



# The Golden Chronicle

Happy



Thanksgiving

NOVEMBER 2016

45 Dayton Street South Hadley, Massachusetts 01075

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

The Center will be closed on November 11th & November 24th & 25th.

## Veterans Appreciation Lunch Monday Nov. 7th. 11:30am. Entertainment by Jimmy Mazz



HONORING ALL  
WHO SERVED

### November Happenings

- Movie: *The Matchmaker*
- Veterans Appreciation Lunch with entertainment by **Jimmy Mazz**
- HMC Stroke Prevention Presentation
- Thanksgiving Celebration Lunch
- SHELD Presentation
- Olive Oil Tasting & Movie

To demonstrate our sincere gratitude for your service to our country, all Veterans are invited to lunch as guests of the **Friends of the South Hadley Elderly**

Please call 538-5042 to make a reservation.

Entertainer Jimmy Mazz will entertain and delight us! Jimmy has over 40 plus years of entertainment experience. His shows are always memorable and he can belt out the hits of the 50's, the 60's or croon the hits of artists like Dean Martin and the Rat Pack, Tony Bennett, Bobby Darin and Johnny Cash. Please join us for a salute to our Veterans and a wonderful lunch!!

### Thanksgiving Meals Provided to Homebound Elders Thanksgiving Day.

The Chicopee Knights of Columbus & WestMass ElderCare will deliver a Thanksgiving meal to homebound Elders in South Hadley on Thursday, November 24th. Application forms will arrive the 1st week in November to all HMOV Clients. If you would like to have a Thanksgiving meal delivered, please fill out the form and return it to WMEC.

### Thanksgiving Lunch at the COA

A delicious Thanksgiving Lunch will be served at 11:45am. **Please reserve your meal by calling 538-5042.** The suggested donation is \$2.25 for participants 60 and over. Individuals under 59 pay \$3.00.



### Melide Normand earns RSVP Volunteer Award

Our own, Melide Normand, was honored by the RSVP Organization of Hampshire and Franklin Counties on September 22nd at the Log Cabin in Holyoke. Melida was one of three individuals recognized for giving over 4000 hours of volunteer services. Melide has been volunteering at the S.H. COA since 1992!

Melide is a volunteer/member of the Friends of South Hadley Elderly, Inc and a regular volunteer in the COA office. Melide's smile can brighten anyone's day!!! Congratulations Melide!!!

## A Note from the FRIENDS

### 2016 Friends Membership

It's that time of year when the Friends of the Elderly start collecting \$5 annual dues. Throughout the years our membership fee has remained the same when other "Friends" groups have increased theirs. Checks should be made payable to the Friends of So. Hadley Elderly, Inc. and can be left at the Senior Center or mailed to Donna Robideau, 12 Edgewater Lane, So. Hadley. Cash is always accepted; don't forget to give us your name and address. Pay your dues early and be eligible for the \$100 lottery tree. Winner will be drawn at the St. Patrick's Day luncheon.

*The Friends Boutique*

*is open November 7th & 8th, 14th & 15th,*

*21st & 22nd and the 28th & 29th*

## Medicare Open Enrollment Deadline is

**Here: SHINE can help Seniors make sense of it all**

**Don't Ignore Your 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 be receiving information from your plan. It is important to read this information because it explains the changes in your plan for 2017

During the annual Medicare Open Enrollment, **October 15 - December 7**, you will have a chance to **CHANGE** your plan for next year.

We can help make sense of the information. Trained SHINE Counselors can help you understand your plan changes as well as what other options are available to you. Be sure you have the coverage that best meets your needs! Call our center to get a SHINE appointment during Open Enrollment or call 1-800-AGE-INFO (1-800-243-4636), then press or say 3.

