

THE Golden Chronicle

THE SOUTH HADLEY COUNCIL ON AGING

9 East Parkview Drive

Email: lhennessey@southhadleyma.gov



South Hadley Council on Aging Mission Statement

The South Hadley Council on Aging, with the support and participation of the community identifies, advocates, and implements meaningful educational, cultural, social, volunteer and wellness activities for persons age 60 and over.

WE'VE MOVED



The South Hadley Council on Aging is now located in St. Theresa's Parish Hall
9 East Parkview Drive
Follow signs for parking (behind parish hall)
Follow signs to COA entrance



Before and After

Wednesday, November 20th
5:30pm to 7:00pm

This presentation will be held at the
South Hadley Public Library

2 Canal St, South Hadley, MA 01075

Antique and old family quilts are an important source of inspiration for quilter,
Timna Tarr.

Join Timna for an evening of conversation and quilts as she shares stories and examples of the how her foremothers (and forefathers!) influence the contemporary work she now creates.



ESTATE PLANNING AND THE SPOUSE WITH DEMENTIA

Attorney Karen Jackson
Wed. November 6th at 5:30pm
This presentation will be held at
the South Hadley Public Library

2 Canal St, South Hadley, MA 01075

If a spouse is showing signs of dementia, it is important to review, and prepare new estate planning documents. It is equally important to protect the assets (money and real estate) from the possibility of the spouse entering a nursing home. Attorney Jackson will discuss these issues and answer any other questions on this topic.



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NOVEMBER HAPPENINGS & HIGHLIGHTS

JOIN OUR EMAIL LIST: email Lnapiorowski@southhadley.ma.gov

VETERANS DAY LUNCH

Thursday, Nov. 14th at noon

All Veterans invited!

Yankee Pot Roast, Parslied Potatoes, Butter Carrot Coins and dinner roll. Pumpkin whip for dessert
Call to reserve 538-5042



THANKSGIVING MEAL

Thursday, Nov. 21st. At 12:00pm

Join us for Turkey with all the fix-ins
Holiday dessert & raffle gift provided by HomeWatch Caregivers!

50/50
RAFFLE



Lunch & Legislature with Rep. Dan Carey
Monday, Nov. 4 at 11:30am.
join us for lunch in the Gymnasium.



Celebrating Birthdays & Anniversaries
Tuesday, November 26th
Call Ola 538-5042, to reserve



MOVIE with Popcorn!

1st Tues./Month: Nov. 5th at 1:00pm

“ON THE BASIS OF SEX” (2018) Drama

This film is an inspiring & spirited true story that follows Ruth Bader Ginsburg (RBG) as she teams with her husband Marty to bring a groundbreaking case before the U.S. Court of Appeals & overturns a century of gender discrimination. **Great Movie!**

CRAFTING & CREATING WITH BRENDA

Held in the dining room. All Supplies Provided.
Sign up at the office for both activities, or call 538-5042



Monday Nov 4th - 10 am Cinnamon stick candle holders

Join Brenda and make your very own cinnamon stick candle holders to warm your hearts and home this holiday season.



Monday Nov 18th 10 am Tealight Snowman Ornaments

Join Brenda and turn tea light candles into your very own snowman ornaments. These snowmen are sure to melt your hearts but will never melt away.

Lunch & Learn

You do not need to eat lunch at the center to attend a Lunch and Learn presentation

Tuesday, Nov. 12th: 11:30am Historic South Hadley Falls by Frank DeToma South Hadley Falls contains many homes and buildings that are of special historic and architectural importance. Former Selectboard Member Frank DeToma will show pictures of some of these fine structures and describe their architectural styles. He will describe the work being done to establish a historic district on North Main Street (Firehouse Museum up to Rt. 202 rotary)

Thursday, Nov. 21st: Urban Redevelopment Update by Frank DeToma The Town, working with its Redevelopment Authority, has developed a comprehensive urban renewal plan for the Falls. At the November 20th Special Town Meeting, Town Meeting members will vote on whether or not to approve the plan. Frank DeToma, Chair of the Redevelopment Authority, will briefly describe the redevelopment plan's vision for the Falls, and explain how we can make it happen. He will answer any questions you may have about the plan and its implementation.



SAND FOR SENIORS

Sand for Seniors ~ COA & TRIAD

In Winter, stairs and walkways become slippery with ice and snow. Do you need a bucket of sand delivered to your home to prevent falls? Buckets come with covers.

