

# 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.

**Let us know if you would like to receive this newsletter via email. Call us with your email address.**



### A Message from Leslie

I hope you are doing well and are staying healthy during the recent closures and every-day changes due to COVID 19. This is certainly uncharted territory for all of us. Please do your best to follow the guidelines asking everyone to stay home whenever it is possible and maintain proper handwashing and wear a mask in public.

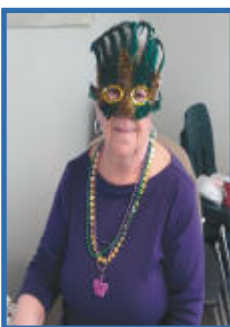
We are a strong community and everyone must do their part to keep themselves and others safe and healthy.

To abide by the protocols set forth in the State of Emergency declared by Governor Baker we are providing limited service at this time. We have suspended our daily meal program, but we are working closely with WestMass ElderCare to get any South Hadley senior, 60 years and over, signed up to receive a daily, delivered meal. You can contact WMEC directly at 538-9020. We have suspended the COA minibus, but we encourage anyone in need of transportation services to use PVTA's Dial A Ride transportation system. Call 413-732-6248 if you need transportation.

The staff and I are working remotely, but we are still available 8am to 4:30pm. We've been making bi-weekly calls to members to "check in and hear how you're doing". These calls have been the highlight of our week. It's reassuring to hear that most of you have the support of your family, friends, neighbors and each other during this crisis. We are preparing for the day when we can open the doors and welcome you all back.

As you can see, this newsletter is full of information to keep you informed and learning new things! Self care is very important right now, it's important to take some time to go outside and take a walk if you are able. The fresh air will do you good and make sure to enjoy the perennial guarantee of budding tulips and daffodils.

Keep your spirits up and call a friend to say hello, read a good book, explore the Louvre museum online or attend Kerry's mindfulness exercises. Please call the senior center if you need help or you need to hear a friendly voice. We will continue to keep you informed of updates or changes here at the center. We miss you all! Leslie



Shape your future START HERE >

United States Census 2020



**If you didn't fill out your Census form online or by phone, that's ok!**  
**A paper Census 2020 questionnaire is on the way.**  
**If you need assistance, please don't hesitate to call the COA at 538-5042.**  
**We will be happy to help you.**



# BEERS & STORY

SOUTH HADLEY  
FUNERAL HOME

Preplanning • Burial • Cremation

Serving families since 1919

413-533-4400

646 Newton Street • South Hadley  
www.BeersAndStory.com

## Cheryl's Petsitting

**IN HOME PETSITTING  
& DOG WALKING**



Amherst, Chicopee, Granby,  
Holyoke, Ludlow, S. Hadley  
and all surrounding  
communities

Call or text Cheryl -  
**413-687-4181**

42 LYN DRIVE, GRANBY, MA

# Curran O'Brien

**FUNERAL HOME**

33 Lamb Street • South Hadley, MA 01075

JOSEPH D. CURRAN • T.J. O'BRIEN • MARTY O'BRIEN

413-538-4642

Directors

www.curranobrien.com



**"For your Short Term Rehabilitation and Long Term Care needs!"**

11 St. Anthony Street  
Chicopee, MA 01013  
413-315-4205

546 Chicopee Street  
Chicopee, MA 01013  
413-536-2540



### Debra Dufresne

REAL ESTATE AGENT

413-537-2960 cell  
413-536-7232 office  
debbiedmann@gmail.com

7 Hadley Street  
South Hadley, MA 01075  
buywesternmass.com



### HEMOCARE HAIR SERVICES

Licensed for Men & Women

CALL BARBARA FOR  
AN APPOINTMENT

413.538.9516 HOME  
413.885.0371 CELL



**Christopher Heights has  
Reasonable Rates for  
Every Budget**

### Christopher Heights of Belchertown

99 Front Street, Belchertown, MA 01007

For information and tour about our community, call Lorna Stone at 413-323-5500



www.christopherheights.com



**Estate Planning • Trusts • Elder Law • Estate Administration**



**Your Needs. Your Goals. Our Job.**

Karen G. Jackson, Esq.

573 Northampton St. Holyoke • (413) 532-1200 • www.jlawma.com

HOLYOKE

HealthCare Center

Caring in a Better Way Day by Day!

