

COUNCIL ON AGING

South Hadley

Massachusetts

The sun never sets on our Activities...

South Hadley Council on Aging
45 Dayton Street,
South Hadley, MA 01075
Tel. 538-5042 Fax 532-8206
Open Monday— Friday
8:00am to 4:30pm

THE GOLDEN CHRONICLE

SEPTEMBER 2016



The Center will be closed on Sept. 5th

Come in for a Nutritious & Delicious Lunch at the Center

Served Daily 11:45am - 12:15 p.m

A Nutritious & Delicious Lunch prepared at So. Hadley Senior Center, by our Food Service Coordinator, Billy Poe and Assistant Cook, Jim Tomlinson. 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 or older. Younger guests will be charged \$3.00. Hope you can join us!

The WestMass ElderCare Picnic is Rescheduled

Wed. September 7th 11am to 2:30pm
Morgan Road Pavilion, West Spfld. MA



"Listening" Opportunity

1st Grade Teacher, Pat Duhart, invites any interested elder to LISTEN to her students learn to read. Sessions start Sept. 15th and continue weekly on Thursdays from 1:30 to 2:30pm at the Plains School. See Leslie to sign-up.



Diabetes Education & Support Group

Classes are scheduled to begin on October 12th, and will meet in Dec. Feb. 15, 2017 and April, 2017 This class is free to participants and is provided by a Grant by the Title III Older Americans Act.

Lunchtime Presentation

September 22nd at 11:45am. Kelly Goss from Reidy Home Medical Alarms will be here to discuss a Personal Emergency Response Button. An inexpensive option to make you feel more safe and secure in your home.

SWIPE-IN AND WIN!!

It's so easy!! Each Friday in September a winner will be pick to receive a Gift Card. All YOU need to do is swipe-in to the MySeniorCenter computer in the lobby each time you attend an activity, program or lunch at the Center! Good luck!



Big E Trip

Mon. Sept. 19th. Make reservations for the Van
Pick up begins at 9am. Return at 2pm.

Meet Leslie, the new Director

Please join me on September 28th for my "official" Welcome. Lunch will be served at 11:45am and we'll have cake for dessert. Hope to see you there!

The Veteran's Group

The Council on Aging Veteran's Group will start up again on Thursday, September 8th at 10am.

Can I read the Golden Chronicle on-line?

Yes you can!!! Go to www.southhadley.org Type "Council on Aging" in the brown SEARCH box (upper right of page) and press enter. You will come to the COA page. Now click Newsletter Archives. Enjoy

We are Sincerely Thankful for the
Very Generous Donations Received for
 a "New Senior Center" from:

Josefina & Jose Pangan, Jr.

Debbi Cowdrey

&

Ken Ellis in Honor of Joanne Trybus for her many
 years of Service & Dedication to the
 Senior Center

IN MEMORIAM

IN MEMORY OF:

FROM:

NEW SENIOR CENTER FUND:

RICHARD D. BOUDREAU	Robert & Gloria Boudreau
GEORGE "CHUCK" HALKYARD	Eileen Halkyard
DAVID BELLEFEUILLE	Mr. & Mrs. Howard Walsh Judy Fortier Kathy Gallivan
DORIS BYRNES	Gloria Boudreau

NUTRITION:

DONALD GILPATRICK	Barbara Gilpatrick
LEO A. LABONTE	Gloria LaBonte
(4th Anniversary)	
RENE CASAVANT	Joan Casavant
ROBERT BERTRAM	Lynne Bertram

NEWSLETTER:

DAVID BELLEFEUILLE	Chet & Joanne Trybus
JUDY FLEMING	Jack Fleming
GEORGE SHATTUCK	Eileen Shattuck

SUBSIDIZED SENIOR TRANSPORTATION:

RALPH	David Perwak
EDWARD WYTRYCH	Stella Warzenski
CHARLIE GRECO	Stella Warzenski
DAVID BELLEFEUILLE	Stella Warzenski

MINI BUS MAINTENANCE:

ALEXANDER GLADU	Rita T. Gladu
-----------------	---------------

ACTIVITIES/NECESSITIES:

DAVID BELLEFEUILLE	Jeanne & Allen Gagnon
--------------------	-----------------------