Call 538-5042 to order your bucket!
Deadline to order: Nov. 8th
Buckets delivered on Tuesday, Nov. 19th between 10am and 12pm



COA FUN & CELEBRATIONS



CRAFTING WITH BRENDA



The COA Travel Club's \$1,000 donation to the *FRIENDS* New Senior Center Building Fund



Mother's
Community
Garden Sale!
A Blooming
Success!!
Thank you,
Linda and
FRIENDS!!



GROUPS AND SUPPORT SERVICES

new participants *always* welcome!

Alzheimer's Caregiver Support Group: First and Third Thursday @ 10 a.m., Facilitated by Gerri Bennet, RN, this group provides support and resources to caregivers of loved ones with Alzheimer's disease, dementia or any memory loss illness. The group is open and welcoming. This program is funded in part with funding from the Older Americans Act OAA Title III Program through a grant from WestMass Elder Care.

Medical Transportation Program: Grant funds are available to provide free transportation to medical appointments for eligible seniors. Drivers accompany riders to their appointments if needed. To learn more about the program, please call Ann 538-5042, Ext. 206 This program is funded in part with funding from the Older Americans Act OAA Title III Program through a grant from WestMass Elder Care.

AVA , the Pet Therapy Dog and her human, Martha. Tuesdays at 10:30am. Ava is always looking for someone to cuddle. Stop her for a hug.

Blood Pressure with Town Nurse: 2nd Thursday of the month, 12:30-2:00 p.m. Marge Bernard will have a table in the St. Theresa's Gymnasium for Blood Pressure Clinic.

Food Bank of Western Massachusetts Brown Bag Program: Mobile Pantry.

Third Tuesday of the month, 10-11 a.m., The gymnasium at St. Theresa's Parish. Call Ann for more information @ 538.5042 ext. 206

Foot Nurse Appointments: 2nd & 4th Mon. of the month at 9 a.m. By appointment. Call 538-5042.

Hearing Screening with Gary Winn: Second Tuesday of the month, 9-12 a.m. Licensed, Hearing Instrument Specialist, **Gary Winn, owner of "New Ears" Affordable Hearing Care**, will conduct a **free hearing clinic**. Make an appointment by calling 538-5042, and hear what you've been missing.

Low Vision Group 2nd Tuesday of the month, 10-11 a.m. **DAY CHANGE** Transportation provided by the Mass. Assoc. for the Blind and Visually Impaired. Call Ann for information @ 538.5042

Memory Café: Second Wednesday of the month, 10 a.m.-11:30 a.m. A Memory Café is a place for people in the community with memory loss, and their caregivers, to come together and interact with other members of the community in a safe and supportive atmosphere. Call 538-5042 ask for Leslie.

S.H.I.N.E Counseling: Appointments available on Monday & Tuesday mornings during Open Enrollment: SHINE appointment with counselor Eileen Burke regarding questions about Medicare, supplemental plans, prescription drug plans and other insurance questions. Appointment is required. Please call SH COA at 538-5042. **Or call other Senior Centers.**

Veterans Support Group: Second Thursday of the month, 10-11 a.m., This informal group is facilitated by Larry White, Veteran Liaison for Hospice Life Care in Holyoke. In addition to conversation, a variety of educational documentaries will be shown.

WEIGHT WATCHERS REIMAGINED (WW): ~ Join us for a weight watcher session! Meetings will be held on Fridays at 12:15 p.m. weigh in begins at 11:45 a.m. Support Meeting & Weigh-in: 11:45am

