



The Golden Chronicle

Happy New Year!

The South Hadley Council on Aging

45 Dayton Street South Hadley, Massachusetts 01075

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

JANUARY 2017

2017



**The COA will be closed
Monday, January 2, 2017**

**Birthday &
Anniversary
Luncheon**



Tuesday, January 10th.

Please make reservations with the office

538-5042

*Hail To The
Chief:*



*The Inauguration of a
President*

Presenter Maryann Millard

10am on January 12th 2017

*Please RSVP in the office
or at 538-5042*

**Veteran Group
Meeting**



Jan. 12th at 10am

**Mr. Walter Southerland
will discuss his research of**

the

**Battle Ship Arizona in
Pearl Harbor, HI**

Coffee & Conversation

Fridays 10am to 11am

We will be inviting special guests to come in and host on a regular basis.

Leslie will be your host on January 13th. Come join the conversation

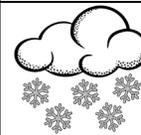
Let us know who you would like to have host
C & C.



*Donald Trump
will take office as
the*

*President of the
United States
of America*

*on January 20th
2017*



Snow, Sleet
Freezing Rain...a
few of my *least*
favorite things....

The winter season is here and there is always a chance the Senior Center may be closed.

Watch Channels 22 or 40 for cancellation listings and to find out if the S. H. Council on Aging will be closed.



A Note from Leslie

Happy New Year Everyone,

It's a new year with many exciting things happening at the Senior Center!!

The COA was awarded two grants! One grant, provided by the Massachusetts Council on Aging and The Bridges Together Program offered an Intergenerational Community Partnership Grant which was awarded to only 3 towns in Massachusetts. I reached out to several community leaders who enthusiastically endorsed the project and agreed to join the S. Hadley Intergenerational Leadership Team. Our members include, Dr. Nicholas Young, Superintendent Of S. H. Schools; Joe Rodeo, S.H. Library Director; Sgt. Brian Willette, Commander of S. Hadley VFW 3104, and our own Sheila Adams, Friends of South Hadley Elderly, Inc. President. We received the news in November that we were one of the towns awarded the grant to increase and expand opportunities for intergenerational events and connections to be made in South Hadley. In early December, the South Hadley Community IG Leadership Team met for a day-long training at the center. Over the next months, we will be busy recruiting community members and planning joint events to bridge the generations in South Hadley. Plans are underway for a WWI encampment reenactment. More news to follow!

The second grant was awarded to the COA through the Executive Office of Elder Affairs and WestMass ElderCare. This grant will provide us funds to open and operate a Memory Café for persons with memory impairment and their caregiver. As you know, we offer an Alzheimer's caregiver support group but, we identified an unmet need in our community; a need for a supportive venue to host individuals with memory impaired and their caregivers to spend time together. Under the guidance of Gerri Bennett, Margaret Denault and Mt. Holyoke student, Maeve Moller-Mullen, the center will be a retreat for members of our community. If you know of any South Hadley resident that may benefit from our Memories Café, please tell them to contact the center.

I will be hosting Coffee & Conversation on Friday, the 13th of January. I will share details for both of these initiatives. Please join me at 10am in the dining room.

We hope you like the design of the newsletter. Erin, a South Hadley High School student, has been assisting us with the design and preparation. We are very grateful.

Happy New Year everyone, 2017 looks to be a great year for the COA!!

-Leslie

Does winter have you feeling down?

During the colder months, many New Englanders get the "winter blues." In January when there is less daylight, the cold, dark nights can make us feel glum, or a little down in the dumps. Eating a diet that is rich in fruits and vegetables, proteins, and whole grains is an important way to keep the body healthy. Did you know that fruits and vegetables not only improve your physical health, but also your mental health?

Studies suggest that eating more fruits and vegetables (be it fresh, frozen or canned), can help relieve stress, ease anxiety, and improve your overall mood. Fruits and vegetables contain vitamins, minerals and antioxidants needed to help nourish your brain. Antioxidants are substances in food that defending against the damaging effects of free radicals. Free radicals form in the body from stress, cigarette smoke, pollution, pesticides, and other harmful environmental factors. The job of an antioxidant is to remove these harmful free radicals from your body. Keeping your brain well-nourished with a steady supply of antioxidants can reduce your risk of many health problems, including depression. With each added serving of these delicious fruits and vegetables, you can be on your way to increased happiness. Now that's an easy way to put a smile on your face during the cold winter months!