A LETTER FROM LESLIE

Happy September Everyone,

It is hard to believe we will be celebrating Labor Day! It is the "unofficial" end of summer, but it also marks 3-month's "On the Job" for me. I recently accompanied our meals on Wheel driver, Linda Tenkate, on her Hot Meals route and I got to meet many of our members. I will be riding along with the other driver's and I look forward to the opportunity to meet the rest of our Meals on Wheels folks. Please keep in mind, we have a mini-bus that can bring you to and from the Center. Our driver, Ken, is getting to know the byways and side-streets of South Hadley. To schedule a ride call Ola in the office.

Soon, we will have a new Activity/Volunteer Coordinator and our volunteers will have the direct support they need to help keep our busy Center working. I'd like to thank our hard working volunteers for pitching in more and offering to work longer in the interim. We appreciate your commitment to ensuring the Center runs smoothly.

I'd like to make a request. Many of you visit the Center regularly and I would like to ask you to consider picking up a copy of the Golden Chronicle at the Center, instead of having it mailed to your home. (After all, you are both going to the same place!) The difference in postage would help us save money.

Please join me on September 28th for my official *Welcome to the Senior Center Party*. There will be a great lunch and cake for dessert. I look forward to seeing you all there! ~Leslie

The printing and mailing of the newsletter is made possible through Formula Grant funds, advertising and your generous support. Special thanks again to the Friends of South Hadley Elderly for purchasing the Xerox for the senior center.

The South Hadley Council on Aging
will no longer be accepting used medical equip-

To Our Wonderful,
dependable, flexible, dedicated
Volunteers

we simply could not do what we do without YOU!

SOUTH HADLEY COA STAFF:

- ◆ **Director:** Leslie Hennessey
- ◆ **Assistant Director:** Lisa Napiorkowski
- ◆ **Social Services Coordinator:** Ann Andras
- ◆ **Activity/Volunteer Coord.:** Vacant
- ◆ **Food Service Coordinator:** Billy Poe
- ◆ **Office Clerks:** Ola Herbert and Kathy Gallivan
- ◆ **Assistant Cook:** Jim Tomlinson
- ◆ **Home-Delivered Meals Coord.:** Rick Dufault
- ◆ **Minibus Driver:** Ken Dawley
- ◆ **Substitute Minibus Drivers:** Rick Dufault
Paul Grennon
- ◆ **Hot Meals Drivers:** Herb Baker
Nancy Blodgett
Maryanne Fredette
Linda Tenkate
Linda Callahan
- ◆ **Sub Hot Meals Drivers:** Sal Cantata
Grace Tang
- ◆ **Chores:** Rick Landry
- ◆ **Shine Coordinator:** Eileen Burke
- ◆ **Travel Club Chairperson :** Howie Walsh
- ◆ **Friends President:** Sheila Adams
- ◆ **Newsletter Printer:** Patrick Labonte

COUNCIL ON AGING BOARD MEMBERS

**Chairperson-Mary Billion
Secretary-Sarah Gmeiner**

- ◆ Sheila Adams Eileen Burke Ken Ellis
- ◆ Judith Fortier Carlene Hamlin Grace Kelly
- ◆ Donald Lever Richard Morisson
- ◆ William Shenker

**T
H
A
N
K
Y
O
U**

To our Friend, Sheila Adams, who donated the sign to remind our members to 'SWIPE IN'

To Evelyn Hatch from Breezy Acres Farm who donated flats of flowers to the Mother's Garden.

To Don Lever for the donation of Paper Towels and Kleenex.

To Davis, Giard & Associates for the donation of Pill Boxes.

To Kathy Gallivan for the Wonderful Movies she's supplying us.

To Les Dickinson for the delivery of day-old delicious baked goods from Big Y.

To Interim Chief Steve Parentela for joining us for lunch on Aug. 4th The Chief answered Many questions and spent time chatting with our members. Come by anytime!

All the volunteers who pitched in, shucked corn and served food at our Annual Picnic. It was a true community effort.