NOVEMBER EVENT CALENDAR & LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>RESERVATIONS Reservations MUST be made at least 24 hours in advance by calling COA at 538-5042. Suggested donation is \$2.25 for 60 or older; guests <u>under</u> 60 are charged \$6—per Federal Regulations.</p>				<p>1</p> <p>Senior Center Closed</p> 
<p>4 Opening Day at St. Theresa's Parish MENU: SWEDISH MEAT-BALLS 9:00 Gentle Yoga 11:30 REPRESENTATIVE DAN CAREY JOINS US FOR LUNCH 1:00pm Color Me Calm</p>	<p>5 BIG Y SHOPPING MENU: TACO TUESDAY—BEEF/ BEAN MIX, SHREDDED CHEESE 9:15 FIT & FUN 10:30 AVA THE DOG 1:00 MOVIE: "ON THE BASIS OF SEX" (2018) Biographical,</p>	<p>6 MEMORIAL DRIVE SHOPPING MENU: CHICKEN W/ ORANGE GLAZE 9:15 Dance with Loryn (begins) 12-1:30 Travel Club 5:30 ESTATE PLANNING AND THE SPOUSE WITH DEMENTIA (held at the Public Library)</p>	<p>7 MENU: HAM W/MAPLE GLAZE 9:15pm FIT & FUN 10:00 Alzh. Caregiver's Support Group (Library) 10-11:30 Travel Club</p>	<p>8 BIG Y SHOPPING MENU: CHEESE OMELET 10am: Coffee & Conversation with Leslie 12:15 WW</p>
<p>11</p> <p>VETERANS DAY Holiday Center is Closed</p> 	<p>12 BIG Y SHOPPING MENU: CHICKEN POT PIE 9:15 FIT & FUN 9:30 Free Hearing Screening with Gary Winn 10:00 <u>LOW VISION GROUP –2 NEW DAY</u> 10:30 AVA THE DOG 11:30 LUNCH & LEARN: Historic South Hadley Falls 4:00pm FRIENDS of SH Elderly Monthly Meeting- COA Dining Rm.</p>	<p>13 MEMORIAL DRIVE SHOPPING MENU: LASAGNA W/MEAT SAUCE 9:15 Dance with Loryn 10:00 MEMORY CAFÉ (Rm# 2) 12-1:30 Travel Club</p>	<p>14 VETERAN'S APPRECIATION LUNCHEON MENU: YANKEE POT ROAST 9:15 FIT & FUN 10:00-11:00 Veterans Support Group 12:30-2:00 Blood Pressure with Nurse 10-11:30 Travel Club</p>	<p>15 BIG Y SHOPPING MENU: FISH & TOMATO STEW 12:15 WW</p>
<p>18 MENU: SALISBURY STEAK W/MUSHROOM GRAVY 9:00-9:50 Gentle Yoga 1:00pm Color Me Calm 4:30pm COA Board of Directors Meeting</p>	<p>19 BIG Y SHOPPING MENU: MILD COCONUT CURRY CHICKEN 10:00 Brown Bag (Rm#3) SAND FOR SENIORS DELIVERY 9:15 FIT & FUN 10:30 AVA THE DOG 9:00 NEWSLETTER COLLATING</p>	<p>20 MEMORIAL DRIVE SHOPPING MENU: SHEPHERD'S PIE 9:15 Dance with Loryn 12-1:30 Travel Club 5:30pm : Timna Tarr Quilt presentation: Before & After (held at the Public Library)</p>	<p>21 THANKSGIVING MEAL MENU: ROAST TURKEY W/ GRAVY 9:15 FIT & FUN 10-11:30 Travel Club 11:30 LUNCH & LEARN: Urban Redevelopment Update</p>	<p>22 BIG Y SHOPPING MENU: TUNA NOODLE W/PEAS CASSEROLE 12:15 WW</p>
<p>25 BIRTHDAY/ ANNIVERSARY MENU: BBQ PORK PATTY Birthday & Anniversary Celebrants eat FREE as guest of our Friends of S.H. Elderly— Let Ola know in the Office 9:00-9:50 Gentle Yoga 9:30 am— Foot Nurse (by Appointment)</p>	<p>26 MENU: HONEY MUSTARD CHICKEN 9:15 FIT & FUN 10:30 AVA THE DOG</p>	<p>27 MENU: TEX MEX PASTA</p>	<p>28</p> <p style="text-align: center;">Senior Center Closed</p> 	<p>29</p> <p style="text-align: center;">Senior Center Closed</p>

DAILY ACTIVITY SCHEDULE

These ongoing activities are held regularly at the COA —new participants always welcome!

