

# THE Golden Chronicle

THE SOUTH HADLEY COUNCIL ON AGING

9 East Parkview Drive, South Hadley MA

413-538-5042



### 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.



VOTE ON TUESDAY, MARCH 3RD

### CANDIDATES LUNCHEON

Monday, Feb. 24th at 11am

Call to reserve 538-5042

Lunch must be reserved 24 hr.in advance

Meet and mingle with the candidates running in the 2020 Annual Town Election

## Afternoon Valentine's Day Concert with Dan Kane & Friends-featuring Freddie Marion

RSVP by 2/13 call 538-5042

Concert & Raffles sponsored

by our FRIENDS Of South Hadley Elderly, Inc.

50/50 raffle & TWO Lottery Tree raffles

Beers & Story will provide a Celebration Cake & COA photo-video presentation

We will be collecting for the Food Pantry: Please consider bringing the "much needed" item to donate to the Neighbors Helping Neighbors Food Pantry: HOT CEREAL is the much needed item

### SNOW, SLEET, FREEZING RAIN & TOWN ALERTS

Watch channel 22 (wwlp.com) or 40 (WesternMassNews.com) for senior center cancellations and closures.



Sign up to receive alerts about emergencies, road closures, power out-ages & info relevant to the community: [www.southhadley.org](http://www.southhadley.org)

### CREATIVE COLLAGE: ART FOR EVERYONE

NEW!

Let your artistic self blossom!  
Starts Feb. 7th  
9:00am -12pm



Join Linda Herron on the 1st & 3rd Friday of the month and explore the medium of Collage. Supplies provided, but feel free to bring your own.



Starting Tuesday, Feb. 11th  
9:00am to noon

The COA will host several Doctoral students from Western New England University for an 8- Week Internship

They will assist with our Census Campaign, lead workshops and activities and meet with members.

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### Debra Dufresne

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**413-537-2960** cell

**413-536-7232** office

[debbiedmann@gmail.com](mailto:debbiedmann@gmail.com)

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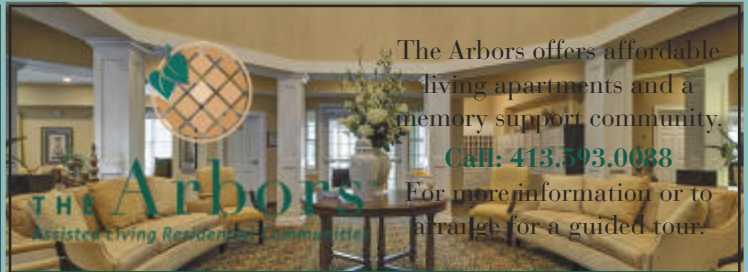
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## FEBRUARY HAPPENINGS & HIGHLIGHTS

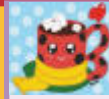


### February Birthdays & Anniversaries

Celebrated at lunch on Thursday  
**February 27th.**

Call Ola 538-5042, to reserve

*\*\*If it's your Birthday or Anniversary, your lunch is free!  
Compliments of our **FRIENDS** group*



### Baby It's Cold Outside! —Thursday,

**Feb. 6th: 10am.** Warm up with a cup of cocoa from our “**Hot Chocolate Bar**” Fixings include: Peppermint Stick Stirrers, whip cream, marshmallows and sprinkles. The “**no sugar added**” option is available so everyone can enjoy. Brenda & Kerry will be your Cocoa Baristas!



### Lunch & Legislature

with Rep. Dan Carey

**Monday, Feb 3 at 11:45am.**

join us for lunch in the **Gymnasium.**



### MOVIE with Popcorn

1st Tues./Month: Feb 4th, 1:00pm

**“LEAP YEAR”**

(2010) Romance/Comedy)

Anna Brady plans to travel to Dublin, Ireland to propose marriage to her boyfriend Jeremy on Leap Day, because, according to Irish tradition, a man who receives a marriage proposal on a leap day must accept it.

