



The Golden Chronicle *Happy Holidays!*

The South Hadley Council on Aging

45 Dayton Street South Hadley, Massachusetts 01075

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

DECEMBER 2016

Happy Holidays Everyone!

We hope you Join us on Wednesday,

December 14th for our

Holiday Celebration

Raffle Items: 5 Gift Baskets

Lunch served at 11:45am

We will be joined by Chris Geffin from the Northwestern DA's office ,

Chief Steve Parentela, Sgt Mike Pollender and Ofc Steve Fleming to share information about the latest, local scams.

Immediately following lunch will be a concert by the South Hadley Choralites featuring Songs of the Season

Please make reservations by calling 538-5042.

The suggested donation is \$2.25 for participants 60 or older. Younger guests will be charged \$3.00.



COA MINI-BUS TRIPS:

Bright Nights & Hampshire Mall Shopping



BRIGHT NIGHTS

Since 1995, Bright Nights in Forest Park has been a unique destination for families, friends and revelers alike.

Make Reservations for the South Hadley COA Mini-bus adventure to Bright Nights in Forest Park, Springfield.

Monday, Dec. 19th

Reservations begin on December 5th

Call 538-5042

HAMPSHIRE MALL

HOLIDAY SHOPPING

Last chance to pick up that gift for someone special!

Monday, December 12th

The COA Mini-bus begins pick ups at 9am and returns at 2pm.

Reservations begin on December 5th.

Call 538-5042

CORRECTION

The Knights of

Columbus Council # 1721

of South Hadley

provided

Thanksgiving meals to our

homebound residents on

Thanksgiving day

Thank you!



A Note from Leslie

"Best of all, the holiday season means a spirit of love, a time when the love of our fellow people should prevail over all hatred and bitterness, a time when our thoughts and deeds and the spirit of our lives can be found in the presence of each other."

Happy Holidays Everyone!! I speak for the whole staff when I say; we wish you a very safe and merry holiday season.

We have a lot of activities planned at the COA for December, so please check out the extra large calendar in this newsletter. The WestMass ElderCare Holiday Party is on Monday, Dec. 5th. Please see Ola to purchase tickets.

Please join us for the Holiday Luncheon on the 14th. We have a **big** day planned. The Friends of the South Hadley Elderly will be offering a 50/50 raffle. Speakers from the Northwestern District Attorney's office, as well as, members from our local Law enforcement will be on hand to provide useful information about the scams to be aware of this season. The Choralites will provide us with Songs of the Seasons - I am sure they won't mind if you sing along to your favorites. Make your reservations today.

I'd like to thank everyone for using the swipe-in system in the lobby. The MySeniorCenter system provides us with the information we need for funding and grant opportunities. To entice those few stragglers, we will be holding "Fridays in December SWIPE & WIN!!" Swipe your card EVERYTIME you come to the center and you are entered to win a \$10 gift card to Big Y. There are 5 Fridays in December and that means there are 5 occasions to win!!! Good luck!!

Veterans Day Celebrations



Monday, Nov. 7, the COA held an appreciation event for our veterans. The program included a complimentary lunch for all veterans, which was provided by the Friends of the South Hadley Elderly and a Salute to Veterans program by Jimmy Mazz. As a sign of respect, a Missing Man Table was displayed in honor of the many POW/MIAs who will never return home.



Upcoming News and Events



January 12th 2017

10am to 11am in the Exercise room

Hail To The Chief: The Inauguration of a President

Presenter Mariann Millard will provide a lively, humorous and engaging, one-hour presentation that will foster for participants an appreciation of the breadth, depth, complexity and oddities of presidential inaugurations in our country since George Washington's first inauguration in 1789 in New York City. Historical and modern events and facts will be woven in to demonstrate the inauguration's constitutional requirements and traditions. Topics will include the locations and dates, the oath, the speech, the parade, moving into the White House and the ball(s) afterwards.

Personal anecdotes about attending President Obama's first inauguration in January 2009 as a Licensed DC Guide leading a high school student group will be sprinkled in to enhance the inaugural experience.