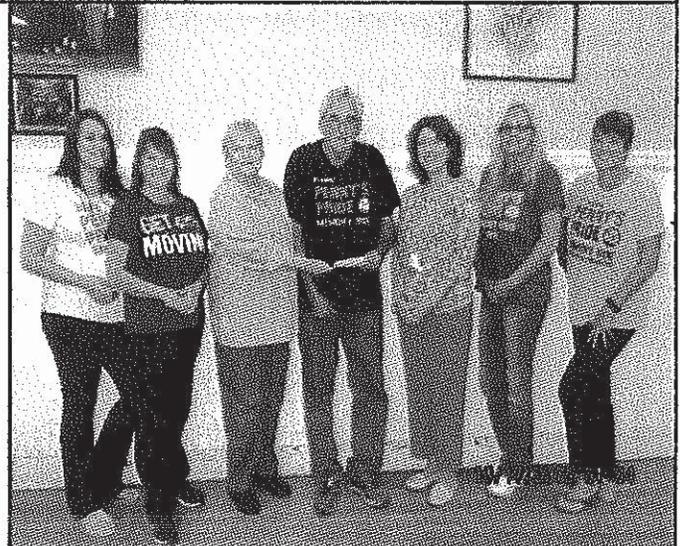
## Penny's Pride Fundraiser

The 5th Annual Penny's Pride Fundraiser was held on Saturday, August 24th in Memory of Janet "Penny" Koske.

Mike Koske and his family generously donated the proceeds from this fundraiser to the S. Hadley COA.

A donation of \$8,700 was made to the Caregiver's Services Gift Fund in memory of Janet "Penny" Koske.

Sincere thanks from the South Hadley COA and all of the caregivers and loved ones who will benefit from their generosity.



### SOUTH HADLEY COA STAFF:

**Leslie Hennessey**, Director

**Lisa Napiorkowski**, Asst. Director

**Ann Andras**, Social Services Coord.

**Nancy Yesu**, Vol/Activity Coord.

**Billy Poe**, Food Service Coord.

**Ola Herbert & Kathy Gullivan**—Office Personnel

**Jim Tomlinson**, Asst. Cook

**Rick Dufault**, HMOV Coord.

**Ken Dawley**, Bus Driver

### Hot Meals on Wheels Drivers

Herb Baker

Nancy Blodgett

Maryanne Fredette

Linda Tenkate

Linda Callahan

**Roger Duval**, Handyman

**Eileen Burke**, SHINE Coordinator

**Howie Walsh**, Travel Club Chairperson

**Sheila Adams**, Friends President

**Patrick Labonte**, Newsletter Printer

### COUNCIL ON AGING BOARD MEMBERS

Chairperson—Mary Billion

Secretary—Sarah Gmeiner

Sheila Adams

Eileen Burke

Laurie Casolari

Judith Fortier

Carlene Hamlin

Grace Kelly

Donald Lever

Richard Matteson

William Schenker

Ken Ellis - WMEC Liaison

# Program HAPPENINGS at the COA



**"Prevent A Stroke"**  
**Know What to Do...Know Your Risk Factors**

**Wednesday, Nov. 9th**  
**10—11:30am**

**Presenter, Angie Smith, RN from the Holyoke Medical Center Stroke Program and will discuss signs & symptoms of a stroke and discuss ways of preventing a stroke. Don't miss this informative presentation— Learn what you need to know about Stroke Prevention**



**SHELD Presentation**

**S. Hadley Electric Light Dept.**

**Thurs, Nov. 17th**

**Presentation begins at 11:15am in the Dining Room.**

**All South Hadley residents receive a free LED flashlight when you attend the safety talk. Door Prizes, too!!!**



**Olive Oil Tasting & "Under the Tuscan Sun" (Movie)**

**Tues & Wed 29th and 30th**

**Lunch & Learn Series begins at 12:30pm in the dining room.**

**Nancy will be back from her Italy vacation with some authentic, hand-pressed—by Nancy—Olive Oil.**

**Come experience a little *flavor* of Italia**

## Travel Club News

Thursday, Dec. 8, 2016, Aqua Turf's Holiday dinner and show featuring Jimmy Starr with a special guest appearance by "the Four Aces. Cost \$84.00. Call Judy Fortier, [534-3598](tel:534-3598).