**Starring : Amy Adams, Matthew Goode, John Lithgow**



### Berkshire Hills Music

Academy

presents

**Emily & Franklin Duo**

**Come join us on Tuesday, Feb. 4th**

**at 11:00am**



**Sheryl Faye presents**

**Eleanor Roosevelt**

**Wed., Feb. 19th at 12:45pm**

Experience the life of “the First Lady of the World” The longest – serving first lady, Eleanor was an author, speaker, an advocate for woman and a civil rights champion. Watch as Sherly Faye brings this celebrated lady to life.

Sheryl Faye is a full-time actress. Besides performing a variety of historical women for schools, libraries, historical societies, senior centers, and others, she also writes and performs with StageCoach Improv.

## Learn at Eleven-Thirty

All welcome to attend! You DO NOT need to stay for lunch to attend this presentation.

**Learn with Karen Buscemi, Nurse**

**Practitioner: Recognizing the signs of Depression: Treatment & Interventions**

**Wednesday, Feb. 5, 11:30am to 12:30pm**

Nurse Practitioner, and COA Office Volunteer Karen Buscemi will provide information on recognizing the signs of depression. Her discussion will include treatment options and interventions.

**Heart Health with Cardiologist Dr. Nirav Sheth**

**Tuesday, February 25th: Learn @ 11:15**

Cardiologist Dr. Nirav Sheth from Holyoke Medical Center will talk about Heart Health. Holyoke Medical Center will raffle off a water bottle and a \$25.00 gift card to Big Y for everyone who attends the talk.



**Granola Making with Sherry**  
**on Wednesday, March 4th at 10:30am**

Come make your own unique granola mix with Sherry from Willimansett Center East.

Granola is a quick, convenient, and tasty snack that you can make in bulk, because it keeps for a while. You can eat it as a cereal, sprinkle it on yogurt, or eat it just the way it is as a quick snack. Sherry will have plenty of ingredients on hand so you can customize your granola to suit your tastes. Space is limited. **Please sign up by Monday, March 2nd** to ensure that we have enough ingredients on hand. 538-5042

## FEBRUARY HAPPENINGS & HIGHLIGHTS



### COMPUTER TUTORING

*Tutors are available for private lessons at the center*

For Ipads, Basic P.C., Laptops

Tues & Thurs. By Appt.

Please call the office to schedule 538-5042

### SAND FOR SENIORS

Available to South Hadley senior residents.

Provided by the South Hadley TRIAD

During the winter stairs and walkways become slippery with ice and snow. Do you need a bucket of sand delivered to your home to help prevent falls?

Call 538-5042 to order your bucket!

### AARP TAX PREPARATION SITES

CHICOPEE COA (RiverMills) Call (413) 534-3698 Colleen Ext. 105. Taxes prepared on Mondays and Tuesdays 8:45 AM to 1:00 PM BELCHERTOWN COA, Call: (413) 323-0420 Ext: 501 Taxes prepared on Wed. 8:45am -1:00pm HOLYOKE COA, Call: (413) 322-5625 Taxes prepared on Tuesdays and Fridays 8:30AM to 2:00PM LONGMEADOW COA, Call: (413) 565-4150 prepared on Mondays and Wednesdays: 9:00AM to Noon. SPRINGFIELD COA ( Raymond Jordan Senior Center in Blunt Park) Call: (413) 787-6785 Taxes prepared on Thursdays: 8:30 AM to 1:00 PM

### Census 2020 at the South Hadley Senior Center (St. Theresa's Parish Hall)

SAVE  
THE  
DATE



### APRIL 1ST IS NATIONAL CENSUS DAY

The South Hadley Senior Center will be open from 8am to 7pm to assist you.

By April 1, 2020, every home in South Hadley will receive an invitation to participate in the 2020 Census. You will have three options to respond: Online, by phone or by mail.

You can respond on your iPhone, iPad or any other mobile device.

The COA will have laptops, I pads and phones available and we will have assistants ready to lend a hand.

There will be NO CHARGE to ride the mini bus and we will hold entertainment & raffle events throughout the day!