Senior Travel Club News

Tuesday, Jan. 17, 2017 Mohegan Sun, Cost \$25.00. Tuesday, Feb 21, 2017 Twin River Casino, Cost \$27.00. Both trips include a full casino package. Player card or picture ID required. Call Howie Walsh for both trips, 593-6286

Wednesday, March 29, 2017, Westchester Broadway Theater featuring a matinee performance of "Mamma Mia" Includes a pre-show lunch served at your reserved table. Cost \$105.00 Call Susan Canedy, 536-2106

Monday thru Wednesday, May 8-10, 2017, Atlantic City and Historical Philadelphia Featuring a Philadelphia City Tour, gambling and a Paddle Wheel Riverboat Luncheon Cruise on Toms River and Barnegat Bay. Cost \$345.00 pp double. Only 20 seats available! Call Susan Canedy, 536-2106

Wednesday, June 21, 2017 Sail Boston featuring The Tall Ships in Boston Harbor and lunch at Phillips Old Colony House. Cost \$98.00 Call Susan Canedy, 536-2106

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.

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.

In Memoriam

We are sincerely grateful for the following donations made to the South Hadley COA in support of our senior center and the many programs, activities, and services provided.

LINDA MAGRUDER BUTLER

Patricia C. Kraske
Cary & Susan Jubinville
Wayne & Marilyn Gass
HELEN IRONSIDE
George & Phyllis Kidd
William & Janice Ironside
Tom & Betsy Mokal
Henry & Barbara Deslauriers & Family
Walter & Judith Szafir
Holyoke Medical Center (Laboratory Staff)

STEPHEN GUENETTE

Jennett Teece
Nicole Karam
Wendell & Lucille Clark
Alvord Place Communities
The Dowd Agencies
Bud & Ann Andras
John & Carol Moore

CHARLES W. SHERRIT

Cindy, Margaret & Jean Sherrit
Esther Sherrit

AL FERNANDES - Bea Fernandes

RENE LAVERDIERE- Tillie Laverdiere

RALPH - David Perwak

CHARLES & FRANCINE DANASKO

Shirley Danasko

PHILLIP HERBERT (3rd Anniversary)

Ola L. Herbert
JANET BALICKI - Romona Balicki
DR. CENCIZ KAYI -Carol Kayi
STAN STRZEMPKO-Judie Strzempko