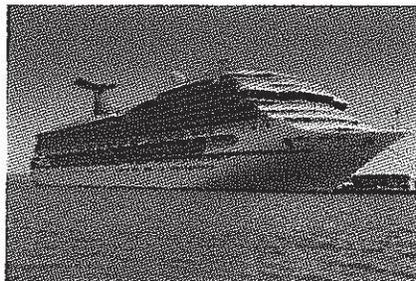
Tuesday, Jan. 17, 2017, Mohegan Sun, Cost \$25.00.

Tuesday, Feb. 21, 2017, Twin River Casino, \$27.00. Both trips include a full casino package. Player card or picture ID required for all casino trips. Call Howie Walsh for both trips, [593-6286](tel:593-6286):

Thursday, March 30, 2017, West-

featuring a matinee performance of "MAMMA MIA".

Includes a pre-show lunch served at your reserved table. Cost \$105.00 Call Sue Canedy, [536-2106](tel:536-2106).



**LAST CALL** for 11day/10night

**CARRIBEAN CRUISE** aboard THE NORWEGIAN GEM, February 7-17, 2017. Prices start at \$1079.00pp for inside cabin to \$1629.00pp for a balcony.

Transportation from South Hadley to NY Pier included. Passport should be valid 6 months prior to Feb. 17, 2017. Call Susan Canedy [413-536-2106](tel:413-536-2106) for more information or to request a flyer. Hurry, only a few more cabins are available at this price!!

## Thank You to all our RSVP Volunteers!



# Getting to the ROOT of the Matter...



## The Season of the Root

By Christy Maxwell, WMEC Dietitian

Fall has arrived, and with it comes a bounty of root vegetables in every shape, size, and color. This group of vegetables provides a wide variety of versatile edibles packed with nutrients to get us through the long winter months. Low in fat and calories, roots can accompany any meal. They are an excellent source of fiber, which benefits digestive health, and potassium, which diminishes the effect of salt on blood pressure. Most of us are familiar with carrots and know they are important for vision. However, there are many other roots awaiting use in your next soup, stew, or side dish.

Roots such as turnip, rutabaga, and jicama (pronounced hick-a-ma) are high in vitamin C, which boosts the immune system and helps with the absorption of iron. Radishes, along with other members

of the cruciferous family such as turnip and rutabaga, contain sulphoraphanes and dithiothiones. These phytonutrients are known for their cancer-fighting ability and further contribute to a healthy immune system.

Beets and parsnips (which resemble a white carrot) are ideal sources of folate, a nutrient of particular importance in older adults and important for mood, cognitive function, and cardiovascular (heart) health. In addition, the pigments in beets (betalains) are powerful antioxidants which protect our cells from damaging free radicals.

The somewhat unusual looking root, celeriac, (aka celery root) provides an excellent source of vitamin K and potassium. This root is often used as a stand-in for mashed potatoes for those looking for a lower calorie starch (about 1/2 the calories and carbohydrates as potatoes). Parsley root is another unique vegetable that tastes like a

combination of carrots, celery, and celeriac, making it a great addition to soups and stews. Similar in size, shape, and color to a parsnip, parsley root is a rich source of vitamins C, A, and K.

Remember to take advantage of these fantastic vegetables while they are in season! They can be roasted, steamed, sautéed, or baked, and many enjoy them raw, as snacks, in sandwiches, or slaws. Any way you slice them, these nutrient-rich roots can't be beat!

*COA Transportation is provided in part by a grant from The Executive Office of Elder Affairs*

## Outreach News by Ann Andras



### Fuel Assistance 2016/2017

The Hampshire County Fuel Assistance Program will officially begin November 1st. I have begun assisting those elders who heat with oil, and need my help with their recertification paperwork.

Natural gas and electric heat consumers should be receiving their paperwork from Community Action within the next few weeks.

Here are the financial guidelines for the 2016/2017 Heating season:

Family Size	Income Limit
1	\$34,001
2	\$44,463

### Documents You Need to Bring to your Appointment:

A Photo ID

- Proof of All Income (Social Security Award letter, Wages, Pension Notice or 1099 Statement, IRA Distribution Statement, Interest and Dividends.)