July 2016 - 451 rides were provided by our

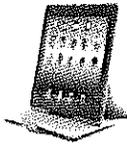


Mini-Van! Transportation is available to and from the South Hadley Senior Center and destinations in town. It is provided in part by the Executive Office of Elder Affairs, Town funding and many generous donations.

Fuel Assistance 2016/2017

The fuel assistance season will begin on **November 1, 2016**. No NEW applications will be completed before that date. Any senior who has received their re-certification paperwork from Community Action and would like assistance, please call Ann at 538-5042 extension 206. An appointment is required for help with Fuel Assistance. I will provide additional details as they become available.

COMPUTER LEARNING CENTER



The Computer Learning Center staff will be available to assist seniors with tutoring for I/pad, I/phone, Microsoft and Apple programs. To obtain assistance, please call the Senior Center phone number at 538-5042 and your request will be forwarded to a staff member. We will return your call.

Our CLC staff sincerely appreciates the support of the Senior Center for several years as we have guided many seniors into the computer age and look forward to continuing our program in a new format.

*** The Senior Center would like to extend our heartfelt thanks to the Computer Learning Center Staff for their many years of supporting of our elder community and their dedication to teaching. Thank you.*

THE FRIEND'S CORNER



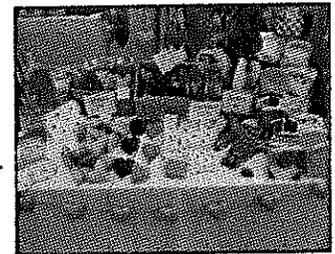
The Boutique will be closed during September while we restock with fall and winter merchandise. During the month, you can leave your donations of new and/or clean, gently used clothing and accessories for both men and women. The October dates will be listed in the next issue of the Chronicle.

HOLIDAY CRAFT FAIR

The Friends of So. Hadley Elderly

We are planning for the Annual Craft Fair to be held November 5th between 9:00 a.m. and 2:00 p.m. at the Senior Center, 45 Dayton St.

At this time we're looking for vendors and crafters who are interested in participating. For an application and/or information, please contact Donna Robideau at 534-3942 or donnarob@comcast.net



SOUTH HADLEY SENIOR TRAVEL CLUB

Tue., Oct. 18. OCTOBERFEST at the East Side Restaurant in New Britain, CT. Includes a German lunch, entertainment and a scenic foliage train ride. **Cost \$89.00. Call Howie Walsh 593-6286 .** **Wed, Nov. 9, Foxwoods Casino**, full casino package, including buffet and time to gamble. Includes 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. Thurs. Dec.8, Aqua Turf Club** for their Holiday Show. Featuring **Jimmy Sturr and a special guest appearance by "The 4 Aces."** Includes their famous family style Christmas luncheon. **Cost \$84.00.** Call Judy Fortier, 534-3598.



TWO WINTER GAMBLING TRIPS. HURRAY! Jan. 17, 2017, Mohegan Sun Casino, with full casino package. Cost \$25.00. and Feb. 21, 2017, Twin River Casino, with full casino package Cost \$27.00. Call Howie Walsh 593-6286. Player card or picture ID required for all casino trips.

The S. H Senior Travel Club pays in advance for all trips, no cancellations will be honored less than one month prior to the trip with the exception of a Doctor's note certifying a medical emergency.

Join us Tuesday, September 6th for Our Movie Pick of the Month

Shall We Dance

An all star cast. Richard Gere, Jennifer Lopez and Susan Sarandon star in this comedy about following your own lead.

Acclaimed as an Entertaining Crowd –Pleaser and Full of Genuine Delights!

September Activities

MONDAY*:

CLOSED: LABOR DAY—SEPTEMBER 5TH

9:30-11:00 Foot Nurse (by Appt. ONLY) Sept. 12 & 26

9:00-2:00 Big E Van Trip—September 19**

10:00 Music Appreciation—CE - (Room #3)

10:00 Tai Chi—EX (Room #5)

1:00 Pinochle—DR (Dining Room)

1:00 Canasta—DR (Dining Room)

1:00 Mah Jongg—CR (Room #2)

1:00 Adult Coloring (September 19th) - CE (Room #3)

4:00 COA BOARD MEETING—Sept. 19

TUESDAY:

9:00-1:00 SHINE—C1 (by Appt. ONLY) Sept. 13, 27

9:00 Newsletter Collating—CE Sept. 27 (Room #3)

10:00-11:00 Brown Bag—CE Sept. 20 (Room #3)

10:00 Lo-Vision Support—C2 Sept. 20 (Room #1)

10:00 Beginning Exercise—EX (Room #5)

12:45 Monthly Movie—"Shall We Dance?" 9/6 (EX- #5)

1:00 Bingo—CR (Room #2)

1:00 Needlecraft—CE (Room #3)

WEDNESDAY:

9:30 Grocery Shopping

10:00 Travel Club—C1 (Library Conference Room)

10:30 Healthy Bones & Balance—EX (Room #5)

1:00 Mah Jongg—CE (Room #3)

1:00 Pitch—CR (Room #2)

THURSDAY:

10:00 Veteran's Group—September 8th—CE (Rm. #3)

10:00 Alzheimer's Support—C2 (Room #1) Sept. 1

10:00 Beginning Exercise—EX (Room #5)

10:00 Travel Club—C1 (Library Conference Room)

11:30 Reidy Home Medical Alarms Presentation— 9/22

12:30-2:00 Blood Pressure with Nurse—C2 (Rm #1) 9/8

1:00 Quilting—CE (Room #3)

1:00 Scrabble—L (Library)

1:00 Chip Poker—B (Room #4)

1:00 Golden Agers—CR (Room #2)

2:00-4:00 Bereavement Support—Starts Sept. 8 (C2-#1)

FRIDAY:

9:30 Grocery Shopping

10:00 Coffee & Conversation—DR (Dining Room)

10:30 Healthy Bones & Balance—EX (Room #5)

11:30—Rep. John Scibak—DR (Dining Room) - Sept. 16

1:00 Bridge—CE (Room #3)

1:00 Canasta—DR (Dining Room)

1:00 Cribbage—CR (Room #2)

1:00 Knitting—L (Library)

*Billards—B (Room #4) - M-F 8:00 a.m. to 4:00 p.m.

**Call Center to Reserve Seat for Big E Van Trip.

ROOM KEY with Room Numbers:

C2—OLD OFFICE/NURSES OFFICE (ROOM #1)

CR—CARD ROOM (ROOM #2)

CE—CRAFT/CERAMICS ROOM (ROOM #3)

B—BILLARDS ROOM (ROOM #4)

EX—EXERCISE ROOM (ROOM #5)

DR—DINING ROOM

L—LIBRARY

C1—LIBRARY CONFERENCE ROOM

THE NUTRITION RAINBOW

by Alex Hale, UMass Dietetic Intern

It is well known that fruits and vegetables are beneficial to your health, but it is important to understand why they are good for us. Fruits and vegetables are whole foods that are full of nutrients with health benefits that we would not get from processed foods. They are nutritious in any form – fresh, frozen, or canned. When choosing canned items, be sure to look for "no added salt" (or sugar) options.

Different colored fruits and vegetables provide a wide variety of nutrients and antioxidants that improve health and reduce our risk of disease. So strive to include all the colors of the rainbow in your diet!

Red (tomatoes, strawberries) – contain lycopene that may reduce your risk of certain types of cancer.

Orange (carrots, cantaloupe) - contain beta-carotene, a precursor for vitamin A. Vitamin A is essential for healthy function of the eyes, bones, heart, lungs, kidneys and other organs.

Yellow (summer squash, peaches) - contain vitamin C and flavonoids which reduce inflammation and strengthen the immune system.

Green (lettuce, broccoli) - contain folate which promotes healthy cells and lowers homocysteine levels, as well as lutein and zeaxanthin, compounds which may reduce your risk of age-related eye disease.

Blue (blueberries, grapes) – provide flavonoids called anthocyanins which have been shown to benefit cognitive function.

Purple (beets, plums) - contain resveratrol which has been shown to be beneficial for the cardiovascular system.

White (onions, cauliflower) - contain flavonoids such as quercetin, which also benefit heart health.