Five other ways to beat the winter blues:

1. Open the blinds or curtains to bring in some winter sunshine
2. Get up and move – exercise at any level is so beneficial to your health
3. Listen to music
4. Get outside when the weather permits
5. Socialize with friends and family

You can accomplish all of these strategies by attending your local Council On Aging congregate meal site!

Credit to: Vanessa Ames, UMass Dietetic Intern

***If your symptoms of sadness or depression are preventing you from living a normal life, please talk to your doctor.**



Outreach News from Ann



Do You Need Help Stretching Your Food Dollars?

Have you considered applying for SNAP (Supplemental Nutrition Assistance Program-formerly known as the Food Stamp Program). In Massachusetts, 63 percent of residents age 60 and older who are eligible for SNAP have not signed up.

SNAP recipients use a card, similar to a typical credit card, that can be swiped at the register in grocery stores, convenience stores, and some farmers' markets. Eligibility is based on household size, income and other expenses. You may still be eligible even if you own your own home, a car, and are collecting Social Security and a pension.

I am available to assist elder residents of South Hadley who would like to apply for SNAP benefits. An appointment is necessary and I can be reached at 538.5042 extension 206. To help facilitate the process, please bring the following documents to your appointment:

- **Proof of Identity:** a drivers license or birth certificate
- **Social Security Number**
- **Proof that you live in Massachusetts:** drivers license, a utility bill or a federal tax return
- **Earned Income:** pay stubs from the last four weeks or a letter from your employer
- **Other Income:** proof of Social Security Income, pension
- **Self-Employment Income:** most recent tax return or business records for the last three months
- **Rental Income:** If you get paid by someone who rents a room or an apartment from you, a copy of a lease agreement or a statement from your tenant showing the amount of rent paid

Claiming and verifying medical expenses may increase your SNAP benefits. You can claim your health insurance costs, both premiums and deductibles. Medical cost not reimbursed by insurance such as, doctor or clinic visits, dental care, or physical therapy. You can claim out of pocket costs for prescription drugs, as well as over the counter pain relievers, antacids, vitamins and herbal supplements that your health care provider tells you to take. Don't delay, please feel free to call me for an appointment or to answer any questions about applying for SNAP.

Wishing all of you a Happy and Healthy New Year, Ann

Just a thought.... "Pleasure is very seldom found where it is sought. Our brightest blazes are commonly kindled by unexpected sparks". - Samuel Johnson

**we can
help**

WHAT IS AN EMERGENCY LOCK BOX?

Do I need one??

South Hadley S.A.L.T. Council/TRIAD, Fire District #1, and the COA have 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.

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.

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.

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. Selling Fast!!!



THE FRIENDS CORNER

**SOUTH HADLEY COA
STAFF:**

Leslie Hennessey, Director

Lisa Napiorkowski,
Assistant Director

Ann Andras,
Outreach Coordinator

Nancy Yesu,
Volunteer/Activity Coordinator

Billy Poe,
Food Service Coordinator

Ola Herbert & Kathy Gallivan
Office Personnel

Jim Tomlinson, Asst. Cook

Rick Dufault, HMOW
Coordinator

Ken Dawley, Mini-Bus Driver

Hot Meals on Wheels Drivers

Herb Baker, Nancy Blodgett,
Maryanne Fredette,
Linda Tenktate, Linda Callahan

Roger Duval, Handyman

Eileen Burke,
SHINE Coordinator

Howie Walsh,
Travel Club Chairperson

Sheila Adams, Friends President

Erin Marx, Newsletter Design

Patrick Labonte, Printer

**Can I read the newsletter on
line?**

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

The printing and mailing
of the newsletter is made
possible through Formula
Grant funds, advertising
and your generous sup-
port.