Rehabilitation - Skilled Nursing  
Respite Care - Continuing Care

Call for a Tour Today: 413.538.7470  
282 Cabot Street, Holyoke, MA

www.nhccare.com/locations/holyoke

# This is living.

Enjoy a friendly, warm and active community  
where you can live life on your terms.



**LoomisVillage**  
A member of The Loomis Communities

413-588-5102 | LOOMIS VILLAGE | 20 BAYON DRIVE | SOUTH HADLEY, MA | LOOMISCOMMUNITIES.ORG



## Serving Holyoke Families for Generations



A Member of Berkshire Healthcare

298 Jarvis Avenue  
Holyoke, MA 01040

413-538-7551

www.daybrookvillage.org



We're Perfecting the Art of Superior Care.



**THE Arbors™**  
Assisted Living Residential Communities

The Arbors offers affordable  
living apartments and a  
memory support community.

Call: 413.593.0088

For more information or to  
arrange for a guided tour.

929 Memorial Drive, Chicopee • www.arborsassistedliving.com



### Home, Auto, Business, Life

39 Lamb St., P.O. Box 789, South Hadley • 413-538-8293  
www.jubinville.com • info@jubinville.com

Representing Fine Companies Such as  
**MAPFRE INSURANCE**



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.4lpi.com

South Hadley COA - South Hadley, MA 06-5294

## CAN WE HELP?

*The office may be closed, but we're still here 413-538-5042*

*Call 8am to 4:30am. All calls are forwarded to the COA staff. Contact us by email (list on page 10)*



To receive a bi-weekly, “check-in” phone call or email from a COA staff member, please call 538-5042 or email [lhennessey@southhadleyma.gov](mailto:lhennessey@southhadleyma.gov)

“There is a word that captures how **talking** helps—catharsis. **Talking** leads to a catharsis, which means a feeling of relief.”

## FOOD RESOURCES, RESTAURANT DELIVERY & GROCERY DELIVERY

### Food Resources:

*Meals on Wheels Program: Call WestMass ElderCare: Call 413-538-9020*

- Ask for Information & Referral
- available to any South Hadley senior 60-yrs and older.
- Meals are low sodium and you can opt for a cardiac meal or a diabetic meal.
- WestMass ElderCare (WMEC) is South Hadley's area Aging Services Access Provider and they are currently accepting new clients for daily delivery of a meal.
- WMEC is considered an essential service -rightly so - and delivery of daily meals will continue.

*Neighbors Helping Neighbors: Call 413-437-7593 info@nhnfoodpantry.org*

- Fast, friendly service. The Pantry will deliver to you.
- Shop from your car; food is delivered to you.
- Quick enrollment form; just bring a piece of mail with your South Hadley or Granby address.
- Wednesdays: 12:30 to 3:30 & 6:00pm—7:30pm  
and Saturdays: 10:00am to 12:00pm



The Senior Center can assist you with filling out the Neighbors Helping Neighbors registration form: 538-5042

### Groceries or Prepared Meals:

**Instacart:** Someone will shop for you and then deliver: <https://www.instacart.com/>

**Atkins Farm:** Delivery and Pick-Up: 1150 West St, Amherst, MA (413) 253-9528

**Margi's Fruit Co.:** Delivery and Pick-Up: 2009 Memorial Dr, Chicopee (413) 535-1200

**Delaney's:** Delivery and Pick-Up: Please call their Wilbraham location (413) 438-0887



### Restaurant Delivery:

Many of your local restaurants will deliver through these online delivery services:

**Doordash:** Doordash.com

**Grubhub:** Grubhub.com

Many South Hadley restaurants are doing take-out. Give them a call and ask about their take out and delivery options.

## SHOPPING & PHARMACY

### SENIOR SHOPPING HOURS

**BJ's Wholesale Store**  
Daily, 8am to 9am

**Big Y South Hadley:**  
Daily, 7am to 8am

**PriceRite, Chicopee**  
Daily, 7am to 8am

**Stop & Shop, Chicopee:**  
Daily, 6am to 7:30am

### PHARMACY

#### CVS:

Drive Through Pick Up:  
-CVS 70 West State St., Granby  
413 467-1659

-CVS 1616 Memorial Dr.  
Chicopee 413 532-3299

-For Prescription Home  
Delivery: [https://  
www.cvs.com/content/delivery](https://www.cvs.com/content/delivery)