### TRANSPORTATION

COA MINI-BUS IS HANDICAP ACCESSABLE

Sorry, our bus driver cannot assist with bags

To & From  
the  
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is  
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Door to Door Service

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

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

You must schedule rides 24-hours in advance. Call 538-5042

## ONGOING GROUPS, SERVICES & PROGRAMS

**Alzheimer's Caregiver Support Group:** First and Third Thursday of the month @ 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.*

**AVA, the Pet Therapy Dog & Maggie** The 1st & 3rd Tuesdays of the Month at 10:30am


**Brown Bag Program** 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:** 2nd Tuesday of the month, 10am -12 pm 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, 10-11:30 a.m. **DAY CHANGE** Transportation provided by the Mass. Assoc. for the Blind and Visually Impaired. Call Ann for information @ 538.5042

**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.*

 **Memory Café: On Hiatus:** We are revamping our Memory Café Program and will reopen the Café in June 2020. The Café will meet twice a month and members will be invited to stay, if they wish, for our daily lunch program—complements of our Friends of South Hadley Elderly. Please call Kerry if you have any questions. 538-5042, ext. 6205

**S.H.I.N.E Counseling: By Appointment Only:** 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**

**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.

**Visits with the Nurse: 2nd Thursday of the month, 12:00-2:00 p.m.** The Board of Health Community Nurse, Marge Bernard, is available for monthly, drop-in visits with seniors. Have your blood pressure checked or just share a concern or ask a question. Stop in to room #2 to meet with Marge. You can always contact Marge

**WEIGHT WATCHERS REIMAGINED (WW): ~ Fridays: 11:45am Weigh-ins. WW Meeting starts at 12:15pm** New members are always welcome.

**JOIN OUR EMAIL LIST: email [Lnapiorkowski@southhadleyma.gov](mailto:Lnapiorkowski@southhadleyma.gov)**

# FEBRUARY EVENT CALENDAR & LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3 MENU: SALISBURY STEAK 11:45 LUNCH &amp; LEGISLATURE: Rep. Dan Carey</p>	<p>4 MENU: CHICKEN PARMESAN 10:30am Ava the Dog visit 11:00 "Berkshire Hills Music" with Emily and Franklin Duo 1:00 MOVIE: "LEAP YEAR" (2010) - A fun Romance/Comedy that will make you laugh.</p>	<p>5 MENU: BAKED POTATO WITH FIXINGS 9am to 12pm: SHINE 11:30-12:30 LEARN AT ELEVEN-THIRTY: Karen Buscemi, NP: Recognizing Signs of Depression—Treatment &amp; Intervention 3:00pm Bookclub</p>	<p>6 MENU: QUICHE LORRAINE 10:00 am: Alzheimer's Caregiver Support Group 10-11:00: "Baby It's Cold Outside": HOT COCOA BAR—Dining Rm (Sign-up by 2/5)</p>	<p>7 <b>BIG Y SHOPPING</b> MENU: ALASKAN POLLOCK 9:00-12:00 Creative Collage: Art for Everyone Begins</p>
<p>10 MENU: HEARTY CHICKEN STEW Foot Nurse by appt 10am : Craft: Valentine Candy Boxes 4:30pm COA Board of Directors Meeting</p>	<p>11 <b>BIG Y SHOPPING</b> MENU: TACO TUESDAY/ALL FIXINGS 9:00-12:00 WNEU Doctoral Interns <u>10:00 LOW VISION GROUP</u> 11:30 LEARN AT ELEVEN-THIRTY: "The History of the Brain" FRIENDS MEETING AT 4:00-5:00 PM</p>	<p>12 <b>MEMORIAL DRIVE SHOPPING</b> MENU: TURKEY &amp; GRAVY OVER BISCUIT</p>	<p>13 MENU: PHILLY CHEESE STEAK CLUB ROLL WITH ONIONS &amp; PEPPERS 10:00 Veterans Meeting 12:00-2:00 Visit with the Community Nurse (drop in)</p>	<p>14 <b>BIG Y SHOPPING</b> MENU: HAM W/PINEAPPLE SAUCE 2:00-4:00PM: VALENTINE'S DAY CONCERT WITH DAN KANE &amp; FRIENDS WITH FREDDIE MARION</p>
<p>17 <b>COA IS CLOSED</b> <b>HAPPY PRESIDENTS' DAY</b></p>	<p>18 MENU: HAMBURGER ON BUN <b>BIG Y SHOPPING</b> 10:30am Ava the Dog visit 10-11am Brown Bag Pick-up 9:00-12:00 WNEU Doctoral Interns</p>	<p>19 <b>MEMORIAL DRIVE SHOPPING</b> MENU: LAZY GOLUMPKI 9am to 12pm: SHINE 12:45-1:30 "Eleanor Roosevelt—1st Lady of the World" with Sheryl Faye</p>	<p>20 MENU: SLICED PORK W/GRAVY 10:00 am: Alzheimer's Caregiver Support Group</p>	<p>21 MENU: POTATO POLLOCK <b>BIG Y SHOPPING</b> 9:00-12:00 Creative Collage—Art for Everyone</p>
<p>24 MENU: SAUSAGE WITH PEPPERS &amp; ONIONS Foot Nurse by appt.</p>	<p>25 <b>BIG Y SHOPPING</b> MENU: BBQ CHICKEN DRUMS MARDI CRAS FUN! Wear your purple, gold and green. 9:00 NEWSLETTER COLLATING 9:00-12:00 WNEU Doctoral Interns 11:15 LUNCH AT ELEVEN-FIFTEEN: Heart Health with Cardiologist Dr. Nivav Sheth.</p>	<p>26 <b>MEMORIAL DRIVE SHOPPING</b> MENU: MACARONI &amp; CHEESE</p>	<p>27 MENU: POT ROAST W/GRAVY</p>	<p>28 <b>BIG Y SHOPPING</b> MENU: SALMON W/DILL SAUCE</p>
	<p>Granola Making with Sherry on Wednesday, March 4th at 10:30am Come make your own unique granola mix with Sherry from Willimansett Center East Sign up by March 2nd.</p>			