MONDAY	9:00am	Pay Instructor	Gently Yoga With Michele (8 weeks)Gym #2
	10:00am	No Charge	Music Appreciation Rm #3
	10:00am	\$3.00 Per Class	Tai Chi (Room #5) - pay at the office. Rm #5&6
	1:00pm	No Charge	Canasta & Pinochle (Rm #3) Mah Jongg Rm 6&7)
	1:00pm	No Charge	Color Me Calm (Rm #4) 1st & 3rd Monday
TUESDAY	9:15am	\$3.50 per class (Office)	FIT & FUN NEW CLASS (gym #2) - Starts 10/1-pay Mo. \$52.50
	10:15am	\$56 for full Session (Office)	Beginning Exercise – (Gym #2) Tu + Th Session: 9/3-10/29
	1:00pm	No Charge	Bingo (Rm #3),
WED.	9:15am	No Charge/Grant Funded	Dance with Loryn (Gym #2)
	10:30am	No Charge	Healthy Bones & Balance (Gym #2)
	1:00pm	No Charge	Pitch (Rm 3), Mah Jongg (Rm 5&6),
	3:00pm	No Charge	Book Club - 1st Wednesday of the Month (Rm #2)
THURS.	9:15am	\$3.50 per class (Office)	FIT & FUN NEW CLASS (gym #2)
	9:30am	\$5.00 (Pay instructor)	Watercolor Class (Rm #3)
	10:15am	\$56 for full Session (Office)	Beginning Exercise – (gym #2) Tu + Th Session: 9/3-10/29 s \$56
	10:15am	\$3.00 (Pay instructor)	Seated & Standing Yoga (gym #2)
	1:00pm	No Charge	Scrabble (gym), Quilting (Rm #4), Chip Poker (Rm #5&6)
FRIDAY	10:30am	No Charge	Healthy Bones & Balance (Gym #2)
	1:00pm	No Charge	Bridge (Rm #3), Canasta (Rm 4),
	1:00pm	No Charge	Cribbage (Rm#5&6) Knitting (Rm#2)

GENTLE YOGA WITH MICHELE

Michele Lyman from Serenity Yoga
8 –week class ends Dec. 9th.
9:15am to 9:50am
(No Class on 11/11)
8 week series is \$36.00 (paid to instructor at the first class) OR \$5.00 per class/drop in.

FIT & FUN CLASS

Provided by the Holyoke YMCA on Tuesdays & Thursdays 9:15 am \$3.50 per class
Join us for an energizing, fun program that includes a variety of low-impact exercises set to stimulating music. You will work on strength, flexibility, balance, fall prevention and cardiovascular fitness.

Dance with Loryn

Provided by Ohana School of Dance in Chicopee
Wednesdays 9:15am In the gymnasium
A grant funded fitness program provided by the Massachusetts Exec. Office of Elder Affairs.
A \$2.00 suggested donation
Join anytime.



TRANSPORTATION

To & From the Council On Aging is ONLY .75 each way!

Transportation is provided Monday – Friday Door to Door Services

You must schedule rides 24-hours in advance.

Monday –Friday

Transportation is provided Throughout South Hadley Call to schedule a ride

Every Tuesday & Friday:

Grocery Shopping at the South Hadley Big-Y! 3-bags maximum, please

Call between 8am to 1pm daily: 538-5042

Wednesday Afternoons:

Memorial Drive in Chicopee stops: CVS, Walgreens & Price Rite.



A MESSAGE FROM LESLIE

Hello! Welcome to our temporary home at St. Theresa's Parish Hall. Our COA programming will be up and running on **Monday, November 4th at 8:00am**. If, by chance, things don't work out perfectly, please be patient with us while we iron out the kinks. Please follow the signs for parking and use the COA entrance to access the Parish Hall. We'll have volunteer "ambassadors" ready and waiting to get you where you need go during the first few weeks of relocation.

We are so excited to finally be here; a chapter closed at 45 Dayton Street, will be reopened in the spring of 2021 in a new building.

If you have an issue or concern with something at the parish, always seek out a COA staff member and not the parish staff. The protocol for addressing issues and concerns related to the operation of the COA must go through a COA staff member who will inform the parish representative.

Many of you may have met our new program coordinator at the center or the Winter Safety and Preparedness Fair. Kerry Ouimette joined us in early October and hasn't stopped since she got here. Please help us welcome Kerry to the COA family.

November holds a number of events and activities at the COA at STP (St. Theresa's Parish) We hope you will join us and be a part of "the next chapter" ~ Leslie

SOCIAL SERVICES –ANN'S CORNER

Ann's Community Outreach Days for NOVEMBER~ Returning to Wednesday

NEWTON MANOR ~ November 6th HUBERT PLACE~ November 13th LATHROP VILLAGE~ November 20th. Time 2:00 to 3:00 p.m. "We will play BINGO @ all 3 locations"!