TOM TETLOW - Irene Tetlow

JACK RYAN-Lucille Ryan

HENRY GENDRON-Murielle Gendron

LORI & CAROL BANACH

George & Rosemary Griffin

MARLENE M. GAGNE-Donald A. Gagne

BLANCHE CHAPDELAINE - Lorraine Arny

EDWARD L. SCHWALM - Alexina E. Schwalm

BRUNO PATRUNO - Rita Patruno

STAN ORZECZOWSKI - Renee Orzechowski

ELEANOR LAWLER - Joyce Mahoney

LINDA MENDES - Gordon & Phyllis McClafin

CATHERINE WOODBURN - Stella Warzenski & Family

JULES J. GAZAILLE - Madeleine Gazaille

GEORGE FORTIER - Judy Fortier

DAVID BELLEFEUILLE - Judy Fortier

BILL LAMBERT - Judy Fortier

RON FRITZ - Judy Fortier

NEIL F. BARRY - Bob Bontempo

VICTORIA ALBANO - Bob Bontempo

DOROTHEA ASHWORTH - Bob Bontempo

DOROTHY LATHROP

Bob Bontempo

SUSAN LEVER

Donald Lever

BLANCHE CHAPDELAINE

Lorraine Arny

JO-ANN BOURGUIGNON

Marion Whalen

AL FERNANDES

Bea Fernandes

ROBERT F. BLASKO, SR

Ola L. Herbert

CHET TOWNE

Nancy L. Towne

GEORGE & EVELYN EDGE

Nancy, Shawn Hall &

Evelyn Simpson

PETER, RENA,

DONNA (SUDYKA) CLAYTON

Peter Sudyka

HANNELORE S. PARKS

Edward M. Parks



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): _____

- | | | |
|---|---|---|
| <input type="checkbox"/> Wherever Needed Most | <input type="checkbox"/> Christmas Gift Card Fund | <input type="checkbox"/> New Senior Center |
| <input type="checkbox"/> Activities Account | <input type="checkbox"/> Nutrition Gift Account | <input type="checkbox"/> Mothers' Garden |
| <input type="checkbox"/> Caregivers Gift Account | <input type="checkbox"/> Newsletter Account | <input type="checkbox"/> "Lights On" |
| <input type="checkbox"/> Minibus Maintenance | <input type="checkbox"/> Services Account | <input type="checkbox"/> Transportation Account |
| <input type="checkbox"/> Minibus (<i>Future Purchase</i>) | <input type="checkbox"/> Emergency Fund | <input type="checkbox"/> 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.

News From ~Nancy (Activity & Volunteer Coordinator)

Cookie Exchange

Friday, Dec 16th from

12:30-1:00pm

Registration required by Dec 14.

Call the office to let us know you are participating.

Cookies should be dropped off by 10:30am on Dec 16th

Please bring 2 dozen holiday cookies with you. For every 2 dozen you BRING...you LEAVE with 2 dozen cookies.

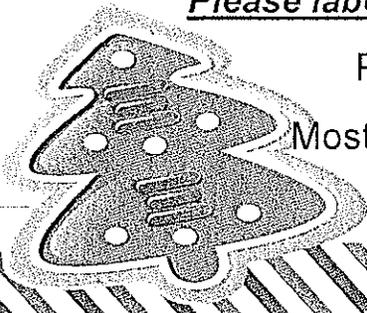
Please label if they include nuts.



Prizes awarded for

Most Festive, Best Tasting &

Most Creative



We will have a **HOLIDAY SWEATER CONTEST**

on *December 13 and December 19th*.

Come to the Center dressed in your finest holiday themed sweater.

Judging will take place at 11:30 in the Dining Room

Prizes will be awarded





DECEMBER 2016 — "Activities & Menu"