# DAILY ACTIVITY SCHEDULE

Ongoing activities—new participants always welcome!

MONDAY	8:00—10:00	N/C	Cornhole Beanbag Games - Gym 2
	9:00am	\$3.00 per class	Tai Chi (Room #5 & 6) - <i>pay at the office.</i>
	10:00am	N/C	Music Appreciation (Rm #4)
	1:00pm	N/C	Canasta(Rm 2) Pinochle (Rm #3) Mah Jongg Rm #5
	1:00pm	N/C	Color Me Calm (Rm #4) 1st & 3rd Monday
TUESDAY	10:00am	Cost varies per session (Check with Office)	Beginning Exercise (Rm 5 & 6)
	1:00pm	N/C	Bingo (Rm 5 & 6),
WED.	9:00am	\$5.00 per class	Gentle Yoga With Michele (Rm # 5 & 6) 1/8—2/26
	9:15am	N/C	Dance with Loryn (Gym #2)
	10:30am	N/C	Healthy Bones & Balance (Rm #5 & #6)
	1:00pm	N/C	Pitch (Rm 6), Mah Jongg (Rm #5 ,
	3:00pm	N/C	Book Club - 1st Wed./ Month (Rm #4)
THURS.	9:30am	\$5.00 (Pay instructor)	Watercolor Class (Gym#2)
	10:00am	Cost varies per session (Check with Office)	Beginning Exercise (Rm #5 & #6)
	10:15am	\$3.00 (Pay instructor)	Seated & Standing Yoga (Rm #3)
	1:00pm	N/C	Quilting (Gym#2), Chip Poker (Rm #3)
	1:15pm	N/C	Karaoke Klub (Rm # 5 & 6)
FRIDAY	8:00—10:00	N/C	Cornhole Beanbag Games- Gym #2
	10:30am	N/C	Healthy Bones & Balance (Rm #5 & #6)
	1:00pm	N/C	Bridge (Rm #3), Canasta (Rm 4),
	1:00pm	N/C	Cribbage (Rm#5&6) Knitting (Rm#2)



## CORNHOLE IN THE GYM

Monday & Friday mornings in the  
Gym  
Drop-in anytime between 8am to 10:00am

## KARAOKE KLUB

Thursday afternoon fun at 1:15pm.