### WINTER WEATHER ADVISORY:



**WATCH CHANNELS 40, 3 OR 22 OR LISTEN TO WHYN OR WMAS AM/FM TO HEAR IF PROGRAMS ARE CANCELLED.**

**IF THE SENIOR CENTER IS CLOSED, ALL MEALS AND TRANSPORTATION WILL NOT BE AVAILABLE.**

## Thank You!

- To the Bellingham COA, Thank you for the gently used Bingo Blower— we are thrilled to have it.
- Thank you to Roger Duval for providing his complementary handyman services to the staff and the Center.
- Thank you to Don Lever for the custom made CD holder & the donation of paper towels and tissues.
- To Marilyn Gass for the donation of 6 boxes of tissues.
- To the Computer Learning Center for the donation of 3 computers to the Center.

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.

# FYI FOR YOUR INFORMATION

## TAX-AIDE VOLUNTEERS NEEDED

The Pioneer Valley office of the AARP Foundation Tax-Aide, is recruiting volunteers to help other state residents prepare and file their income tax returns in the upcoming 2016 tax season. (return filed by 4/15/2017) AARP Tax-Aide offers free face-to-face help for low to moderate income taxpayers with special attention to those aged 60+. The sites are located in libraries, senior and community centers. Volunteers are needed not only to prepare tax returns but also to greet people, maintain computers, manage the program and volunteers, and serve as translators. Potential volunteers need to sign-up by November 15th for classroom training held in Holyoke in early December. You can be part of this dynamic team by calling Lary Grossman at 413-247-9426 or go [www.AARP.org/taxaide](http://www.AARP.org/taxaide).

## TRIAD NEWS

### EMERGENCY LOCK BOXES

S. Hadley S.A.L.T. Council/TRIAD, Fire District #1, and the COA have initiated a program to provide emergency access to your property; Small weather-proof, tamper-proof boxes installed outside the home by emergency personnel from Dist. #1 and contain the owner's house key. In an emergency, the ambulance or firefighter can gain entry without damaging doors and/or other entryways. If you have a key hidden in the event of a lock-out, keep that key as the homeowner does not have access to the Emergency Medical Box. If you live in a condo, be sure your association allows installation. If you rent your house or apartment, your landlord must give approval. This box is not necessary for residents of Lathrop Village, Newton Manor or Hubert Place Call the COA at 538-5042. F.D. #1 will contact you. Cost: \$30.00, checks made payable to S.H. S.A.L.T. Council.

## South Hadley Annual Christmas Gift Card Program

Request for Holiday Gift Cards & Donations

For some of our Seniors, the holidays would not be merry without your generous and compassionate support of this program. Monetary donations or grocery store gift cards will be greatly appreciated to help subsidize this program. Please send checks payable to the South Hadley COA and indicate Christmas Gift Program in the memo. If you choose to purchase gift certificates to local grocery stores please bring them to the Senior Center by December 15th. Your generosity is greatly appreciated by the recipients.

We have raised

**\$71,872.25**

For the NEW SENIOR CENTER!!!!

## A Note from Leslie



November, a month that reminds us to give thanks for our blessings. I am thankful to work with such a group of dedicated and caring staff. My other blessings include my family and friends. My years working in hospice care confirmed many things for me. The two most important being; we are guaranteed this single moment in time, so make this moment count.

And, never miss an opportunity to tell a friend or loved-one how you truly feel about them.

In regards to COA happenings please swipe in every time you come to the COA. You can swipe in for a friend, or a group of friends. We need the COA's utilization numbers for our yearly grants and reports. In addition, please join the list of members opting to have

their newsletter emailed or picked up in the COA. Last year the cost of producing and mailing the newsletter was \$14,532.80. We are making cost saving changes, but we need YOUR help, too. Please consider one of these options. Thank you.

*Leslie*

## Community

Rainbow Supper Club of Holyoke

WestMass ElderCare, in partnership with the Holyoke Council on Aging, invites all LGBT seniors age 60 years and older, younger partners, friends and allies to attend the first meeting of our Rainbow Supper Club in Holyoke, beginning the first Wednesday in November.