#### Big Y:

Delivery: Big Y  
44 Willimansett St. South Had-  
ley (413) 538-6178



**Senior Only Time**  
Monday, Wednesday & Friday  
7am-8am



**Senior Only Time**  
Wednesday  
8am-9am



**Senior Only Time**  
Tuesday & Thursday  
7am-9am



**Senior Only Time**  
Tuesday & Thursday  
8am-9am



**Senior Only Time**  
Tuesday & Thursday  
8:30am-9:30am



**Senior Only Time**  
Each day  
9am-10am



**Senior Only Time**  
Tuesday  
6am-7am



**Senior Only Time**  
Tuesday  
8am-9am



**Senior Only Time**  
Each day  
7am-8am



**Senior Only Time**  
Tuesday & Thursday  
8am-9am

### DOLLAR GENERAL

**Senior Only Time**  
First hour of each day  
8am-9am



**Senior Only Time**  
Each Day  
9am-10am



## ONGOING GROUPS, SERVICES & PROGRAMS


### SUSPENDED until further notice

**Alzheimer's Caregiver Support Group:** 1st. & 3rd. 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.

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

**Brown Bag Program:** 3rd Tuesday of the month, 10-11 a.m. The gymnasium at St. Theresa's Parish.  
Call Ann for more information @ 538.5042 ext. 6206

**Foot Nurse Appointments:** 2nd & 4th Tuesday of the month at 9 a.m. **By appointment.** Call 538-5042.  
(Room #2)

 **Hampshire Hearing & Speech Services:** 2nd Tues of the Month **By appointment** 9:00 to 12-  
Hearing screenings & hearing aid cleanings with Audiologists Allison Holmberg & Lisa Howard.  
Call 538-5042: Please specify whether you would like a screening or a cleaning.


**Low Vision Group** 2nd Tuesday of the month, 10-11:30 a.m. 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. 6206 ***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.

**Veterans Support Group:** 2nd 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, 10am to 12:00 BOD 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 at 413-536-6688

**WEIGHT WATCHERS REIMAGINED (WW):** ~ Fridays: 11:45am Weigh-ins. **WW Meeting starts at 12:15pm** New members are always welcome. (Rm #4)

## TRANSPORTATION

## GIVE IT A TRY

### **PVTA** Transportation from PVTA

PVTA is committed to keeping their buses and vans moving and ensuring that seniors who need to access the community are able to do so!

Dial A Ride service is now scheduled for one person per vehicle and with hours of service extended from 6AM to 9PM.

Sandra Sheehan, PVTA Administrator asks those over 60 who have needs for transportation to call! During this time of crisis requirements are “less strict.” Call Paul Burns at 413-732-6248 x2230 [pburns@pvta.com](mailto:pburns@pvta.com)

“You know someone is very special to you when days just don’t seem right without them.” - John Cena. We miss you all and cannot wait for better days! Stay Healthy—*The COA Staff*



**The Senior Center on TV: Watch South Hadley Community Access Television** for *Mindfulness Practice with Kerry* on [www.shctv15.com](http://www.shctv15.com) Mon: 7am, Tue: 9am, Wed: 8am, Th: 8am, Fri: 7am, Sat: 7am & Sun 6am

**RSVP Healthy Bones & Balance available online now:** [www.youtube.com/watch?v=G3GFI8hnz8&T=9s](https://www.youtube.com/watch?v=G3GFI8hnz8&T=9s)

Looking for something to keep you engaged in learning? Try TED talks [www.ted.com/talks](http://www.ted.com/talks)

**Massachusetts Virtual Tours** [www.massvacation.com/virtual-ma](http://www.massvacation.com/virtual-ma) “enjoy a selection of virtual tours, interactive sites, and beautiful imagery of Massachusetts”

Feeling cooped up and longing to explore a new landscape or historic interior? Visit [www.panoramables.com](http://www.panoramables.com) on your computer

**Historic Deerfield** is a treat in its digital form: [www.historic-deerfield.org](http://www.historic-deerfield.org). Here you can view their collections, peak inside the historic houses, watch educational videos, and make a promise to yourself to see it in person as soon as possible.

**The Metropolitan Museum of Art** has recently reinstalled its British Galleries and an accompanying web-based presentation of their compelling themes. The “Primer” overview of the collection describes why it has so much to reveal to modern viewers. A long list of audio guides features art historians talking about trade and empire, tapestry, ceramics, and craftsmanship and many other topics.