Ron & Joan Leombruno share their selection of  
over 3,000 songs!

This is a lighthearted and encouraging environment  
for all to participate. You don't have to sing solo  
Audience members and dancers are encouraged!

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## A MESSAGE FROM KERRY— PROGRAM COORDINATOR AT THE COA

We will continue to tie programming into the pillars of wellness throughout 2020 and beyond. As a refresher, the pillars of wellness are emotional wellness, intellectual wellness, physical wellness, social wellness, philosophical or spiritual wellness, and vocational wellness. Research suggests that our emotions and our physiology are linked through the heart. For example, the University of Rochester Medical Center suggests there is a strong association between stress, depression, and heart disease based on scientific research. Therefore, SHCOA is taking February's theme to heart (pun intended!!!) and looking at heart health management, disease prevention and treatment through a holistic lens. From our Learn at 11:30s (& 11:15) to our regular activities, we have your heart in mind. Stay social and join in on our Valentine's Day Celebration and Valentine's Craft or consider joining a weekly activity, because research suggests that people with frequent social interaction have better protection against high blood pressure. Perhaps you can check out one of our fitness classes to keep that blood pumping and to help reduce your risk of heart disease and strokes. <3

## SOCIAL SERVICES –ANN'S CORNER

### THE MA "CIRCUIT BREAKER" INCOME TAX CREDIT FOR HOMEOWNERS AND RENTERS AGE 65 AND OLDER

### YOU MAY GET A CASH REFUND ON YOUR 2019 STATE INCOME TAXES

The Massachusetts "Circuit Breaker" tax credit program is a program for adults age 65 and older whose property taxes and half of their water and sewer bills are more than 10% of their annual gross income or for renters, if their rent is greater than 25% of their income and who meet a few other rules. You can receive this income tax credit even if you owe no state income taxes! Also, you can get this refundable tax credit if you also receive a local property tax exemption from your town's Tax Assessor.

**The value of the refundable credit can be as high as \$1,130 for 2019 tax filers.** To obtain the credit, you must file a MA Income Tax "Form 1" and the "Schedule CB Form". You may file to get a refundable credit for the last 3 years tax returns, if you have not yet done so.

**You must meet the following guidelines to qualify for this refundable tax credit:**

1. Be 65 or older by the end of the tax year for which you are filing.
2. Have income below the maximum levels in the chart below:(including Social Security and other income not ordinarily taxed in Massachusetts) **Income for tax year 2019:**
  - \* Single \$60,000
  - \* Head of Household \$75,000
  - \* Married, filing jointly \$90,000
  - \* Married, filing separately.....not eligible
3. The property that you own or rent must be **residential property in Massachusetts that is your primary residence.** (Note: Renters of public housing or who have a subsidized rental agreement are not eligible for the Circuit Breaker because their rent is already factored for their income.)

To download the income tax credit tax forms~ Form 1 and the Schedule CB Form~ go to the official Department of Revenue site at: [www.mass.gov/dor/forms](http://www.mass.gov/dor/forms).



### LOW VISION GROUP

Tuesday, February 11th. 2020  
@ 10:00 a.m.

For information call Ann at 538.5042 or [aandras@southhadley.ma.gov](mailto:aandras@southhadley.ma.gov).

**Transportation reimbursement is available. Members are encouraged and welcomed to stay for lunch immediately following the meeting. For mini van and lunch reservations: Call Ola @ ext. 6201.**

### WELLNESS SCHOLARSHIP

We want all our members to be able to enjoy the activities and exercise classes at the senior center.

Starting in January 2020, we will offer a maximum of two \$15.00 scholarships per month to low-income older adults living in South Hadley.

There is a maximum of (\$150) per calendar year/per member.

