



# The Golden Chronicle



The South Hadley Council on Aging

45 Dayton Street South Hadley, Massachusetts 01075-1924

Tel. (413) 538-5042 • Fax (413) 532-8206

The Center is closed  
October 10th

OCTOBER 2016

It's a **MONSTER MASH LUNCH PARTY** Don't be afraid...much!

Tuesday, October 25th we invite you to join our spooky staff as we celebrate Halloween at the COA.

The menu is juice, beef tips & sauce, scalloped potatoes, peas & onions, roll, and Halloween cake. Please make your reservation by calling 538-5042. You are encouraged to **COME IN COSTUME** and add to the festivities. Please plan on arriving by 11:30 a.m. For those who do come in costume, there will be a prize courtesy of The South Hadley Friends of the Elderly, Inc. as well as a contest and the top 3 most outstanding costumes will win an additional prize. The suggested donation is \$2.25. For guests under 60 the charge is \$3.00.



Join us **Tuesday, Oct. 4th**  
for Our *Movie Pick of the Month*  
**We Are Marshall**

### Diabetes Education & Support Group

Classes are scheduled to begin on **October 12th**, and will meet in Dec 2016 and February & April, 2017. Classes are free to participants and are provided by a Grant by the Title III Older Americans Act

Please pre-register for Classes

Flu Clinic provided by Rite Aid



**Thursday, October 20th from 9am to 1pm**

Located in rooms 2 and 3 (CR & CE) Bring your insurance card & wear short-sleeves.

### Veteran's Group

Will meet on the **2nd Thursday of the month** at 10am This month's guest will be Larry White, Jr. He will show a brief movie with discussion to follow.

**EARLY VOTING AT THE COUNCIL ON AGING!**

**Thursday, October 27th 9am to 1pm**



### NOVEMBER HAPPENINGS

*Veteran's Lunch with Entertainer, Jimmy Mazz*

Monday, November 7th 11:45—1pm

*Prevent A Stroke, Know what to Do...Know Your Risks Factors*

Wednesday, November 9th from 10am to 11:30am .

*The South Hadley Electric Light Department*

Thursday, November 17th at 10am



**Our Newsletter Crew!! Thank you for your dedication & support !!!**



## IN MEMORIAM

### IN MEMORY OF:

### FROM:

#### **NEW SENIOR CENTER FUND:**

DAVID GIROUX

John & Diane Kuc  
Kathy & Dick Kirby  
Fred O'Brien  
Mr. & Mrs. Mohamed Saie  
Gale Quenneville  
Jack & Donna Viola  
Sandra & Richard Turban  
Ellen Carvello  
Bonnie H. Quenneville  
Cheryl Remillard  
Doris Pichette  
Dorothy Castonguay  
Kathy Gallivan  
Maureen Sparrow  
Raymond & Carol Florence  
John & Evie Mikuszewski  
Ms. Gaynel Downs  
Walter & Annette Wolf

PHILLIP HERBERT

Ola Herbert

RICHARD AUBUCHON

Ola Herbert

DAVID BELLEFEUILLE So. Hadley Sr. Travel Club

BILL LAMBERT

Jean Lambert

GEORGE FORTIER

Jean Lambert

DONALD ST. PIERRE

Jean Lambert

#### **NUTRITION GIFT ACCOUNT:**

BILL BIELANSKI

Claire Bielanski

RUTH DESJEUNES

Don Desjeunes

BARBARA LEONARD

Donald Leonard

MARY CLEMENT-ALLEN

Brad Allen

BRUNO PATRUNO

Rita Patruno

#### **SUBSIDIZED SENIOR TRANSPORTATION:**

RALPH

David Perwak

#### **LIGHTS ON:**

PAUL WHITTEN

Bob & Joyce Lynes

#### **MOTHERS' GARDEN:**

DONNA POTVIN

Janie Brochu

## A LETTER FROM LESLIE

The air is getting crisp and soon there will be *frost on the Pumpkins!!* This is my favorite time of year...the beginning of sweater weather!!!!

