diet Peaches.
- 24) MACARONI & CHEESE, Stewed Tomatoes, Whole Grain Bread, Brownies or Diet Brownies.
- 27) SWEET & SOUR CHICKEN, Egg Noodles, Winter Mix Vegetables, Peaches or Diet Peaches.
- 28) MILD BEEF CHILI, Rice, Spinach, Biscuit, Pie w/Topping or Diet Pie w/Topping.
- 29) COLD PLATE: TUNA SALAD, Macaroni Salad, Picked Beets, Whole Grain Roll, Juice, Jell-O or Diet Jell-O.
- 30) ROASTED PORK W/GRAVY, Roasted Potatoes, Mixed Vegetables, Multi Grain Bread, Pears or Diet Pears.

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.

Food Additives Linked to Autoimmune Diseases

&

Red Meat Linked to Digestive Disorders

Source: Women's Nutrition Connection
(Weill Cornell Medical College)

Food Additives Linked to Autoimmune Diseases:

According to a study published in *Autoimmunity Reviews*, processed foods that contain food additives may raise the risk for autoimmune diseases such as lupus, rheumatoid arthritis, and multiple sclerosis. Autoimmune diseases occur when the body's immune system mistakenly attacks its own healthy cells. The researchers found that common food additives like glucose, sodium, and gluten weaken the connections between cells that protect the innermost layer of the gastrointestinal tract, allowing toxins to enter the bloodstream and possibly resulting in the development of an autoimmune disease. Foods most likely to contain additives include pre-made items such as frozen dinners, canned pasta, processed meats, and snack foods.

Red Meat Linked to Digestive Disorders:

A study review (*Turkish Journal of Gastroenterology*, November 2015) suggests that meat consumption may contribute to a higher risk of inflammatory bowel disease (IBD), particularly to ulcerative colitis. For the review, red meat was defined as darker-colored meat from cows, lambs, pigs and horses. White meat was defined as lighter-colored meat from poultry and rabbits, while "processed meat" referred to bacon, poultry sausage, deli meats, ham, and hot dogs. Only red meat consumption was associated with a higher IBD risk; no significant association between white or processed meat was found. Total meat intake was associated with a higher risk for ulcerative colitis, whereas no association was detected between total meat intake and Crohn's disease risk. The researchers say further studies are needed to confirm the association.



The Friends of the South Hadley Elderly Boutique will be open on June 6, 14, 22 and 30 from 10:00 a.m. to 1:00 p.m. at the Senior Center. Restocked! Please come in and shop for your Summer fashions & accessories for BOTH Men & Women! The Boutique is open to the public.

WANTED: If you have any donations of new and/or clean, gently used Summer apparel or accessories, we will gladly accept them in the office at the Senior Center during normal working hours (8:00 a.m.—4:30 p.m.).

IN MEMORIAM

IN MEMORY OF:

FROM:

NEW SENIOR CENTER FUND:

ROBERT J. SCOTT Donald & Marlene Gagne
Marguerite Quesnel
Thomas J. O'Connor & Amy Montemangri
Joanne & Wally Kluza
Mrs. Raymond (Virginia) Dressell
Bob & Joyce Lynes
Joseph & Nancy Brogden
Ola L. Herbert
Ricardo & Shary Azevedo
June O'Connor
Jim & Claire Long
Walter & Judith Tolpa
Luke F. Gagne
Greg & Betty Mitchell & Sean Mitchell Family
Ronald & Constance Fleury
Roland & Sharlene Racine & Brittany
Dorothea, Jack & Kate Barry

CLEMENT "CLEM" POITRAS Ola Herbert
Kathy Gallivan
Evelyn W. Myers

WALTER SKIBEL Clarice Bielanski

HELEN S. DZURIS Edward F. Dzuris

BARBARA LEONARD Joan Descant

EUGENE DESCANT Joan Descant

EDWARD H. PHOENIX Sandra M. Zieminski

JOHN "JACK" MAGRI Stephen & Judith Ellenburg

NUTRITION:

CLEMENT "CLEM" POITRAS
SH COA Morning Pool Players
Dan & Elizabeth Wheeler

CHESTER A. PUPEK Mr. & Mrs. Leon Zochowski
Staff at (U.S. Fish & Wildlife Service)
New England Field Office &
Southern New England Coastal Program

EDWARD H. PHOENIX Joan Mikolajczyk

PEGGY SKOP Clarice Bielanski

EDWARD J. MELLO, SR. Peter & Delores Reis

IN MEMORIAM

IN MEMORY OF:

FROM:

SUBSIDIZED SENIOR TRANSPORTATION:

RALPH David Perwak

EDWARD WARZENSKI Stella Warzenski

MINIBUS MAINTENANCE ACCT:

CLEMENT "CLEM" POITRAS Teresa M. Mullaly

NORMAN GAGNON Clarice Bielanski

EMERGENCY FUND:

TOM TETLOW Irene Tetlow

ACTIVITIES/NECESSITIES:

JEAN MENARD Clarice Bielanski

BILL BIELANSKI Clarice Bielanski

DONATIONS

SINCE FEBRUARY 2016 NEWSLETTER

Activity Gift/Necessities: Robert Ratkiewicz,
Audrey Heaphy ; Activity Gift/Emergency Fund:
Helen Ironside, Edward & Kathleen Kopec, Ed-
ward J. Thompson, Lawrence G. Kuntz, Frank &
Rita Falcetti, Gloria Boudreau; New Senior Cen-
ter Fund: Edward & Kathleen Kopec, South Had-
ley Senior Travel Club, Barbara Fisher, Robert &
Patricia Lynch, David LaRoche; Newsletter: Bar-
bara Ayers*, Sophie Kuzebski, Joanne Kluza*,
Sophie Gazda, Kathy & Dick Kirby, Mary Lu
Bathelt, Peg & Dick Lacoste, Lorraine D. Lavallee,
Krystyna Sulek, Christopher Ratkiewicz, Mary
Jane Follett, Gail Lehtomaki, Marcia Petri, John &
Diane Kuc, Grace Kelly, Claire Hebert, Shirley
Burdzy, Evan & Ruth Enders, Tillie Laverdiere,
Jim & Sandy O'Connell, Alice Moore, Barbara
Ayers, Richard & Patricia Molte, Francis & Teresa
Miele, Gail & Kevin Fitzgerald, Joanna Brown,
Claire Bielanski; Services Gift: Anonymous*;
Services Gift/Escort Program; Anony-
mous*****

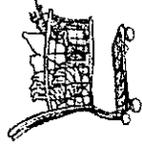
(*multiple donors or donations.)

JUNE 2016

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

7 BIRTHDAY/ANNIVERSARY
CHICKEN MARSALA/
MUSHROOMS
 9-12 SHINE (by appt.)
12:45 Monthly Movie—EX
 1 Bingo-CR
 1 Needlecraft-CE

8 SALISBURY STEAKS/GRAVY
 9:30 Grocery Shopping
 10 Travel Club-C1
 10:30 HB & Balance -EX
 1 Mah Jongg-CE
 1 Pitch-CR



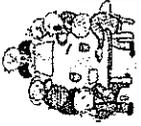
14 SPAGHETTI/ MEATBALLS
10-1 Fashion Boutique
 1 Bingo-CR
 1 Needlecraft-CE

15 BROCCOLI & CHEESE QUICHE
 9:30 Grocery Shopping
 10 Travel Club-C1
 10:30 HB & Balance -EX
 1 Mah Jongg-CE
 1 Pitch-CR

9 COLD CHICKEN SALAD PLATE
 10 Travel Club-C1
12:30- 2 Blood pressure screening w/ nurse
 1 Chip poker—B
 1 Golden Agers-CR
 1 Quilting-CE
 1 Scrabble

17 BREADED SALMON FILLETS
 9:30 Grocery Shopping
 10 Coffee & Conversation-DR
 10:30 HB & Balance -EX
11:30 Rep. John Scibak—DR
 1 Bridge-CE
 1 Canasta-DR
 1 Cribbage - CR/1 Knitting-L

13 COLD TURKEY SALAD PLATE
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—Board Meeting

21 BEEF TIPS & SAUCE
9-12 SHINE (by appt.)
10 Brown Bag—CE
10 Lo Vision—C2
 1 Bingo-CR
 1 Needlecraft-CE



22 90+ BIRTHDAY CELEBRATION
FRENCH MEAT PIE/GRAVY
 9:30 Grocery Shopping
10-1 Fashion Boutique
 10 Travel Club-C1
 10:30 HB & Balance -EX
 1 Mah Jongg-CE/1 Pitch-CR

23 OVEN FRIED CHICKEN
 10 Travel Club-C1
 1 Chip poker—B
 1 Golden Agers-CR
 1 Quilting-CE
 1 Scrabble

24 MACARONI & CHEESE
 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

20 BAKED HAM/FRUIT SAUCE
 10 Music Appreciation-CE
 10 Tai Chi-EX
1 Adult Coloring -CE
 1 Canasta- DR
 1 Pinochle- DR
 1 Mah Jongg-CR