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p align="center"><i>Please Join Us!</i></p>  <p align="center">Lunch</p>	<p align="center">IN TOWN TRANSPORTATION IS AVAILABLE MONDAY-FRIDAY 9-3 BY APPOINTMENT ONLY</p> <p align="center">BILLARDS: M-F 8:00-4:00</p>	<p align="center">FRIEND'S BOUTIQUE Open Mon. & Tues. 9:30-1:00</p> 	<p>1 MACARONI & CHEESE 10:00 Travel Club-(Library Conference Rm.) 10:00 Beginning Exercise (Rm. #5) 10:00 Alzheimer Caregiver Supp-(Rm #1) 1:00 Quilting-(Rm. #3) 1:00 Golden Agers—(Rm#2) 1:00 Scrabble-Library 1:00 Chip Poker—(Rm. #4)</p>	<p>2 BAKED POLLOCK LOINS 9:30 Grocery Shopping 10:00 Coffee & Conversation-(Dining Rm.) 10:30 HB & Balance -(Rm #5) 1:00 Bridge-(Rm #3) 1:00 Canasta—(Dining Room) 1:00 Cribbage-(Rm #2) 1:00 Knitting—(Library)</p>
<p>5 AMERICAN CHOP SUEY 9:30-1:00 Friend's Boutique 9:00-3:00 SHINE (by Appt. Only) 10:00 Tai Chi-(Rm. #5) 10:00 Music Apprec. -(Rm. #3) 1:00 "Color Me Calm"—(Rm #3) 1:00 Pinocle-(Dining Room) 1:00 Canasta-(Dining Room) 1:00 Mah Jongg—(Rm #2)</p>	<p>6 BIRTHDAY/ANNIVERSARY ROASTED TURKEY W/GRAVY 9:30-1:00 Friend's Boutique 10:00 Beginning Exercise (Rm. #5) 11:15-11:45 Entertainment with Berkshire Hills Academy (Dining Room) 12:45 Monthly Movie "Dear John" - (Rm # 5) 1:00 Bingo- (Rm. #2) 1:00 Needlecraft-(Rm. #3)</p>	<p>7 BBQ CHICKEN 9:30 Grocery Shopping 10:00 Travel Club-(Library Conference Rm.) 10:30 HB & Balance -(Rm. #5) 1:00 Mah Jongg. (Rm. # 3) 1:00 Pitch- (Rm. # 2) 1:00 Chorales - (Dining Room)</p>	<p>8 ITALIAN SAUSAGE 10:00 Travel Club-(Library Conference Rm.) 10:00 Veterans Group (Rm. #3) 10:00 Beginning Exercise (Rm. #5) 10:00 Holiday Craft with Nancy (Dining Room)* (Please Sign Up in Office by December 7th) 12:00-2:00 Blood Pressure Screening with Town Nurse (Nurses Office-Room #1) 1:00 Quilting—(Rm. #3) 1:00 Golden Agers—(Rm#2) 1:00 Scrabble—(Library); 1:00 Chip Poker—(Rm. #4)</p>	<p>9 VEAL PATTY W/GRAVY 9:30 Grocery Shopping 10:00 Coffee & Conversation-(Dining Rm.) 10:30 HB & Balance—(Rm #5) 1:00 Bridge- (Rm #3) 1:00 Canasta- (Dining Room) 1:00 Cribbage-Rm #2 1:00 Knitting—(Library)</p>
<p>12 STUFFED SHELLS W/SAUCE 9:30-1:00 Friend's Boutique 9:30 Foot Nurse (by appt.) 10:00 Music Apprec. -(Rm. #3) 10:00 Tai Chi-(Rm. #5) 1:00 Holiday Craft w/Nancy (Dining Room)* (Please Sign Up in Office by Dec. 7th) 1:00 Pinocle-(Dining Room) 1:00 Canasta-(Dining Room) 1:00 Mah Jongg-(Rm. #2)</p>	<p>13 SIRLOIN TIPS W/SAUCE 9:30-1:00 Friend's Boutique 10:00 Brown Bag—(Rm. #3) 10:00 Beginning Exercise (Rm. #5) 11:30 Holiday Sweater Contest (Dining Rm.)* 12:45 Movie "It's A Wonderful Life" (Rm #5) 1:00 Bingo- (Rm. #2) 1:00 Needlecraft-(Rm. #3)</p>	<p>14 HOLIDAY LUNCHEON STUFFED CHICKEN BREAST WITH SUPREME SAUCE 9:30 Grocery Shopping 10:00 Travel Club- (Library Conference Rm.) 10:30 HB & Balance—(Rm. #5) 1:00 Mah Jongg-(Rm. #3) 1:00 Pitch- (Rm. #2) 1:00 Chorales Performing - (Dining Room)</p>	<p>15 BROCCOLI QUICHE 10:00 Travel Club-(Library Conference Rm.) 10:00 Beginning Exercise (Rm. #5) 10:00 Alzheimer Caregiver Support—(Rm. #1) 1:00 Quilting—(Rm. #3) 1:00 Golden Agers—(Rm#2) 1:00 Scrabble-Library 1:00 Chip Poker- (Rm. #4)</p>	<p>16 TUNA CASSEROLE 9:30 Grocery Shopping 10:00 Coffee & Conversation-(Dining Rm.) 10:30 HB & Balance—(Rm #5) 11:30 Rep. John Schbak —(Dining Rm.) 12:30 Holiday Cookie Exchange* 1:00 Bridge- (Rm #3) 1:00 Canasta- (Dining Room) 1:00 Cribbage-Rm #2 1:00 Knitting—(Library)</p>
<p>19 BAKED CHICKEN 9:30-1:00 Friend's Boutique 10:00 Music Appreciation-(Rm 3) 10:00 Tai Chi- (Rm. #5) 1:00 Canasta & Pinochle (DR) 1:00 "Color Me Calm"—(Rm #3) 1:00 Mah Jongg—(Rm #2)</p>	<p>20 VEAL PARMESAN 9:30-1:00 Friend's Boutique 9:00 Newsletter Collating (Rm #3) 10:00 Beginning Exercise (Rm. #5) 12:45 Movie "Miracle on 34th Street"—(Rm #5) 1:00 Bingo—(Rm. #2) 1:00 Needlecraft—(Rm. #3)</p>	<p>21 BEEF STEW W/POTATOES 9:30 Grocery Shopping 10:00 Travel Club- (Library Conference Rm.) 10:30 HB & Balance -(Rm. #5) 1:00 Mah Jongg. (Rm. #3) 1:00 Pitch- (Rm. #2) 1:00 Chorales—(Dining Room)</p>	<p>22 STUFFED CABBAGE W/SAUCE 10:00 Travel Club-(Library Conference Rm.) 10:00 Beginning Exercise (Rm. #5) 1:00 Quilting—(Rm. #3) 1:00 Golden Agers—(Rm#2) 1:00 Scrabble-Library 1:00 Chip Poker- (Rm. #4)</p>	<p>23 BREADED POLLOCK FILET 9:30 Grocery Shopping 10:00 Coffee & Conversation-(Dining Rm.) 10:30 HB & Balance—(Rm #5) 1:00 Bridge- (Rm #3) 1:00 Canasta- (Dining Room) 1:00 Cribbage-Rm #2 1:00 Knitting—(Library)</p>
<p>26 CENTER IS CLOSED</p> 	<p>27 ROAST PORK W/GRAVY 12:45 Movie "Elif" - Bring your Grandchildren! Rated PG (Rm #5)-Sign Up by Dec. 22 if you are Bringing Grandchildren 1:00 Bingo-(Rm. #2) 1:00 Needlecraft-(Rm. #3)</p>	<p>28 CHEESE LASAGNA W/SAUCE 9:30 Grocery Shopping 10:00 Travel Club-(Library Conference Rm.) 10:30 HB & Balance—(Rm. #5) 1:00 Mah Jongg- (Rm. #3) 1:00 Pitch—(Rm. #2) 1:00 Chorales—(Dining Room)</p>	<p>29 SWEET & SOUR CHICKEN 10:00 Travel Club-(Library Conference Rm.) 1:00 Quilting—(Rm. #3) 1:00 Golden Agers—(Rm #2) 1:00 Scrabble-Library 1:00 Chip Poker- (Rm. #4)</p>	<p>30 BROCCOLI QUICHE 9:30 Grocery Shopping 10:00 Coffee & Conversation-(Dining Rm.) 10:30 HB & Balance—(Rm #5) 1:00 Bridge- (Rm #3) 1:00 Canasta- (Dining Room) 1:00 Cribbage-Rm #2 1:00 Knitting—(Library)</p>