At the Center, we are preparing for an autumn full of activities, speakers, programs and celebrations.

You may have seen new faces at the Center. Our new Senior Aide is Debby Sheedy. Debby has been assisting us in the dining room and her smiling face and calm nature is a welcomed support for our volunteers. Nancy Yesu recently joined us as our Volunteer/Activity Coordinator and she has "hit the ground running" She is getting to know faces and names and has already scheduled some fun and interesting October programs. We are all happy to have Debby and Nancy on the COA Team!

PLEASE swipe-in every time you enter the Center. The Key to our funding is keeping an accurate account of COA members and program utilization. Our Swipe & Win Challenge will continue into October and November—We will pick random days to run daily reports and pick a winner. We've had 3 winners in September and YOU might be an October winner if you SWIPE IT!

Join us for Early Voting Day at the Center on October 27th from 9am to 1pm. If you would like to volunteer as an "Ambassador for the Center,"(welcoming and assisting voters) please see Nancy.

Please join us for our Monster Mash Halloween Lunch (11:45am) and Celebration on October 25th. I've already got my costume and I hear the competition will be fierce!!

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.

#### **NEWSLETTER:**

LAURA MONTY

Donna Spirito

#### **GIFT CARDS/COA ACTIVITIES:**

SUSAN LEVER

Donald Lever



## NANCY'S CORNER



As I write this note I have only been on the job for 5 days. These first 5 days have added up to a wonderful first week of work here at the COA! All of you have been so welcoming and patient as I begin to learn your names and your stories. Here is a bit of my story...

I grew up in 'Hamp (Northampton) and graduated from Springfield College. In 1984, I married a Longmeadow boy and we have made Longmeadow our home for the past 23 years.

My husband, Deane, and I have raised three children. Our son, John, is about to move to Portsmouth, NH where he will be starting a new job in sales.

Our daughter, Laura, was just married this past July and is a social worker in the local foster care system. She and her husband, Will (an 8<sup>th</sup> grade history teacher) have an adorable mini husky puppy named Luka! Our youngest daughter, Julie, just began year #4 of 6 in pharmacy school in Boston.

My mom is turning 91 years young this month and I have 4 older siblings. Two of them live in South Hadley. I am a big Red Sox fan and in my spare time I enjoy working on my Sicilian family genealogy.

I will generally be in the building on Mon., Tues., and Wed., from 8:30-3:30, Thurs. from 11:30-4:30 and Fri. from 8:00-12:00. My office is near the kitchen. I hope you will drop in and say hello.

I am excited to tell you about a few new activities we are adding to the calendar.

In October, we will celebrate Johnny Carson's birthday with a showing of "Here's Johnny." It will feature some of his most beloved episodes. Join us on Wednesday, October 19 @12:45-2:00 in the exercise room. I am hoping (not promising) we can have the TV hung up on the wall for this showing.

On the 2<sup>nd</sup> Tuesday of the month we will begin a series of Classic TV shows. They will run beginning at 12:45 in the exercise room. In October we will kick off by watching some episodes of "The Honeymooners."

UPCOMING EVENTS: Date/time TBA (to be announced) Join Nancy for a Lunch and Learn event in late November. We will learn about different kinds of olive oil and have an olive oil tasting!

\*\*\*Pre register for this event and you will receive a small bottle of freshly picked olive oil directly from Nancy's recent trip to Tuscany!

We will follow up this learning time with a showing of "Under The Tuscan Sun" movie.

### Council on Aging Staff

Leslie Hennessey, Dir. \* Lisa Napiorkowski, Asst. Dir. \* Ann Andras, Soc. Serv. Coord. \* Nancy Yesu, Vol/Activ. Coord. \* Ken Dawley, Driver \* Billy Poe, Head Cook \* Ola Hebert & Kathy Gallivan, Office Clerks \* Jim Tomlinson, Asst. Cook \* Rick Dufuait, HMOW Coord.