Exciting happenings coming up the next couple of months! To begin, we are still accepting your \$5.00 contribution for 2017 Friends of the Elderly membership. If you pay by the time of the St. Patrick's luncheon, you'll be entered into the drawing for a \$100 lottery tree. We always accept donations or memorials in any amount.

Please support both the Friends and the Lions Club. They have generously offered to split their profit with us at their January 9 Spaghetti Supper. It will be held at the Roost; times will be forthcoming in future articles.

The Boutique is open on Mondays and Tuesdays. The January schedule is: 9th, 10th, 17th, 23rd, 24th, 30th, and 31st.

At the end of January – beginning of February - we will start selling tickets for the Annual Raffle that is held in April on the night of Volunteer Appreciation. As you know from past years, we have numerous gift cards, baskets, and other donated items. We hope our donors will be as generous this year as previously.

January Spaghetti Supper

The South Hadley Lions Club is partnering with the Friends of South Hadley Elderly for their January spaghetti supper. Due to the New Year Holiday the supper will be held on the 2nd Tuesday, January 10th from 4:30-6pm at the Egg & I/Roost on Main Street. Free parking available across the street.



The meal consists of spaghetti, meatballs, salad, roll, ice cream and coffee, tea or soda for drinks. Cost \$6; takeout meals available.

The South Hadley High School Leo Club (a club dedicated to community service sponsored by the Lions Club) will be holding a bake sale at the spaghetti supper.

**The South Hadley Knitting
Club has been busy!**

They have donated to:

**Neighbors Helping
Neighbors**
12 pairs of mittens
34 Hats



**Provi-
dence Min-
istry**

2 sweaters
23 Hats



**Plus several mittens and
hats sold by the Friend's
Boutique**

Come experience
the ancient art
of relaxation:

Tai Chi

Our new instructor,

Marcia Gobeil, will offer a
FREE class on January 9th
at 11:15am.

Classes resume on

**January 23rd at
11:15am.**

January 2017

MONDAY

TUESDAY

Lunch is served Monday—Friday from 11:45am to 12:15pm

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

Make reservations by calling 538-5042



| | |
|--|--|
| <p>2</p>  | <p>3 MEATLOAF WITH GRAVY</p> <p>10:00 Beginning Exercise (Rm#5)</p> <p>12:45 Monthly Movie: Elvis "Girls, Girls, Girls" Rm#5</p> <p>1:00 Bingo (Rm#2)</p> <p>1:00 Needlecraft (Rm#3)</p> |
| <p>9 VEAL PARMESAN WITH SAUCE</p> <p>9:00-12:00 Noon SHINE (by Appointment Only)</p> <p>9:30-1:00 Friend's Boutique</p> <p>9:30 Foot Nurse (by Appt)</p> <p>10:00 Music Appreciation (Rm#3)</p> <p>10:30 Dining Room Decorating Discussion (Dining Rm)*</p> <p>11:15 Tia Chi FREE CLASS</p> <p>1:00 Pinochle & Canasta (Dining Room)</p> <p>1:00 Mah Jongg (Rm#2)</p> <p>4:00 Council on Aging Board of Directors Meeting</p> | <p>10 BIRTHDAY/ANNIVERSARY LUNCHEON ROASTED TURKEY WITH GRAVY</p> <p>9:30-1:00 Friend's Boutique</p> <p>10:00 Beginning Exercise (Rm#5)</p> <p>12:45 Monthly Movie: Elvis "Jailhouse Rock" Rm#5</p> <p>1:00 Bingo (Rm#2)</p> <p>1:00 Needlecraft (Rm#3)</p> |
| <p>16</p> <div style="border: 2px solid black; padding: 10px; text-align: center;"> <p>The COA will be closed Monday, January 16th in observance of Martin Luther King, Jr. Day</p> </div> | <p>17 BBQ CHICKEN</p> <p>9:30-1:00 Friend's Boutique</p> <p>10:00 Brown Bag (Rm#3)</p> <p>10:00 Beginning Exercise (Rm#5)</p> <p>12:45 Monthly Movie: Elvis "Viva Las Vegas" Rm#5</p> <p>1:00 Bingo (Rm#2)</p> <p>1:00 Needlecraft (Rm#3)</p> |
| <p>23 BAKED CHICKEN WITH GRAVY</p> <p>9:30-1:00 Friend's Boutique</p> <p>9:30 Foot Nurse (by Appt)</p> <p>10:00 Music Appreciation (Rm#3)</p> <p>1:00 Pinochle & Canasta (Dining Room)</p> <p>1:00 Craft Time with Nancy (Dining Room)*</p> <p>1:00 Mah Jongg (Rm#2)</p> | <p>24 SHEPHERD'S PIE</p> <p>9:30-1:00 Friend's Boutique</p> <p>10:00 Beginning Exercise (Rm#5)</p> <p>12:45 Monthly Movie: Elvis "GI Blues" Rm#5</p> <p>1:00 Bingo (Rm#2)</p> <p>1:00 Needlecraft (Rm#3)</p> |
| <p>30 SALISBURY STEAK WITH SAUCE</p> <p>9:00-12:00 Noon SHINE (by Appointment Only)</p> <p>9:30-1:00 Friend's Boutique</p> <p>10:00 Music Appreciation (Rm#3)</p> <p>1:00 Pinochle & Canasta (Dining Room)</p> <p>1:00 Mah Jongg (Rm#2)</p> | <p>31 ROAST PORK WITH GRAVY</p> <p>9:30-1:00 Friend's Boutique</p> <p>10:00 Beginning Exercise (Rm#5)</p> <p>12:45 Monthly Movie: Elvis "Kissin' Cousins" Rm#5</p> <p>1:00 Bingo (Rm#2)</p> <p>1:00 Needlecraft (Rm#3)</p> |