**WHEN:** Wednesday, November 2, 2016

**TIME:** 5pm-7pm, with dinner being served at 5:30pm

**WHERE:** Holyoke Council on Aging, 291 Pine St, Holyoke, MA

**Reservations required!**

To make a reservation call

WestMass ElderCare's Nutrition Department at 413-538-9020 Or

email [rainbowsupperclub@wmeldercare.com](mailto:rainbowsupperclub@wmeldercare.com)

Suggested, confidential, voluntary donation of \$2.25 for those individuals age 60 years or older; \$6.00 fee for guest under the age

of 60. We hope to see you there!

# News From ~Nancy (Activity & Volunteer Coordinator)

## UPCOMING EVENTS:

Join me (Nancy) as we Lunch & Learn on Tuesday, November 29 and Wednesday, November 30-  
**The same program will be provided each day.** This NEW program idea is to have you come for lunch and then stay for a short informative program ("learn") about a variety of subjects. In November, we will learn about olive oil and sample some from my recent trip to Tuscany.



**If you pre-register by November 22 and indicate which day you are coming, you will receive a small bottle of freshly pressed olive oil from my trip. (\*1 bottle per person).** If you can only come for the "Learn" part, that's ok...join us at 12:30-1:00pm for the program. I look forward to sharing my knowledge of olive oil and sharing a gift of olive oil with each of you who pre-register!

## DID YOU KNOW?

Our billiards room is open every morning at 8 and the "regulars" are looking for more folks to join in for regular games each morning around 8:30 am. We have 3 tables available and the more the merrier.



For those of you still working...why not come in for a quick game before you go to work?



Our Monday Pinochle group is looking for more people to join them. They meet at 1:00pm. They are always willing to help new people learn the game.

## CHECKERS ANYONE?

We have a couple of people interested in starting a weekly Checkers game or occasionally a different board game

such as Racko.

I am suggesting either Monday or Fridays at 10am or 1pm. Please call the office (extension #205) and let me know which day/time you are interested in playing. If we get enough interest we will start this at the end of November or beginning of December.

**IN NEED**-Our quilting group is seeking donations of fabric so that they can make a quilt to raffle. If you have spare fabric that would be suitable for a quilt please bring it to the center marked to my attention and I will get it to the group OR join them on Thursdays at 1pm in Room #3. Come work on your own project or work on a project with someone else. The group is always seeking new people to join them on Thursdays.



We have a knitting group that is in need of PINK yarn. They will be working on a project for the Rays of Hope walk. The knitting group meets Fridays @1pm. If you'd like to take part but don't have the opportunity to come into the center please call me and we can talk about how you can help at home!

## SO. HADLEY COUNCIL ON AGING Computer Learning Center

is not offering regular classes, but will continue tutoring as well as assist with Microsoft Windows 10, iPad, iPhone and laptop computers. Call the Center at 538-5042 to inquire.



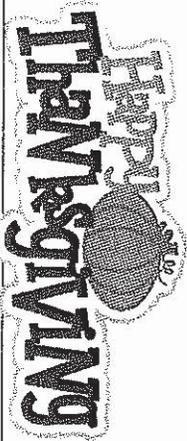
**COMING SOON:** We are hosting a Cookie Exchange on Friday, Dec 16<sup>th</sup>. Get out those holiday cookie recipes and get ready to bake!

We will also have a **holiday sweater contest** on both December 13<sup>th</sup> and December 19<sup>th</sup>. Come to the Center dressed in your finest holiday themed sweater. Prizes will be awarded. Stay tuned for details.