**THANK YOU**

Deputy Sheriff & Crime Prevention Officer Dave Fenton and Officer Steve Fleming from the South Hadley Police Department for working the Grill at the COA's Annual Picnic ~ Great Job!!!

*Cherie Bergeron for the donated Fruit Basket~it was a wonderful treat.*

The Reverend Cary Quigley for the "new" chairs in the Director's office.

*Carey's Flower for the donation of Anniversary and Birthday Flowers.*

Leslie Dickinson for our Big-Y bakery Goodies.

### Early Voting: Town Clerk's Office, Town Hall South Hadley

Monday, October 24<sup>th</sup> 7:00am – 5:00pm

Tuesday, October 25<sup>th</sup> 8:30am – 7:00pm

Wednesday, October 26<sup>th</sup> 8:30am – 5:00pm

Thursday, October 27<sup>th</sup> 7:00am – 9:00pm

Friday, October 28<sup>th</sup> 8:30am – 5:00pm

Saturday, October 29<sup>th</sup> 9:00am – 1:00pm

Monday, October 31<sup>th</sup> 7:00am – 5:00pm

Tuesday, November 1<sup>st</sup> 8:30am – 7:00pm

Wednesday, November 2<sup>nd</sup> 8:30am – 5:00pm

Thursday, November 3<sup>rd</sup> 7:00am – 9:00pm

Friday, November 4<sup>th</sup> 7:00am – noon

**THURSDAY, OCTOBER 27TH: 9AM TO 1PM VOTING AT SOUTH HADLEY COUNCIL ON AGING—45 DAYTON ST.**

**Due to liability issues, The South Hadley Council on Aging will no longer accept used medical equipment.**

Dish Soap      Tissue  
Paper Towels      Tall CD holder

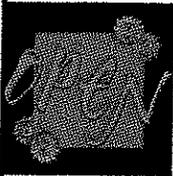
**WISH LIST**



**Our Annual COA Picnic ~ a fun time was had by all**

Our Thanks to Deputy Sheriff & Crime Prevention Officer Dave Fenton & Officer Steve Fleming from the South Hadley Police Department for cooking at the COA's Annual Picnic ~ Great Job!!! Our guests included Patrick Cahillane, the Deputy Superintendent of Hampshire County & our own *Chief* Parentella of the S. H. Police Department.

**THE FRIEND'S CORNER**



At the request of many of our customers, the Boutique will be open two days a week – Monday and Tuesday – between October 2016 and March 2017 – with the exception of holidays. The extra day is available through the donation of additional time by members and volunteers. **Opening day is October 17 at 9:30 a.m. until 1:00 p.m.** We have both men's and women's fashions and accessories. Please visit the Boutique and support the Friends of the Elderly.

**HOLIDAY CRAFT FAIR - Calling All Vendors!!!!**

Plans are in progress for the Craft Fair to be held November 5th at the Senior Center. There are a few spaces available for vendors and/or crafters. If you're interested, please contact Donna Robideau at 534-3942 for information and an application form.

**SOUTH HADLEY SENIOR TRAVEL CLUB**

**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. **March 30, 2017, Westchester Broadway Theater featuring a matinee performance of "Mamma Mia"** Includes a pre-show lunch selected from an excellent menu, served at your reserved show table. Cost 105.00 Call 536-2106.

**Wednesday, November 9th: 10am to 11:30am**

*Prevent A Stroke, Know what to Do...Know Your Risks Factors.*

Presenter is Angela Smith, RN/Stroke Program Clinical stroke Manager at Holyoke Medical Center

**South Hadley Community Event**

VFW Post 3104 is responding to the Call  
The VFW National Day to Change Direction

**SATURDAY, OCTOBER 8TH 2016 9:30—12pm**

At the South Hadley Public Library on 2 Canal Street.