*See Activity Page for more details.

News From ~Nancy (Activity & Volunteer Coordinator)

Berkshire Hills Music Academy will be here on Tuesday, December 6th. They will entertain us from 11:15-11:45.

HOLIDAY MOVIE SERIES

12:45 in Exercise Room

DEC 13- It's a Wonderful Life"

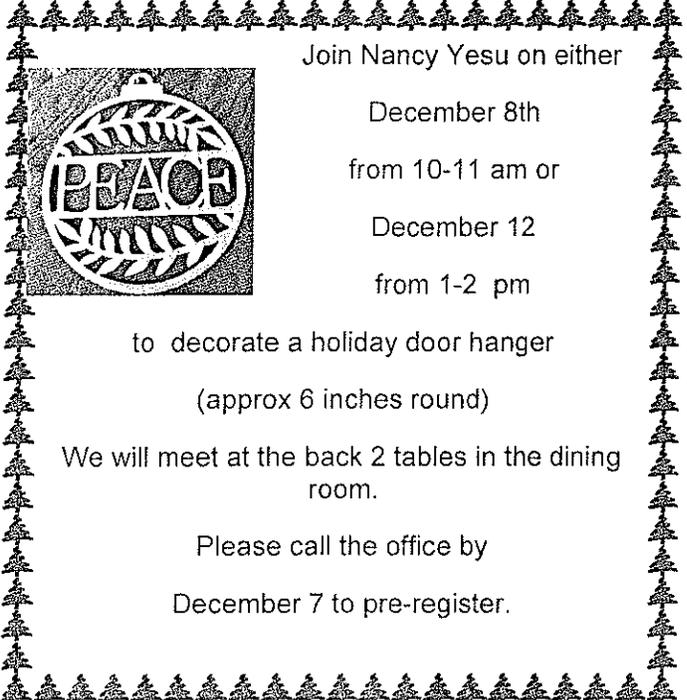
DEC 20- "Miracle on 34th St"