# NOVEMBER 2016 — “Activities”

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>IN TOWN TRANSPORTATION IS AVAILABLE</b>  <b>MONDAY-FRIDAY 9-3</b>  <b>BY APPOINTMENT ONLY</b>  <b>BILLARDS: M-F 8:00-4:00</b></p>	<p><b>1 Friend's Boutique*</b>            10:00 Beginning Exercise (Rm. #5)            12:45 Monthly Movie            "The Matchmaker" - (Rm # 5)            1:00 Bingo-(Rm. #2)            1:00 Needlecraft-(Rm. #3)</p>	<p><b>2</b>            9:30 Grocery Shopping            10:00 Travel Club-(Library Conf. Rm.)            10:30 HB &amp; Balance -(Rm. #5)            1:00 Mah Jongg-(Rm. #3)            1:00 Pitch-(Rm. #2)            1:00 Choralites -(Dining Room)</p>	<p><b>3</b>            10:00 Travel Club-(Lib. Conf. Rm.)  <b>10:00 Alzheimer Caregiver Supp-#1</b>            1:00 Quilting-(Rm. #3)            1:00 Golden Agers Rm#2/Scrabble-Lib            1:00 Chip Poker-(Rm. #4)  <b>2:00-4:00 Bereavement Support-#1</b></p>	<p><b>4</b>            9:30 Grocery Shopping            10:00 Coffee &amp; Conversation-DR            10:30 HB &amp; Balance -(Rm #5)            1:00 Bridge-(Rm #3)            1:00 Canasta-(Dining Room)            1:00 Cribbage-Rm #2 Knitting-Lib</p>
<p><b>7 Friend's Boutique*</b>            9:00-3:00 SHINE (by Appt. Only)  <b>9:30 Foot Nurse (by appt.)</b>            10:00 Tai Chi-(Rm. #5)  <b>12:30 ENTERTAINMENT—Jimmy Maza After VETERAN'S LUNCH</b>            1:00 "Color Me Calm"—(Rm #3)  <b>1:00 NO Pinochle or Canasta</b>            1:00 Mah Jongg—(Rm #2)</p>	<p><b>8 Friend's Boutique*</b>            10:00 Beginning Exercise (Rm. #5)            12:45 TV Classics -            "Sgt. Bilko (Rm #5)            1:00 Bingo-(Rm. #2)            1:00 Needlecraft-(Rm. #3)</p>	<p><b>9</b>            9:30 Grocery Shopping            10:00 Travel Club-(Library Conf. Rm.)            10:30 HB &amp; Balance -(Rm. #5)            1:00 Mah Jongg-(Rm. #3)            1:00 Pitch-(Rm. #2)            1:00 Choralites -(Dining Room)  <b>2:00-4:00 Blood Pressure Clinic with Holyoke Medical Center-Library Conf</b></p>	<p><b>10</b>  <b>12:30- 2:00 Blood Pressure Screening with Town Nurse (Rm #1)</b>  <b>10:00 Alzheimer Caregiver Supp-#1</b>  <b>10:00 Veterans Group (Rm. #3)</b>            1:00 Quilting-(Rm. #3)            1:00 Golden Agers Rm#2/Scrabble-Lib            1:00 Chip Poker-(Rm. #4)  <b>2:00-4:00 Bereavement Support-#1</b></p>	<p><b>11 VETERANS DAY</b>  <b>CENTER IS CLOSED</b></p> 