Contact Ann Andras at [aandras@southhadley.ma.gov](mailto:aandras@southhadley.ma.gov) or call 538-4042 for an application.

**Ann's Community Outreach Days at Newton Manor, Hubert Place and Lathrop Village are on hold for the months of January, February & March 2020! Ann can be reached Monday thru Friday from 8:00 a.m. to 4:30 p.m. by calling 538.5042 ext. 6206 or by email @ [aandras@southhadley.ma.gov](mailto:aandras@southhadley.ma.gov)**

## FRIENDS OF SOUTH HADLEY ELDERLY

**VALENTINE'S DAY IS FRIENDS' DAY AT THE COA :** Want to learn more about the Friends of the South Hadley Elderly? Stop by the Friends' Membership Table from 11:00 a.m. to 4:00 p.m. to learn more about what the Friends do and how you can help support the Friends. We'll have some give-a-ways, Valentine's treats and a free chance to enter to win a Raffle Basket! We look forward to seeing you on February 14th!!

### DONATIONS TO THE FRIENDS

Carol Dineen in memory of Eileen Pasterczyk  
 Kathleen Kennedy in memory of Helen Rich Kennedy & Carolyn Dickinson  
 Cribbage Sunshine Club in memory of Robert Nally

Peoples Savings Bank	Diane Scheinost	Richard & Linda Lewis
Constance Canata	Marcia & Mike Fleming	Robert LePage Sr
Dr. Steven Markow	Rick & Carol Constant	Kim & Joel Prough
Nancy Archambault	Donald Gagne	Susan LaBonte
Robert Labonte	Ann Eaton	Frances & James Como
Brad Allen	Gary & Elaine Jordan	

**JOIN US AT OUR NEXT MEETING:** The Friends meet the 2nd Tuesday of each month at 4:00 p.m. at the Council on Aging (St. Theresa's Church, 9 East Parkview Drive, South Hadley). **All ages are welcome! You don't need to be a Senior to join or to become a volunteer. Please join us at our next meeting, Tuesday, February 11th!**

### JOIN THE FRIENDS TODAY!

**Please consider joining the Friends of the South Hadley Elderly. Dues are \$10 per person/\$20 joint membership.** Dues are a valuable source of funding for the Friends and help support free programming and entertainment offered at the COA.

**Please make checks payable to the "Friends of the South Hadley Elderly".** Mail dues or donations to the Friends of S.H. Elderly at 9 East Parkview Drive, So. Hadley, MA 01075 (send name/address/phone #/email)

## TRAVEL CLUB TRIPS

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

**Sunday, February 9, 2020: "Jekyll & Hyde" A powerful musical adaption of Robert Louis Stevenson novel - at Warner Theater .** Pre-show lunch at Venetian Restaurant. Cost: \$105pp. Call Huguette Supinski (413) 530-6162.

**March 26, 2020 Seven Angels Théâtre, Waterbury CT: "Always a Bridesmaid"** Transportation, luncheon & Show  
 Cost \$105. Call Susan Canedy @536-2106

**March 31, 2020: Encore Casino, Boston, MA** Cost \$50—Call Huguette Supinski @413-530-6162 (Full payment required at time of reservation)

**April 28, 2020 :Aqua Turf Club, Southington, CT "Stars of the Grand Ole Opry".** Music and Laughter. Package includes: Transportation, luncheon and show. Cost \$100. Call Jon Camp @ 413-536-4113.

**May 19, 2020: Bronx Zoo, NY City. The Total Experience Pass** includes Wild Asia Monorail, Butterfly Garden, Congo Gorilla Forest, Jungle World, New Dinosaur Safari & Zoo Shuttle. Lunch on own. Includes dinner at Cracker Barrel in Milford, CT. Cost \$115. Jon Camp @ 413-536-4113.