DEC 27 "Elf"- bring a grandchild with you—this is school vacation week! (1 hour 37 minute movie)

Call the office by Dec 22 and let us know the name and age of your grandchild. *Film is rated PG

(generally thought to be appropriate for ages 10 and up) so please consider this before signing up.

Cookies will be served Dec 27 for those who sign up ahead.



Join Nancy Yesu on either

December 8th

from 10-11 am or

December 12

from 1-2 pm

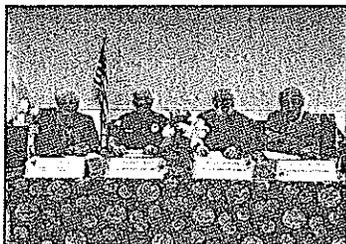
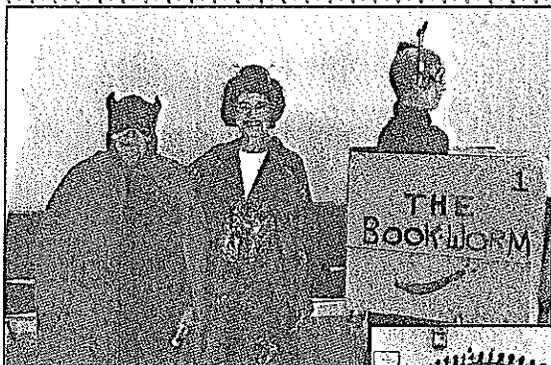
to decorate a holiday door hanger

(approx 6 inches round)

We will meet at the back 2 tables in the dining room.

Please call the office by

December 7 to pre-register.



A S P O O K Y G O O D T I M E

Nutrition Tidbits

by Christine M. Brown, Nutritionist WMEC

Did you know.....

*People who eat three or more daily servings of fruit have a 36% lower risk for age-related vision loss than people who eat less than 1 ½ servings.

*Watermelon is more than 90 % water by weight and has just 46 calories per cup.

*Diabetes increases the risk for heart disease and stroke, blindness, lower limb amputations and end-stage kidney failure. Researchers have also found an association between diabetes and Alzheimer disease.

*A 2-year exercise program helped prevent further bone loss in women with osteopenia, the precursor to osteoporosis.

*The harder the cheese, the more calcium it contains for its weight. An ounce of Swiss, cheddar or Muenster contains more than 200 milligrams of calcium, while an ounce of feta or mozzarella have about 145 milligrams.

*Elevated cholesterol can set you up for heart disease. Recent studies have suggested that high cholesterol might contribute to thinning bones.

*When people think of sugar, they tend to think of table sugar. However there are many types of sugar in foods. All contain 4 calories per gram and the body the same way treats all. Other names for sugar: corn sweetener, corn syrup, dextrose, high fructose corn syrup, honey, invert sugar, brown sugar, raw sugar, maltose, syrup, fruit juice concentrate.

*Poor diet and inactivity may soon overtake tobacco use as the leading cause of death in the US, according to the Centers for Disease Control and Prevention.

All the above tidbits are from the Tufts University Health & Nutrition Letter

April- August 04

Mixed Berry Cobbler-

Fruit Layer – ¼ cup sugar	Topping- 6 slices whole
1 Tbsp. cornstarch	wheat bread
1 tsp. lemon zest	2 Tbsp. sugar
4 cups mixed fresh or frozen berries	¼ tsp. cinnamon
1 med. apple-peeled, cored & diced	2 large eggs
	1/3 cup 1 % milk
	2 tsp. butter, melted
	1 tsp. vanilla