<p><b>14 Friend's Boutique*</b>            9:00-3:00 SHINE (by Appt. Only)            10:00 Music Apprec. -(Rm. #3)            10:00 Tai Chi-(Rm. #5)            1:00 Pinochle-(Dining Room)            1:00 Canasta-(Dining Room)            1:00 Mah Jongg-(Rm. #2)</p>	<p><b>15 Friend's Boutique*</b>            10:00 Brown Bag—(Rm. #3)            10:00 Beginning Exercise (Rm. #5)  <b>10:00 Lo-Vision Support-(Rm#1) (Last Meeting Until March 2017)</b>            1:00 Bingo-(Rm. #2)            1:00 Needlecraft-(Rm. #3)</p>	<p><b>16</b>            9:30 Grocery Shopping            10:00 Travel Club-(Library Conf. Rm.)            10:30 HB &amp; Balance—(Rm #5)            1:00 Mah Jongg-(Rm. #3)            1:00 Pitch-(Rm. #2)            1:00 Choralites -(Dining Room)</p>	<p><b>17</b>            10:00 Travel Club-(Lib. Conf. Rm.)            10:00 Alzheimer Caregiver Supp#1            1:00 Quilting-(Rm. #3)            1:00 Golden Agers Rm#2/Scrabble-Lib            1:00 Chip Poker-(Rm. #4)  <b>2:00-4:00 Bereavement Support-(Room #1)</b></p>	<p><b>18</b>            9:30 Grocery Shopping            10:00 Coffee &amp; Conversation-DR            10:30 HB &amp; Balance—(Rm #5)  <b>11:30 Rep. John Scibak –Dining</b>            1:00 Bridge-(Rm #3)            1:00 Canasta-(Dining Room)            1:00 Cribbage-Rm #2            1:00 Knitting—(Library)</p>
<p><b>21 Friend's Boutique*</b>            9:00-3:00 SHINE (by Appt. Only)  <b>9:30 Foot Nurse (by appt.)</b>            10:00 Music Appreciation-(Rm 3)            10:00 Tai Chi-(Rm. #5)            1:00 Canasta &amp; Pinochle (DR)            1:00 "Color Me Calm"—(Rm #3)            1:00 Mah Jongg—(Rm #2)</p>	<p><b>22 Friend's Boutique*</b>            9:00 Newsletter Collating (Rm #3)            10:00 Beginning Exercise (Rm. #5)            1:00 Bingo—(Rm. #2)            1:00 Needlecraft—(Rm. #3)</p>	<p><b>23</b>            9:30 Grocery Shopping            10:00 Travel Club-(Library Conf. Rm)            10:30 HB &amp; Balance -(Rm. #5)            1:00 Mah Jongg-(Rm. #3)            1:00 Pitch-(Rm. #2)            1:00 Choralites—(Dining Room)</p>	<p><b>24 CENTER IS CLOSED</b></p> 	<p><b>25 CENTER IS CLOSED</b></p>
<p><b>28 Friend's Boutique*</b>            9:00-3:00 SHINE (by Appt. Only)            10:00 Music Apprec.-(Rm #3)            10:00 Tai Chi-(Rm. #5)            1:00 Canasta-(Dining Room)            1:00 Pinochle-(Dining Room)            1:00 Mah Jongg—(Rm #2)</p>	<p><b>29 Friend's Boutique*</b>            10:00 Beginning Exercise (Rm. #5)  <b>12:30 Learn about Olive Oil**</b>  <b>1:00 Movie—"Under the Tuscan Sun"—Room # 5</b>            1:00 Bingo-(Rm. #2)            1:00 Needlecraft-(Rm. #3)</p>	<p><b>30</b>            9:30 Grocery Shopping            10:00 Travel Club-(Library Conf. Rm.)            10:30 HB &amp; Balance—(Rm. #5)  <b>12:30 Learn about Olive Oil &amp; Movie**</b>            1:00 Mah Jongg-(Rm. #3)            1:00 Pitch-(Rm. #2)            1:00 Choralites—(Dining Room)</p>	<p><b>* Friend's Boutique</b>  <b>Is Now Open Every Monday &amp; Tuesday 9:30-1:00</b>            Deadline: Absentee Ballots to Town Clerk's Office Nov. 7th  <b>**Register by 11/22 for Olive Oil</b></p>	