A Community project to "Know the 5 Sign"

*Staggering statistics: 22 Veterans commit suicide every day.*

Refreshments served. Families Welcomed

## October Activities

### MONDAY\*:

**CLOSED: COLUMBUS DAY — OCTOBER 10TH**

**9:00-3:00 SHINE (by Appt. ONLY) Oct. 24, 31 —**  
(Library Conference Room)

**9:30-11:00 Foot Nurse (by Appt. ONLY) Oct. 24 (Rm #1)**

**9:30-1:00 Friends of the Elderly "Boutique"**  
**RE-OPENS OCTOBER 17\***

10:00 Music Appreciation—(Room #3)

10:00 Tai Chi— (Room #5)

**11:00-3:30 SHINE—(by Appt. ONLY) Oct. 17 (Lib Confer)**

**11:45 BIRTHDAY LUNCHEON—Oct 4—(Dining Room)**

1:00 Pinochle— (Dining Room)

1:00 Canasta— (Dining Room)

1:00 Mah Jongg— (Room #2)

1:00 Adult Coloring (October 3rd & 17th) - (Room #3)

4:00 COA BOARD MEETING—Oct. 17

### TUESDAY: MONSTER MASH PARTY—October 25TH!

**9:00 Newsletter Collating—Oct 25 (Room #3)**

**9:30-1:00 Friends of the Elderly "Boutique"**  
(starts October 18)\*

**10:00-11:00 Brown Bag—Oct. 18 (Room #3)**

**10:00 Lo-Vision Support— Oct. 18 (Room #1)**

10:00 Beginning Exercise—(Room #5)

**12:45 MONTHLY MOVIE—Oct. 4 —"We Are Marshall";**

**12:45 TV Classics—The Honeymooners—Oct 11 (Rm #5)**

1:00 Bingo—(Room #2);

1:00 Needlecraft— (Room #3)

### WEDNESDAY: Meet Nancy Luncheon —Oct. 19th

9:30 Grocery Shopping (Call to Reserve)

10:00 -11:30 Travel Club—(Library Conference Room)

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

**12:45 TV Classics—Here's Johnny--Oct 19—Room #5**

1:00 Choralites (Dining Room)

1:00 Mah Jongg— (Room #3)

1:00 Pitch—(Room #2)

**1:00 Diabetes Educ. & Support Group—Oct. 12th— (Rm #5)**

### THURSDAY: Early Voting—October 27 At COA!

**9:00-1:00 Flu Clinic (Room #1—Nurse's Office)**

**10:00 Veteran's Group—Oct 13 (Rm. #3)**

**10:00 Alzheimer's Support—Oct. 6, 13, 20, 27 (Rm #1)**

10:00 Beginning Exercise—(Room #5)

10:00 -11:30 Travel Club—(Library Conference Room)

**12:30-2:00 Blood Pressure with Nurse—(Room #1)**

1:00 Quilting— (Room #3)

1:00 Scrabble—(Library)

1:00 Chip Poker—(Room #4)

1:00 Golden Agers—(Room #2)

2:00-4:00 Bereavement Support— (Room #1)

### FRIDAY:

9:30 Grocery Shopping (Call to Reserve)

10:00 Coffee & Conversation—(Dining Room)

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

1:00 Bridge— (Room #3)

1:00 Canasta—(Dining Room)

1:00 Cribbage—(Room #2)

1:00 Knitting—(Library)

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

## EAT YOUR GREENS!

by Jamie Bronner, Keene State Dietetic Intern

Most people have heard the comparison of the human body to a car, where food is compared to fuel. However, most of us know that not all gasoline is created equal and for the best performance, cars require high octane fuel. Such is the case with food. Green vegetables, especially leafy greens, are nutritional powerhouses and should be considered an important fuel for our bodies. Green veggies are full of vitamins, minerals and phytochemicals, substances that can fight disease and help make our bodies stronger and healthier.