It is important to consume fruits and vegetables in a variety of colors to ensure you are getting all the available nutrients. A plate full of fruits & veggies is high in nutrition, but low in calories, and also aids in lowering cholesterol levels and reducing blood pressure. Try making a fruit salad with strawberries, melon, banana, kiwi, blueberries, and grapes – you cover the rainbow while having a delicious treat this summer!



SEPTEMBER 2016—Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>IN TOWN TRANSPORTATION IS AVAILABLE MONDAY-FRIDAY 9-3 BY APPOINTMENT ONLY</p> <p>Lunch is served at 11:45 a.m. Suggested Donation—\$2.25 for 60+ (Guest under 60 \$3.00)</p>	<p>ALL MEALS ARE SERVED WITH 1/2 PINT OF 1% MILK CALL THE COA 538-5042 FOR RESERVATIONS BY 1:00 P.M. THE PREVIOUS DAY. KINDLY CANCEL RESERVATION BEFORE 9:00 A.M. ON THE DAY OF LUNCH</p>	 <p><i>Please Join us!</i></p>	<p>1 Kielbasa Lazy Pierogi Mixed Vegetables Rye Bread Pineapple or Diet Pineapple</p>	<p>2 Broiled Pollock Loins Scalloped Potatoes Spinach Whole Grained Bread Cookies or Diet Cookies</p>
<p>5 CENTER IS CLOSED</p> 	<p>6 BIRTHDAY/ANNIVERSARY Roasted Turkey w/Gravy Mashed Potatoes Ratatouille Cranberry Sauce Multi Grain Bread Cake or Diet Cake</p>	<p>7 BBQ Chicken Roasted Potatoes Spinach Rye Bread Jell-O or Diet Jell-O</p>	<p>8 Cold Plate: Turkey Salad Pasta Salad Three Bean Salad Whole Grain Roll Juice Apricots or Diet Apricots</p>	<p>9 Potato Crusted Pollock Rice Pilaf Creamed Corn Cornbread Tropical Fruit or Diet Tropical Fruit</p>
<p>12 Ham w/Pineapple Sauce Sweet Potatoes Romano Blend Vegetables Rye Bread Orange</p>	<p>13 Chicken A La King Brown Brice Oriental Mixed Vegetables Multi Grain Roll Pudding or Diet Pudding</p>	<p>14 Veal Patty w/Gravy Mashed Potatoes Wax Beans & Tomatoes Biscuit Pears or Diet Pears</p>	<p>15 Beef Stroganoff Noodles Peas Whole Grain Bread Pineapple or Diet Pineapple</p>	<p>16 Chicken Fillet w/Gravy Rice Pilaf Winter Blend Vegetables Whole Wheat Bread Fruit Crisp or Diet Fruit Crisp</p>
<p>19 Liver & Onions w/Gravy Mashed Potatoes Mixed Vegetables Biscuits Orange Juice Peaches or Diet Peaches</p>	<p>20 Cold Plate: Egg Salad Pasta Salad Pickled Beets Multi Grain Roll Pineapple or Diet Pineapple</p>	<p>21 Roasted Pork w/Gravy Mashed Potato Peas Multi Grain Bread Cake or Diet Cake</p>	<p>22 Salisbury Steaks w/Gravy Egg Noodles Winter Blend Whole Grain Bread Cookies or Diet Cookies</p>	<p>23 Breaded Pollock Rice Pilaf Rye Bread Zucchini Blend Vegetables Tropical Fruit or Tropical Fruit</p>
<p>26 Baked Chicken w/Gravy Baked Potatoes Green Beans Cranberry Sauce Whole Wheat Bread Peaches or Diet Peaches</p>	<p>27 Cold Plate: Tuna Salad Potato Salad Carrot & Raisin Salad Multi Grain Bread Mixed Fruit or Diet Mixed Fruit</p>	<p>28 MEET THE NEW DIRECTOR Sirloin Tips w/Sauce Mashed Potatoes Broccoli & Cauliflower Whole Grain Rolls Cake or Diet Cake</p>	<p>29 American Chop Suey Brussels Sprouts Cornbread Juice Pudding or Diet Pudding</p>	<p>30 Broccoli Quiche Potato Puffs Green Beans Whole Grained Bread Mandarin Oranges or Diet Mandarin Oranges</p>



Outreach News

by Ann M. Andras
Social Service Coordinator

Service Grants

The Council on Aging has two service grants to assist low income eligible seniors with medical transportation and snow removal.