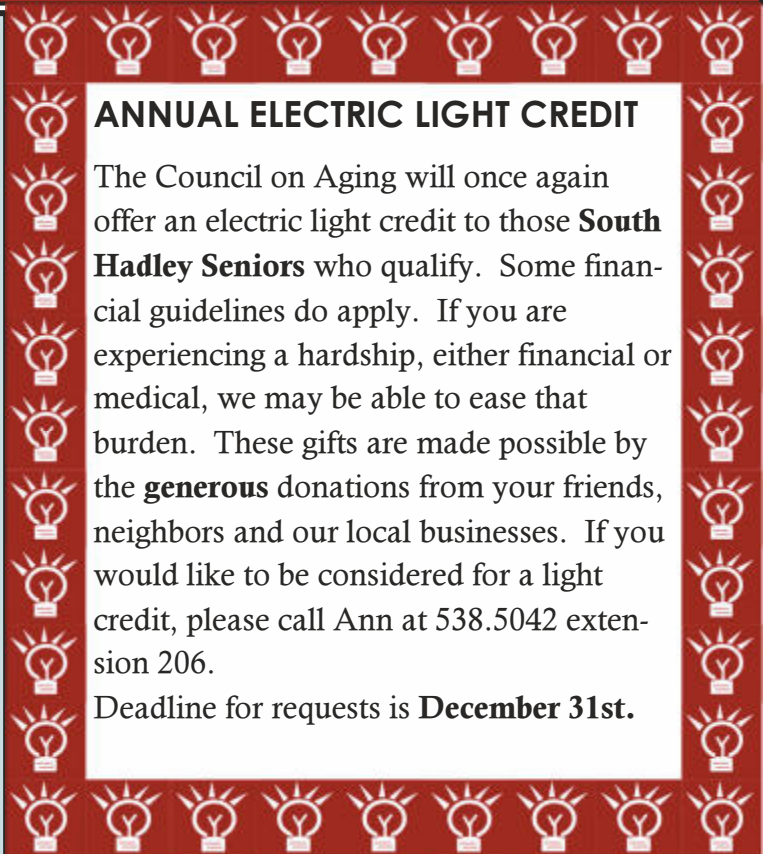
Low Vision Group~ Tuesday, November 12th @ 10:00 a.m. Our guest speaker will be Marguerite from Mass EDP. For information call Ann at 538.5042 ext. 206 Lunch reservations: Call Ola @ ext. 201



FUEL ASSISTANCE 2019/2020

The fuel assistance season begins **November 1st**. Those South Hadley Seniors who have received their recertification packet from Community Action and would like help, please call Ann at 538.5042 ext. 206. The application process can be time consuming, therefore I am unable to accommodate "walk-ins". Included in your packet is a check list of the necessary documents you need to bring to your appointment. **Please read carefully.** Sending your application without proper documents will result in a delay of the approval process. Here are the income guidelines:

<u>FAMILY SIZE</u>	<u>INCOME LIMIT</u>
1	\$37,360
2	\$48,855
3	\$60,351



ANNUAL ELECTRIC LIGHT CREDIT

The Council on Aging will once again offer an electric light credit to those **South Hadley Seniors** who qualify. Some financial guidelines do apply. If you are experiencing a hardship, either financial or medical, we may be able to ease that burden. These gifts are made possible by the **generous** donations from your friends, neighbors and our local businesses. If you would like to be considered for a light credit, please call Ann at 538.5042 extension 206.

Deadline for requests is **December 31st**.

FRIENDS OF SOUTH HADLEY ELDERLY

DONATIONS TO THE NEW SENIOR CENTER:

Willian & Evelyn Masson * Radiant Rubies Red Hat Ladies * David C. Desmarais *
Walter Bishop



HOLIDAY WREATH SALE

We will take pre-orders for beautiful double-bound balsam wreaths with a bow. Small wreaths (20"-22") are \$15 and large wreaths (25"-28") are \$20.

Pre-orders are being taken now with payment due at the time of pick up. Pick up will be Tuesday, Dec 3, from 12-5pm at St. Theresa's Church (9 E. Parkview Dr). Call the COA (538-5042) or email Kim at ksprough@me.com to reserve a wreath. We have a limited quantity available so don't wait to order.



Keeping up with the Friends

Our next monthly meeting will be Tuesday, Nov. 12th at 4PM. At St. Theresa's Parish

All are welcome to attend to learn more about all the great work of the Friends.



ARE YOU A FLORENCE BANK CUSTOMER?

Florence Bank is giving away \$100,000 in community grants to local non-profits as part of their **Customers' Choice Community Grants**.