# NOVEMBER 2016—"Menu"

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>Please join us!</p>	<b>1 BIRTHDAY/ANNIVERSARY</b> <b>Chicken Parmesan</b> Pasta, Italian Bread Wax Beans Orange Juice Cake or Diet Cake	<b>2 Roasted Chicken w/Gravy</b> Mashed Potatoes Peas & Mushrooms Cranberry Sauce Whole Grain Bread Mandarin Oranges or Diet Mandarin Oranges	<b>3 Swedish Meatballs</b> Brown Rice Cole Slaw Whole Grain Roll Jell-O or Diet Jell-O	<b>4 Macaroni &amp; Cheese</b> Stewed Tomatoes Green Beans Multi Grain Roll Apricots or Diet Apricots
<b>7 VETERAN'S LUNCH</b> WITH JIMMY MAZZ @ 12:30 Beef Sirloin Tips with Mushrooms Mashed Potatoes Carrots Whole Grain Roll Cake or Diet Cake	<b>8 CHEESE LASAGNA</b> Spinach Garlic Bread Pineapple or Diet Pineapple	<b>9 BROCCOLI &amp; CHEESE QUICHE</b> Brown Rice Succotash Whole Wheat Bread Tropical Fruit or Diet Tropical Fruit	<b>10 LIVER AND ONIONS</b> Mashed Potatoes w/Gravy Beets & Onions Multi Grain Roll Apricots or Diet Apricots	<b>11 VETERANS DAY</b> <b>CENTER IS CLOSED</b> 
<b>14 BBQ CHICKEN</b> Roasted Potatoes Corn Whole Grain Roll Pineapple or Diet Pineapple	<b>15 MILD BEEF CHILI</b> Egg Noodles Carrots Orange Juice Wheat Bread Fruit Cocktail or Diet Fruit Cocktail	<b>16 THANKSGIVING LUNCHEON</b> <b>ROASTED TURKEY W/GRAVY</b> Mashed Potatoes, Bread Dressing, Squash, Cranberry Sauce, Pie w/Topping or Diet Pie w/Topping	<b>17 CHICKEN PATTY W/GRAVY</b> Egg Noodles Spinach Wheat Bread Applesauce or Diet Applesauce	<b>18 BAKED SALMON FILETS</b> Wild Rice Broccoli Whole Wheat Roll Rice Pudding or Diet Rice Pudding
<b>21 Sweet &amp; Sour Chicken</b> Mashed Potatoes Squash Blend Whole Grain Bread Pineapple or Diet Pineapple	<b>22 Shells &amp; Tomato Sauce</b> Mixed Vegetables Orange Juice Italian Bread Cookies or Diet Cookies	<b>23 Roasted Pork w/Gravy</b> Roasted Potatoes Peas & Onions Multi Grain Roll Pears & Diet Pears		
<b>28 VEAL PATTY W/GRAVY</b> Wild Rice Mixed Vegetables Multi Grain Roll Tropical Fruit or Diet Tropical Fruit	<b>29 BAKED HAM W/PINEAPPLE</b> (Lunch & Learn About Olive Oil)* Sweet Potatoes Broccoli Rye Bread Peaches or Diet Peaches	<b>30 SHEPHERD'S PIE W/GRAVY</b> (Lunch & Learn About Olive Oil)* Mashed Potatoes Green Beans Biscuit Tropical Fruit or Diet Tropical Fruit	<p>ALL MEALS ARE SERVED WITH                      1/2 PINT OF 1% MILK                      CALL THE COA 538-5042 FOR                      RESERVATIONS BY 1:00 P.M.                      BY THE PREVIOUS DAY.                      KINDLY CANCEL RESERVATION                      BEFORE 9:00 A.M. ON THE DAY OF                      LUNCH</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)                      *Register by 11/22 for Olive Oil</p>	

## In Memoriam

**We are sincerely grateful for the following memorial donations made to the South Hadley COA in support of our Senior Center and the many programs, activities and services provided:**

**IN MEMORY OF DAVID GIROUX**

Corey & Melissa Rusek  
 Donna B. Briggs  
 James & Donna Foley



**IN MEMORY OF LINDA MAGRUDER BUTLER**

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**IN MEMORY OF CHARLIE GRECO**

Marie Tamburro

**IN MEMORY OF CARL KIONTKE**

Lorraine Kiontke

**IN MEMORY OF "LOVED ONES"**

Bill & Jan Oehler

**IN MEMORY OF AL FERNANDES**

Bea Fernandes

**IN MEMORY OF RENE LAVERDIERE**

Tillie Laverdiere

**IN MEMORY OF RALPH**

David Perwak

*Thank You!*

A Very Generous Donation was Received  
 For a "New Senior Center"  
 from the  
*South Hadley Women's Club*

*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): \_\_\_\_\_

- |                                                    |                                                   |                                                           |
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| <input type="checkbox"/> Wherever Needed Most      | <input type="checkbox"/> Christmas Gift Card Fund | <input type="checkbox"/> New Senior Center                |
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