The Companion/Escort Program is designed to provide elders who can no longer drive, and have little or no family support in the area, receive transportation to and from a medical appointment.

The Council on Aging hires drivers that use their own vehicle to bring seniors to medical appointments in Chicopee, Springfield, Holyoke and Northampton. The drivers are paid an hourly rate and mileage for their service. Passengers are encouraged to use the COA van for appointments within South Hadley.

The Chores/Snow Removal Program provides snow plowing to low income elders who live in their own home, and again have no family support in the area. The COA employs a contractor to plow your driveway and clear one walkway in

the event a snow storm that accumulates 2 inches or more of snow.

Again, there is no charge for this service to qualifying elders. Donations to either program are appreciated and help to strengthen the program.

South Hadley seniors who are interested in either service should contact Ann at 538-5042 extension 206 for more information.

Do Not Ignore Medicare Mail!

It's that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), you should expect information from your plan by the end of September. This information is important because it explains changes in your plan for 2017. During Medicare Open Enrollment (October 15-December 7), you will have a chance to CHANGE your plan for next year. SHINE counselors can help you understand your plan changes, as well as other options you may have. Call early to get a SHINE appointment during Open Enrollment.

Thank You DONATIONS TO THE SOUTH HADLEY COUNCIL ON AGING:

If you would like to make a donation to the Council on Aging to support our Center's activities, 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.** PLEASE PRINT

DONATION FROM: _____ ADDRESS: _____

Contribution in memory/honor of: _____

Please send Acknowledgement to: (kindly indicate name, address & relationship): _____

- _____ Wherever Needed Most _____ Christmas Gift Card Fund _____ New Senior Center
- _____ Activities Account _____ Nutrition Gift Account _____ Mothers' Garden
- _____ Caregivers Gift Account _____ Newsletter Account_ _____ " Lights On"
- _____ Minibus Maintenance _____ Services Account _____ Transportation Account
- _____ Minibus (Future Purchase) _____ Emergency Fund _____ Subsidized Senior Transportation

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.

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

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

• **RETURN SERVICE REQUESTED**

"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>JUBINVILLE INSURANCE GROUP <i>Auto & Home Savings for AARP Members</i> 39 Lamb Street, South Hadley • 413-538-8293</p>	<p>Hair Services for Men & Women <i>in your home</i> Call Barbara at 538-9516 or 885-0371</p>
<p> Village Eye Care Dr. Steven A. Markow Optometrist 413-536-6100 7 Hadley St., South Hadley, MA 01075</p>	<p> RYAN & BOUDREAU, L.L.P. 129 College Street, P.O. Box 190 South Hadley, Massachusetts 01075-0190 Paul D. Boudreau, Esq. Serving South Hadley since 1967 (413) 536-8891 Elder Law Wills and Trusts Guardianships/Conservatorships Probate of Estates</p>
<p>Curran O'Brien FUNERAL HOME Supporting The Council on Aging 33 Lamb Street South Hadley 538-4642 www.curranjones.com T.J. O'Brien Joe Curran Vincent Govoni Directors</p>	<p> WINGATE AT SOUTH HADLEY Short-Term Rehab Long-Term Care 573 Granby Road South Hadley, MA 01075 866.441.9266</p>
<p> LoomisVillage A member of The Loomis Communities 246 North Main St. South Hadley, MA 01075 (413) 532-5325 www.LoomisCommunities.org</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>Proud to support the South Hadley Council on Aging</p>	<p> The bank of you. bankesb.com 413.527.4111 Member FDIC Member DIF</p>
<p> BEERS & STORY SOUTH HADLEY FUNERAL HOME •Preplanning •Burial •Cremation 646 Newton St. South Hadley 533-4400 www.beersandstory.com Marc G. Gaudreau Wendy L. Story Directors</p>	<p>SOUTH HADLEY DENTAL ASSOC., INC. MARJORIE S. BLOCK, D.M.D. 15 DAYTON ST., SOUTH HADLEY, MA 01075 TEL (413) 536-4455 FAX (413) 532-1757</p>