**See "News from Nancy" for more details (Activity Page)*

Newsletter Collating on Thursday, January 26!!

WEDNESDAY

THURSDAY

FRIDAY

| | | |
|---|--|--|
| <p>4 HERBED CHICKEN WITH GRAVY</p> <p>9:30 Grocery Shopping</p> <p>10:00 Travel Club (Library Conference Room)</p> <p>10:30 Healthy Bones & Balance (Rm#5)</p> <p>1:00 Mah Jongg (Rm#3); Pitch (Rm#2)</p> | <p>5 STUFFED PEPPERS</p> <p>10:00 Travel Club (Library Conference Room)</p> <p>10:00 Beginning Exercise (Rm#5)</p> <p>10:00 Alzheimer Caregiver Support (Rm#1)</p> <p>1:00 Quilting (Rm#3)</p> <p>1:00 Golden Agers (Rm#2)</p> <p>1:00 Chip Poker (Rm#4)</p> | <p>6 BAKED POLLOCK LOINS</p> <p>9:30 Grocery Shopping</p> <p>10:00 Coffee & Conversation (Dining Room)</p> <p>10:30 Healthy Bones & Balance (Rm#5)</p> <p>1:00 Bridge (Rm#3)</p> <p>1:00 Canasta (Dining Room)</p> <p>1:00 Cribbage (Rm#2)</p> <p>1:00 Knitting (Library)</p> |
| <p>11 STUFFED SHELLS WITH TOMATO SAUCE</p> <p>9:30 Grocery Shopping</p> <p>10:00 Travel Club (Library Conference Room)</p> <p>10:30 Healthy Bones & Balance (Rm#5)</p> <p>1:00 Mah Jongg (Rm#3); Pitch (Rm#2)</p> <p>1:00 Choralites (Dining Room)</p> | <p>12 TERIYAKI CHICKEN</p> <p>10:00 Travel Club (Library Conference Room)</p> <p>10:00 Beginning Exercise (Rm#5)</p> <p>10:00 Alzheimer Caregiver Support (Rm#1)</p> <p>1:00 Quilting (Rm#3)</p> <p>1:00 Golden Agers (Rm#2)</p> <p>1:00 Chip Poker (Rm#4)</p> | <p>13 MACARONI & CHEESE</p> <p>9:30 Grocery Shopping</p> <p>10:00 Coffee & Conversation w/Leslie (Dining Rm)</p> <p>10:30 Healthy Bones & Balance (Rm#5)</p> <p>1:00 Bridge (Rm#3)</p> <p>1:00 Canasta (Dining Room)</p> <p>1:00 Cribbage (Rm#2)</p> <p>1:00 Knitting (Library)</p> |
| <p>18 AMERICAN CHOP SUEY</p> <p>9:30 Grocery Shopping</p> <p>10:00 Travel Club (Library Conference Room)</p> <p>10:30 Healthy Bones & Balance (Rm#5)</p> <p>1:00 Mah Jongg (Rm#3);</p> <p>1:00 Pitch (Rm#2)</p> <p>1:00 Choralites (Dining Room)</p> | <p>19 LIVER & ONIONS WITH GRAVY</p> <p>10:00 Travel Club (Library Conference Room)</p> <p>10:00 Beginning Exercise (Rm#5)</p> <p>10:00 Alzheimer Caregiver Support (Rm#1)</p> <p>10:30 Craft Time with Nancy (Dining Room)*</p> <p>1:00 Quilting (Rm#3)</p> <p>1:00 Golden Agers (Rm#2)</p> <p>1:00 Chip Poker (Rm#4)</p> | <p>20 BREADED POLLOCK FILLETS (INAUGURAL DAY!)</p> <p>9:30 Grocery Shopping</p> <p>10:00 Coffee & Conversation (Dining Room)</p> <p>10:30 Healthy Bones & Balance (Rm#5)</p> <p>1:00 Bridge (Rm#3)</p> <p>1:00 Canasta (Dining Room)</p> <p>1:00 Cribbage (Rm#2)</p> <p>1:00 Knitting (Library)</p> |