Please vote for the Friends by going online to www.florencebank.com/vote and type in "Friends of the South Hadley Elderly".

Voting can also happen in person at the branch office. Any charity that receives 50 or more votes will receive a portion of this grant money.

Please don't wait, vote today!



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How to sign up for AmazonSmile:

1. Visit smile.amazon.com
2. Sign in with your Amazon.com credentials
3. Select "Friends of South Hadley Elderly, Inc." Start Shopping!

TRAVEL CLUB TRIPS

Travel Club Hours: Wed: 12pm - 1:30pm & Thursdays: 10am - 11:30am

Thursday, November 14, 2019:

Clove Creek Dinner Theater, Fishkill, NY "Chapter Two" is a hilarious comedic play about a recent widower who starts dating again. Package includes: transportation, show & luncheon. Cost \$110 (incl. tax & gratuities) Call Dolores Giroux @ 413-536-2779.

Tuesday, December 10, 2019:

Historic **Salem Cross Inn** with Luncheon Show & Stop at **Oakwood Farm Christmas Barn and Brookfield Orchards**
Cost \$80. Call Susan Canedy @ 413-536-2106.

Sunday, February 9, 2020

"Jekyll & Hyde" A powerful musical adaption of **Robert Louis Stevenson** novel - at **Warner Theater**. A London doctor accidentally unleashes his evil alternate personality in his quest to cure his father's mental illness. Incl. pre-show lunch at Venetian Restaurant. Cost: \$105pp. Call Hugette Supinski (413) 530-6162.



February 24 - March 6, 2020 Caribbean Cruise

From NY. 12 days/ 11 nights aboard NCL Gem cruise ship. Costs from \$1,349.pp to \$1989.pp plus taxes, gratuities and travel insurance and choice of 2 free amenities. Call The Ship Shop, 1-800-243-1630 or Hugette, 413-530-6162.

Spring 2020 Trips

March 26, 2020: Seven Angels Théâtre, Waterbury CT: "Always a Bridesmaid" Trans, luncheon & Show

Mary 19, 2020 Bronx Zoo, NY City: The Total Experience Pass

August 18-21, 2020 Quebec City, Canada 4day/3nights/8 meals. Stay at The Manoir Victoria in Old Quebec.



SENIOR FARE FREE TUESDAYS

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The cost to out-of-town subscribers is
\$10.00 per year .

Remember,
If you go south for the winter (or any-
where else warm) Let us know and we
can mail, or email, your newsletter to
your address.

Call Lisa at 538-5042



**A note of thanks...
To Linda Young,
Cecile Gerard & all the
members of the Mother's
Community Garden, past
and present, who dedicat-
ed their time, attention and
love to create a beautiful
garden for all of us
to enjoy!**

Funding from the **Older Americans Act** through the Massachusetts Executive Office of Elder Affairs and The Administration for Community Living provide **GRANTS FROM WESTMASS ELDERCARE, INC.** The programs include: Alzheimer's Caregivers Support Group, and Companion/Escort transportation. Call 538-5042 for information.

The mailing of the newsletter is made possible through Formula Grant funds & your generous support.

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.

South Hadley Dental Associates, Inc.



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South Hadley COA - South Hadley, MA 06-5294

DONATIONS AND MEMORIALS

THANK YOU!

Our thanks to the following businesses & individuals for their generous donations to the COA:

The Friends of South Hadley Elderly, Big Y, GRO South Hadley Community Garden, Attorney Karen Jackson, Ms. Timna Tarr, Mr. Frank Detoma, Homewatch Caregivers and the committee members for the Master Plan Implementation

NOVEMBER 2019 – MEMORIAL DONATIONS & OTHER DONATIONS

We are sincerely grateful for all the donations to the South Hadley COA in support of our senior center and the many activities, programs and services we provide. Donations made *In Memory Of*, are indicated in capital letters (Memorial Donations are due one-month in advance to appear in the next month's newsletter.)

JOAN RICHTER

William & Dawn LaFleur

MARY DUFAULT

South Hadley Housing Authority

ROSE LUCHINI

Theresa & Pierre VanBelle

WE ARE VERY GRATEFUL FOR THE FOLLOWING DONATIONS

FROM:

Bob LaBonte
Curran O'Brien Funeral Home
Irene Tetlow
Judi & Bill Lavelle
Paul & Carolyn Henneman
Romeo Lyszchyn



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