Preheat oven to 400. Coat 8 x 8 pan with cooking spray. Stir ¼ cup sugar, cornstarch, lemon zest together. Add berries & apple; toss to coat. Transfer to prepared baking dish. Cover with foil and bake 20 minutes for fresh berries – 30 minutes for frozen. Meanwhile trim bread crusts and cut each slice in half diagonally. Mix 2 Tbsp. sugar and cinnamon. Whisk eggs, milk, butter and vanilla in a shallow glass dish, such as a pie pan. Soak bread in egg-milk mixture. When fruit has baked its allotted time, stir it, and then arrange the soaked bread slices, slightly overlapping, over the fruit. Sprinkle with cinnamon-sugar mixture. Return cobbler to oven and bake uncovered until fruit is bubbling and topping is crisp – 25 to 30 minutes. Serve warm with low fat ice cream or vanilla yogurt.

SOUTH HADLEY COA STAFF:

Leslie Hennessey, Director

Lisa Napiorkowski,
Asst. Director

Ann Andras, Social Services
Coordinator

Nancy Yesu, Vol/Activity Coord.

Billy Poe, Food Service Coord.

Ola Herbert & Kathy Gallivan—
Office Personnel

Jim Tomlinson, Asst. Cook

Rick Dufault, HMOW 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 Presi-
dent

Erin Marx—Newsletter Design

Patrick Labonte, Newsletter

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

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.

FRIENDS OF THE SOUTH HADLEY ELDERLY, INC.

December 2016

This is our annual letter to our past, current, and future Friends. Even though the Chronicle is disseminated to the over-60 population, we solicit membership from all age groups. You don't have to be a senior to be a member of the Friends of the South Hadley Elderly, Inc. Our annual dues have not changed – they remain at \$5.00. This is quite reasonable in this day and age, particularly when you realize what we do with the money.

In the past year the "Friends" provided more than \$9,000 to purchase coffee in the dining room at the Senior Center, free copy service, Valentine's Day gifts to the meals-on-wheels participants, the Ice Cream Social, Joanne's retirement open house, and an annual donation to the Council on Aging for activities, special luncheons and other necessary uses. As we said in last year's letter, we had a CD that would expire in early 2016. That CD was cashed in and \$6,528.28 donated to the new Senior Center Building Fund.

All of this was done with your annual membership fee, as well as your donations for the coffee, general donations and memorials for loved ones, our 50/50 raffles, and proceeds from the raffle held at the April Volunteer Appreciation Night. The success of The Friends of the Elderly Boutique, could not be had were it not for the sales and your generous donations of new and/or clean, gently-used seasonal clothing. Here, too, our fashions are not just for the elderly; our donations come from very fashionable persons. We do not, however, accept or carry children's clothing.

We want to welcome Leslie Hennessey as the Council on Aging Director (she's only been here since July). Leslie has made several suggestions on ways the Friends can make additional money. Stay tuned for some of her ideas.

At this time we're also collecting dues for the 2017 calendar year. Checks should be made to "Friends of the South Hadley Elderly, Inc." and can be left at the Senior Center or mailed to Donna Robideau, Treasurer, at 12 Edgewater Lane, South Hadley MA 01075. Cash is always accepted; please don't forget to give us your name and current address. Donations and memorials can also be made at any time. We've added many new members to the Friends because of the \$100 Lottery Tree. The winner's name is drawn at the St. Patrick's Day luncheon in March.

2016 DONATIONS/MEMORIALS
DONOR NAME

A.&B. Andrus	Anonymous	Sara Bach
Nellie Cabot	Kaneez & Saleem Bajwa	Nancy Bombard
Fred Bozek	Glenn Conway	Jim Eisenstock
Agnes Everson	Elaine Foley	Violet Forni
C. & R. Florence	D. & M. Gagne	Kathy Gallivan
W. & L. Hubbard	W. & J. LaFrennier	Patricia Mansfield
R. & D. McKenna	Genevieve Mroczek	John Sexton
D. & D. Whitford	Victoria Wildman	Alice Zuvers

2016 Memorials

In Memory Of	Made by
Alphonse and Beatrice Brunelle	Luke and Josie Brunelle
Joseph and Madeline Gomez	Luke and Josie Brunelle
Al Fernandes	Bea Fernandes
Jack Remlin	Betsy Remlin