**June 18, 2020: Lake George Luncheon Cruise, Lake George, NY.** 2 hour Luncheon Cruise aboard the **Lac du Saint Sacrement.** Package includes: Transportation, cruise, lunch, entertainment and winery tour & tasting. Cost \$115. Call Jon Camp @ 413-536-4113

**July 14, 2020: Connecticut Lighthouse Cruise, New London, CT.** 2-hour cruise from New London to Long Island. Package includes: Transportation, cruise, with lunch Y shopping in Olde Mistick Village. Cost: \$115. Call Susan Canedy @536-2106

**August 18 to 21, 2020: Quebec City, Canada.** This 4 day / 3 night / 8 meal trip. Call Huguette, 413-530-6162.  
**September 15, 2020: Dan'l Webster Inn with New Cabaret Show, Sandwich, MA.** Call Jon Camp @ 413-536-4113  
**October 13, 2020: Inn at East Hill Farm, Troy, NH. And Cathedral of the Pines.** Call Huguette, 413-530-6162.

# RECENT CHANGES TO MEDICARE SAVINGS PROGRAM

## Want to lower your Medicare costs?

On January 1, 2020 the income and asset limits for the Medicare Savings Programs\* increased. If you qualify, these programs will pay your Part B premium and in some cases your Part A and B deductibles, co-pays and Part A premium (if you have one). In addition, you will automatically receive Extra Help, a program that will lower your Medicare Part D premium and co-pays.

### Income and asset limits effective 1-1-20

	Income / month	Assets
<b>Individual</b>	<b>\$1,738</b>	<b>\$15,720</b>
<b>Married couple</b>	<b>\$2,346</b>	<b>\$23,600</b>

### Prescription drug co-payments with Extra Help effective 1-1-20

	Per 30-Day supply
<b>Generic</b>	<b>\$3.60</b>
<b>Brand Name</b>	<b>\$8.95</b>

To learn more and to request an application, contact MassHealth at: 1-800-841-2900 or TTY at: 1-800-497-4648. SHINE can also assist you with the application process. Call us to make an appointment.

Applications are also available on-line at:

<https://tinyurl.com/MassMSP>

\* Medicare Savings Programs are also called "MassHealth Buy-In" and are administered by MassHealth.

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.



Marjorie S. Block, D.M.D.

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## 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, Carey's Flowers, Inc., Representative Dan Carey, Beers & Story, Karen Buscemi, Linda Herron, Dr. Nivav Sheth from Holyoke Medical Center, Our Western New England University Interns, Val Patruno and all the COA members who dropped off holiday treats for the office. YUM!

### FEBRUARY 2020 – 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.)

ALIKAVLAK

Cagla Kavlak

BERNIE & JULIA RATKIEWICZ

Bernard R. Ratkiewicz

BONNIE DUPONT

Nancy Larson

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**Assisted living certification process has been initiated and pending**



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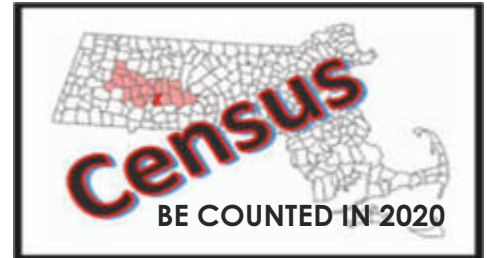
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**GIFT FUNDS**

**The South Hadley Council on Aging Gift Funds**  
The South Hadley COA Gift Funds are used to provide services, programs and activities for South Hadley older adults and are not part of the Town's operating budget for the COA  
Please make checks payable to **"South Hadley Council on Aging"**  
Contributions will be listed in our newsletter unless you wish to remain anonymous.

**The Friends of South Hadley Elderly New Senior Center Fund**  
Join the Friends in supporting the new Senior Center. All contributions are tax deductible as the Friends are a 501(c) (3) non-profit organization  
Make your check payable to **The Friends of South Hadley Elderly**

\*In Honor or Appreciation of: \_\_\_\_\_ or  
\*In Memory Of: \_\_\_\_\_ or  
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Name: \_\_\_\_\_ Address: \_\_\_\_\_ Relationship to deceased: \_\_\_\_\_

If you **DO NOT** want your name published in the newsletter, please  
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