| <p>25 BEEF STEW WITH POTATOES</p> <p>9:30 Grocery Shopping</p> <p>10:00 Travel Club (Library Conference Room)</p> <p>10:30 Healthy Bones & Balance (Rm#5)</p> <p>1:00 Mah Jongg (Rm#3); Pitch (Rm#2)</p> <p>1:00 Choralites (Dining Room)</p> | <p>26 CHEESE LASAGNA WITH TOMATO SAUCE</p> <p>9:00 Newsletter Collating</p> <p>10:00 Travel Club (Library Conference Room)</p> <p>10:00 Beginning Exercise (Rm#5)</p> <p>10:00 Alzheimer Caregiver Support (Rm#1)</p> <p>1:00 Quilting (Rm#3)</p> <p>1:00 Golden Agers (Rm#2)</p> <p>1:00 Chip Poker (Rm#4)</p> | <p>27 BROCCOLI QUICHE</p> <p>9:30 Grocery Shopping</p> <p>10:00 Coffee & Conversation (Dining Room)</p> <p>10:30 Healthy Bones & Balance (Rm#5)</p> <p>1:00 Bridge (Rm#3)</p> <p>1:00 Canasta (Dining Room)</p> <p>1:00 Cribbage (Rm#2)</p> <p>1:00 Knitting (Library)</p> |
|  | | |

News From ~Nancy (Activity & Volunteer Coordinator)

- Wow, we had a very busy month of December here at the COA. It's been so much fun celebrating the holiday season with all of you. Our first Craft Time was a success and those who participated asked to have it put on the schedule every month so...we will gather on **Thursday, January 19 at 10:30 and also on Monday, January 23 at 1:00pm**. We will work on the same craft both days so pick whichever is more convenient for you to attend. You'll need to call the office and sign up by January 17th so I know how many to expect.
- You may have noticed the new centerpieces we had on the dining room tables during the last 3 weeks of the month. A few volunteers helped me make them and we had a fun time working together. As a result...
- We are starting a "Decorating" group to help coordinate the décor in the dining room. We will meet and look at the calendar to determine what the needs are for décor over the following 3 month period. We will also evaluate what we have on hand and what we want to have moving forward. The idea is to bring some new energy around the décor in the dining room. Our planning time/discussion will be on Monday, January 9th at 10:30. Please come and bring your creative ideas to discuss.
 - Join us every Tuesday during January for an Elvis Presley movie at 12:45!