28 MILD BEEF CHILI
9 Newsletter Collating-CE
 1 Bingo-CR
 1 Needlecraft-CE

29 COLD TUNA SALAD PLATE
 9:30 Grocery Shopping
 10 Travel Club-C1
 10:30 Osteoporosis Exercise-EX
1-4 Open House -
"Joanne's Retirement"
 1 Mah Jongg-CE
 1 Pitch-CR



30 ROASTED PORK / GRAVY
10-1 Fashion Boutique
 10 Travel Club-C1
 1 Chip poker—B
 1 Golden Agers-CR
 1 Quilting-CE/1 Scrabble



IN TOWN TRANSPORTATION IS AVAILABLE
MONDAY-FRIDAY 9-3
BY APPOINTMENT ONLY



DOREEN'S INFO

Here it is, happy summer to all. This is my favorite season, but when the humidity gets to high and the hair starts to frizz I say, "Enough". Always too remember when outside be prepared with sunscreen and clothing that will protect you from the strong sun rays and the bugs and insects that may be camping out in the environment. And of course keep plenty of water with you. During the summer months the temperature can rise very quickly. Please keep in mind that the South Hadley Council on Aging is a designated "Cooling Center". Come in and spend a morning, afternoon with us. Enjoy a healthy lunch and join an afternoon activity.

Thank you to our Mothers' Garden Volunteer group for your hard work. It is so nice to go outside and admire the gardens. The Mothers' Garden Volunteer group is always looking for more volunteers to help water the plants and do some planting. Those of you who enjoy working in gardens, come and volunteer. Give me a call.

Last month we had our Spring Luncheon and enjoyed the great sounds of the Choralites. They will be taking a break over the summer, but if you would like to join them please see me.

Keep your eye on our monthly calendar. New program/activities will be happening and some of our regular activities will be taking a summer break.

Our Birthday/Anniversary lunch will be held on Tuesday, June 7th, registration is needed.

The Monthly movie will also be shown this day. Where are our "Movie Goers"? In the past few months the attendance has been low. Please share with me ideas and thoughts on how to keep this activity going.

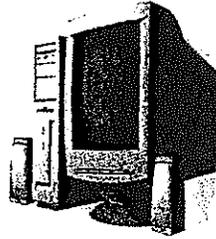
The Adult Coloring activity will kick off on Monday, June 20th in the Ceramics room. Many of you have shared your enthusiasm. All are welcome to bring their supplies and color your stress away.

The annual 90+ Birthday Lunch Celebration will be held on June 22nd and reservations are needed. Did you know America's population of persons aged 90-and-older has almost tripled since 1980, reaching 1.9 million in 2010 and will continue to increase to more than 7.6 million over the next 40 years, according to a report from the U.S Census Bureau? These are special people in this age range.

Interested in the happenings at the COA? Give me a call to inquire about our volunteer program or take a tour. Please contact me at: 413 538-5042, ext. # 205 or dmcDonald@southhadley.ma.gov.

Welcome new volunteers; Roger Farnsworth, Lorraine Furey, Annette Geoffrion, Marcia Mallett, Robert Mallett, and Rudolph Marek.

Doreen



**SOUTH HADLEY
COUNCIL ON AGING
Computer Learning Center
Address: So. Hadley Senior Ctr.
45 Dayton St., So. Hadley, MA 01075
Telephone: (413) 533-6889**

The South Hadley COA Computer Learning Center offers individual tutoring classes: Computer Basics; The Internet; Spreadsheet with Excel; Greeting Cards; and Typing.

Assistance is available for I-Phone/I-Pad and also for Apple products and Windows 10.

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



7 REASONS ADULT COLORING BOOKS WILL MAKE YOUR LIFE A WHOLE LOT BRIGHTER

The trend of adult coloring has spread nationwide as adult coloring books are popping up on bestseller lists, and major publishers are producing the books in droves. Coloring books for adults have become the latest trend, and this one is actually really good for you. According to clinical psychologists there are health benefits to coloring. It relaxes the fear center of the brain and allows your mind to get the rest it needs.

1. Doctors have prescribed coloring to patients for 100 years.
2. Coloring gives you a chance to be social.
3. Coloring reduces stress and anxiety.
4. Coloring trains your brain to focus.
5. Coloring lets you be you.
6. Coloring helps your fine motor skills and vision.
7. Coloring is free decoration.



2 Pairs of Glasses May Help You to Avoid Falls

Older adults who wear multifocal glasses and frequently take part in outdoor activities are less likely to suffer falls if they are provided with a pair of single lens distance glasses for outdoor use, according to a study published in the British Medical Journal. Findings indicated a 40% drop in falls for those who are outdoors often. However, those who undertake little outdoor activity should use multifocal glasses for most activities. Taken from Focus On Health Aging, Mount Sinai School of Medicine, Volume 10G-R2.

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

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