Let's take a closer look at the health benefits of some of the leafy green vegetables that frequently appear on the menus at our senior meal programs.

**Broccoli, Brussels sprouts and Cabbage:** All of these vegetables have an ample amount of fiber and aid in digestive health. But these cruciferous vegetables also contain folate, calcium, potassium, beta-carotene, vitamins C & K, as well as an important class of phytochemicals called glucosinolates. These phytochemicals have been studied extensively by nutrition scientists and have been found to be extremely potent cancer fighting compounds! This class of vegetables has also been shown to help control blood glucose levels, making it a good choice for folks with diabetes and pre-diabetes.

**Spinach:** This leafy green vegetable is not just for Popeye! Spinach contains carotenoids, multiple B-vitamins, vitamins C & E, calcium, potassium, folate, iron and manganese as well as being a rich source of dietary fiber. Spinach also contains phytochemicals such as phenolic compounds and thiyakoids, which help prevent and fight cancer in the body and have been shown to reduce inflammation.

Our senior meal programs provide participants with a wide variety of leafy greens each month. Remember, if you are taking Coumadin or warfarin, you should strive to maintain a *consistent* intake these green vegetables – not remove them from your diet entirely! Think of all the nutrients you'd be missing. Treat your body like a Ferrari and be sure to fuel up with plenty of greens at your congregate meal site and at home!



### \*GRAND RE-OPENING!

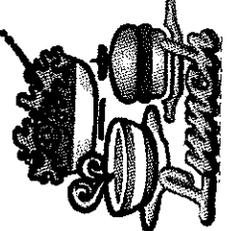
**Monday, October 17th**

**Friends of the South Hadley  
Elderly Fashion "Boutique"**

The Friends "Boutique" will be open every **Monday & Tuesday** from 9:30 to 1:00 as of **October 17th**. Men & Women's Clothing & Accessories! *All are welcome!*



# OCTOBER 2016—Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> <b>Roast Pork w/Gravy</b> Baked Potato Beans Applesauce Oatmeal Bread Fruit Cocktail or Diet Fruit Cocktail	<b>4</b> <b>BIRTHDAY/ANNIVERSARY</b> <b>Baked Chicken w/Gravy</b> Rice Pilaf Green Beans Cranberry Sauce Cake or Diet Cake	<b>5</b> <b>Cold Plate: Egg Salad</b> Potato Salad Carrot & Raisin Salad Multi Grain Roll Tropical Fruit or Diet Tropical Fruit	<b>6</b> <b>Shepherd's Pie w/Gravy</b> Brussels Sprouts Biscuit Pineapple or Diet Pineapple	<b>7</b> <b>Stuffed Shells w/Tomato Sauce</b> Italian Blend Vegetables Orange Juice Garlic Bread Cookies or Diet Cookies
<b>10</b> <b>CENTER IS CLOSED</b> Happy Columbus Day 	<b>11</b> <b>Beef Stew</b> Egg Noodles Spinach Whole Grain Roll Pears or Diet Pears	<b>12</b> <b>Cold Plate: Tuna Salad</b> Macaroni Salad Cucumber Salad Rye Bread Pineapple or Diet Pineapple	<b>13</b> <b>Meatloaf w/Mushroom Gravy</b> Au Gratin Potatoes Broccoli & Cauliflower Whole Wheat Bread Pudding or Diet Pudding	<b>14</b> <b>Pollock Loins</b> Rice Pilaf Creamed Corn Juice Multi Grain Bread Apricots or Diet Apricots
<b>17</b> <b>Salisbury Steak w/Gravy</b> Egg Noodles Beans Multi Grain Roll Pineapple or Diet Pineapple	<b>18</b> <b>Chicken Breast Patties w/Gravy</b> Corn Orange Juice Whole Grain Bread Jell-O or Diet Jell-O	<b>19</b> <b>MEET THE NEW ACTIVITY/ VOLUNTEER COORDINATOR</b> <b>Mild Beef Chili</b> Rice Broccoli Combread, Apricots or Diet Apricots	<b>20</b> <b>Sweet &amp; Sour Chicken</b> Egg Noodles Peas & Carrots Rye Bread Mandarin Oranges or Diet Mandarin Oranges	<b>21</b> <b>Macaroni &amp; Cheese</b> Green Beans Stewed Tomatoes Whole Grain Roll Apple Crisp or Diet Apple Crisp
<b>24</b> <b>Oven Fried Chicken</b> Roasted Potatoes Ratatouille Multi Grain Bread Cookies or Diet Cookies	<b>25</b> <b>HALLOWEEN LUNCHEON</b> <b>Sirloin Tips w/Mushrooms</b> Scalloped Potatoes Peas & Onions Roll, Orange Juice Halloween Cake or Diet Cake	<b>26</b> <b>Liver &amp; Onions</b> Mashed Potatoes Beets Whole Grain Bread Peaches or Diet Peaches	<b>27</b> <b>Cold Plate: Turkey Salad</b> Pasta Salad Carrot & Raisin Salad Orange Juice Whole Grain Roll Mixed Fruit or Diet Mixed Fruit	<b>28</b> <b>Broccoli &amp; Cheese Quiche</b> Potato Puffs Summer Blend Vegetables Whole Grain Bread Pears or Diet Pears
<b>31</b> <b>Ham w/Raisin Sauce</b> Sweet Potatoes Green Beans Rye Bread Mandarin Oranges or Diet Mandarin Oranges	<p><i>Please Join Us for Lunch</i></p> <p>ON WED., OCTOBER 19TH AS WE WELCOME NANCY YESU OUR NEW "ACTIVITY/ VOLUNTEER COORDINATOR"</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>IN TOWN TRANSPORTATION IS AVAILABLE MONDAY-FRIDAY 9-3 BY APPOINTMENT ONLY Lunch is served at 11:45 a.m. Suggested Donation—\$2.25 for 60+ (Guest under 60 \$3.00)</p>