FRIENDS OF THE ELDERLY, INC. MEMBERSHIP DUES OR DONATIONS:

NAME:

ADDRESS:

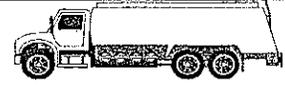
ANNUAL DUES (\$5.00) _____

AMOUNT OF DONATION: _____

IN MEMORY OF: _____



Outreach News from Ann



Fuel Assistance 2016/2017

The Hampshire County Fuel Assistance Program began November 1st. I have been assisting those elders who heat with oil, and need my help with their re-certification paperwork.

Natural gas and electric heat consumers are now receiving their paperwork from Community Action. First time applicants can apply up to April 30, 2017. 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.)
- A Current Bank Statement
- Current Mortgage Statement or Lease Agreement, if renting.
- Real Estate Tax Bill, Homeowners Insurance Premium
- A Fuel Bill showing name and address
- Condo fee Notice
- Current Electric Bill

If you would like to make an appointment for help with your fuel assistance application, please call Ann at 538-5042 extension 206. An appointment is required so that I can devote the necessary time to each senior.



Holiday Gift Cards

The Council on Aging will once again celebrate this joyous season by giving grocery store gift cards or electric light credits to qualified senior residents. Some financial guidelines do apply.

If you are currently receiving fuel assistance, Brown Bag, SNAP, or experiencing a difficult financial time in your life, we may be able to help make your holiday a little brighter. We are so fortunate to have the generous support of our community to fund this program. In order to share these gifts with many South Hadley elders, those who are currently receiving a FREE service such as Companion/Escort Transportation or Snow Removal will not be eligible for a gift card or light credit. Please call Ann at 538-5042 extension 206 to be considered for a holiday gift. The deadline for requests is : Friday, **December 9th**.

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

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 <p>Village Eye Care</p> <p>Dr. Steven A. Markow Optometrist 413-536-6100 7 Hadley St., South Hadley, MA 01075</p>	 <p>RYAN & BOUDREAU, L.L.P.</p> <p>129 College Street, P.O. Box 190 South Hadley, Massachusetts 01075-0190</p> <p>Paul D. Boudreau, Esq. Serving South Hadley since 1967 (413) 536-8891</p> <p>Elder Law Wills and Trusts Guardianships/Conservatorships Probate of Estates</p>	<p>Proud to support the South Hadley Council on Aging</p>  <p>The bank of you.</p> <p>bankesb.com 413.527.4111</p> <p>Member FDIC Member DIF</p>
<p>Curran O'Brien REAL ESTATE</p> <p>Supporting The Council on Aging</p> <p>33 Lamb Street South Hadley 538-4642 www.curranjones.com</p> <p>T.J. O'Brien Joe Curran Vincent Govoni Directors</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> <hr/> <p>Hair Services for Men & Women <i>in your home</i> Call Barbara at 538-9516 or 885-0371 <i>Serving the Elderly & Disabled 25 Years</i></p>	 <p>BEERS & STORY SOUTH HADLEY FUNERAL HOME</p> <p>•Preplanning •Burial •Cremation</p> <p>646 Newton St. South Hadley 533-4400 www.beersandstory.com</p> <p>Marc G. Gaudreau Wendy L. Story Directors</p>
 <p>246 North Main St. South Hadley, MA 01075 (413) 532-5325 www.LoomisCommunities.org</p>	 <p>FACE Drain & Sewer Cleaning South Hadley</p> <p>538-9930</p> <p>Owner Ronald T. Padyzala</p> <p>Radio Dispatched • Sinks • Tubs • Toilets • Sewer Lines Video Inspection of Pipes • Fully Insured • Reasonable Rates</p>	<p>SOUTH HADLEY DENTAL ASSOC., INC.</p> <p>MARJORIE S. BLOCK, D.M.D. 15 DAYTON ST., SOUTH HADLEY, MA 01075 TEL (413) 536-4455 FAX (413) 532-1757</p>