LOOKING AHEAD



- We are in need of plastic Easter eggs and colored bakers twine for an upcoming project.
- "Marilyn Monroe" will be joining us for lunch on February 14- mark your calendars.



About 70 people came to listen to a presentation about Italian olive oil. Small bottles of freshly picked olive oil from Tuscany were given away and everyone left having learned a little bit about how to choose a good quality olive oil.





Our 2 Holiday Sweater contests were so much fun! Prizes were awarded for Most Colorful, Most Creative and Best Overall.



7 people participated in our first Holiday Cookie Exchange. Prizes were awarded for Most Festive, Most Creative and Best Tasting. Our judges, Leslie, Ola, Debbie and James were happy to lend their expert opinions. Each person left with a container of 2 dozen cookies to take home. YUMMY!



Our first craft day was a success. Participants made a holiday door hanger to take home. We will be adding a monthly craft time to the calendar beginning in Jan.



Helpful Phone Numbers

WestMass Elder Care: 413-538-9020
 S. Hadley Veteran Services 538-5017ext. 137
 Social Security (Holyoke Off) 1-877-480-4989
 Medicare (www.medicare.gov) 1-800-633-4227
 Medicare Beneficiary Hotline 1-800-252-5533
 MA Med Line 1-866-633-1617
 Elder Abuse Hotline 1-800-922-2275
 S. Hadley Police Department 413-538-8231
 Social Security (www.socialsecurity.gov) 1-800-772-1213

STATE SENATOR STAN ROSENBERG may be reached at the State House, Boston, MA 02133 (617-722-1532) or his office at 1 Prince St., Northampton, MA (587-6365)

STATE REPRESENTATIVE JOHN SCIBAK 413-539-6566, by mail to P.O. Box 136, South Hadley, MA 01075 or by email john.scibak@mahouse.gov

THANK YOU!!

- To the Mother's Garden Club for the beautiful holiday wreaths and window boxes that adorn our building.
- To Roger Duval for finishing our recent Odd-Jobs list.
- To Leslie Dickenson for the weekly donations of Big-Y Goodies.

THANK YOU!!

Berkshire Hills Music Academy



THANK YOU!!

South Hadley Choralites



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.

MARION WHALEN (*Correction*)

Jo-Ann Bourguignon

ROBERT BLASKO, SR.

Michael E. Smith Middle School Custodians
Roland & Sharlene Racine

Joanne Trybus

Anthony & Ann Rebello

WAYNE WALTON

Janice Faginski

Joanne & Chet Trybus

Kathy Gallivan

STEPHEN GUENETTE

Dr. Steven Markow (Village Eye Care)

Joanne & Chet Trybus

KAROL PAUL KAPINOS

Barbara Kapinos

RYAN SORMANTI

Janice Faginski

NORM GAGNON

Linda & Doug Simpson

MARY CLEMENT-ALLEN

Brad Allen

HARRY & EDNA REED

Bonnie & Jim Janik

CHARLES & ADELE JANIK

Bonnie & Jim Janik

DALE H. JOHNSTON, I

Virginia F. Johnston

MR. & MRS. HOWARD PHOENIX

Dwight & Carole Pearl

MR. & MRS. HARLAN PEARL

Dwight & Carole Pearl

MARLENE GRAHAM

Dwight & Carole Pearl

ROGER, RED & ERNIE CHARETTE

Laura Gauthier

JAMES STURTEVANT (*3rd Anniversary*)

Judy Underwood

ED PLICHTA

Erline Plichta

MOLLY DEMERS

Martha E. Blaney

CHRISTINE MCCULLOUGH

Don McCullough

ROY & RITA LAGRAN

Gilles & Claire Rouleau

CARL & HELENE POPELARZ

Gilles & Claire Rouleau

RALPH

David Perwak

DONALD ST. PIERRE (*4th Anniversary*)

Dorothy St. Pierre

BILL LAMBERT

Dorothy St. Pierre

SHIRLEY EISENSTOCK

James Eisenstock

ISABELLA & TOM SIMPSON

Linda & Doug Simpson

Thank You DONATIONS TO THE SOUH 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.