# Outreach News

by Ann M. Andras, Social Service Coordinator

## Fuel Assistance Program 2016~2017

**How it Works:** The Massachusetts Fuel Assistance Program helps needy families by paying a portion of their heating bills from November 1 to April 30. If you are living on a low or fixed income, you should apply.

**Who is eligible?:** Eligibility is based on the number people in your household and the combined gross income of all persons residing in the household.

**Where and how do I apply?:** Community Action covers Hampshire and Franklin Counties. Interview sites are located in Greenfield, Northampton, Ware and Orange. South Hadley seniors who need assistance with their application can make an appointment with Ann. If you are a first time applicant, you must apply in person. If you have applied the previous year, you will receive your application by mail.

**What do I bring to my Fuel Assistance Appointment?:** A photo ID, Social Security number, proof of income, (Please note, proof of income must cover the 30 days prior to your appointment date ) fuel provider and account number, your most current electric bill. Homeowners should bring their mortgage statement, homeowners insurance bill, real estate tax bill. Renters should bring the most current copy of their lease or rental agreement. All applicants should bring a recent bank statement from all accounts. Condo owners should bring a recent copy of their condo fee. For a Fuel Assistance appointment, please call Ann at 538-5042 extension 206. Appointments are required. **Please see Ann for Income Guidelines.**

Stay Warm, Ann

## 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
- Activities Account
- Caregivers Gift Account
- Minibus Maintenance
- Minibus (Future Purchase)
- Christmas Gift Card Fund
- Nutrition Gift Account
- Newsletter Account
- Services Account
- Emergency Fund
- New Senior Center
- Mothers' Garden
- "Lights On"
- Transportation Account
- 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**  
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 (413) 532-8206 FAX

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 www.LoomisCommunities.org

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 Tel: (413) 539-6566 Fax: (413) 539-5855  
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**SOUTH HADLEY DENTAL ASSOC., INC.**  
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