[www.metmuseum.org/exhibitions/listings/2020/british-galleries](http://www.metmuseum.org/exhibitions/listings/2020/british-galleries)

**Top 10 virtual tours:** see museums and the world without leaving home [www.techradar.com/best/virtual-tours-museums-national-parks-around-the-world](http://www.techradar.com/best/virtual-tours-museums-national-parks-around-the-world)

**Museums offering free virtual tours**

[www.businesstraveller.com/business-travel/2020/04/02/these-museums-are-offering-free-virtual-tours/](http://www.businesstraveller.com/business-travel/2020/04/02/these-museums-are-offering-free-virtual-tours/)

# DAILY ACTIVITY SCHEDULE

SUSPENDED UNTIL FURTHER NOTICE

Programs or activities featuring an \* asterisk are funded by the Formula Grant which is administered through the Executive Office of Elder Affairs on behalf of the Older Americans Act. A \$1.00 per class donation is suggested.

MONDAY	8:00—10:00 10:00am 1:00pm 1:00pm	N/C \$3.00 per class N/C N/C	Cornhole Beanbag Games (Gym 2) Tai Chi (Rm 5/6) - <i>pay at the office.</i> Canasta (Rm 2) Pinochle (Rm 3) Mah Jongg (Rm 5) Color Me Calm (Rm 4) 1st & 3rd Monday
TUESDAY	10:00am 10:00am 1:00pm	Cost varies per session ( NC NC N/C	Beginning Exercise (Rm 5/6) <i>YMCA program</i> Woman's Study Group 1st & 3rd/month Bingo (Rm 5/6), Shakespeare (Rm 2)
WED.	9:00am 9:15am 10:30am 1:00pm 3:00pm	\$5.00 per class N/C N/C N/C N/C	Gentle Yoga w/ Michele (Rm 5/6) * Dance with Loryn (Gym 2) *1.00 suggested Donation Healthy Bones & Balance (Rm 5/6) Pitch (Rm 6), Mah Jongg (Rm 5 ) Book Club (Rm 4) 1st Wed. of Month
THURS.	9:30am 10:00am 10:15am 1:00pm 1:15pm	\$5.00 (Pay instructor) Cost varies per session \$3.00 (Pay instructor) N/C N/C	Watercolor Class (Gym 2) Beginning Exercise (Rm 5/6) <i>YMCA program</i> Seated & Standing Yoga \$3.00 (Rm 3) Quilting (Rm 4), Chip Poker (Rm 3) Karaoke Klub (Rm 5/6)
FRIDAY	8:00—10:00 9:00-12pm 10:30am 1:00pm 1:00pm	N/C N/C N/C N/C N/C	Cornhole Beanbag Games (Gym 2) Creative Collage (Rm 2) 1st & 3rd Fri Healthy Bones & Balance (Rm 5/6) Bridge (Rm #3), Canasta (Rm 2) Cribbage (Rm 5/6), Knitting (Rm 2)



SUPPORT THE **ADVERTISERS**  
THAT SUPPORT OUR COMMUNITY



# SCAM ALERTS

## SCAM ALERT

# 2020 CENSUS

The 2020 US Census is underway. You should receive an official letter in the mail with your household's unique Census ID encouraging you to reply online or by phone. If you do not respond in the next several weeks, the U.S. Census will send you a questionnaire in the mail. This is the government's decennial count of all residents regardless of citizenship status. **It is imperative that each of us is counted!** The numbers generated in this count of the U.S. population every 10 years helps apportion federal and state funds as well as determine the number of our representatives in the U.S. Congress.



The Massachusetts Senior Medicare Patrol Program strongly recommends you respond to the 2020 Census once you receive your unique Census ID in the mail so that a census enumerator will not need to knock on your door.



The US Census WILL NOT call you except in rare circumstances if they have questions and only after you have filled out your response. So if you receive a call from someone saying they are from the US Census Bureau and you haven't responded yet, you should hang up the phone and then report the call to your local police department. Do not provide your personal information including your Medicare number to someone you do not know. If you have any questions or to report a scam, call the US Census Bureau at 844-330-2020. You can also report a scam at [ReportAScam@MASMP.org](mailto:ReportAScam@MASMP.org).



Census enumerators are not scheduled to start door-to-door visits until May. They will be wearing ID badges that confirm their official visit. If someone comes to your door before May 1 saying that they are with the U.S. Census, **DO NOT OPEN THE DOOR.** Report the unwanted visitors to your local police department.

**Remember: Never give your Medicare card number, your bank account information, your credit card numbers or any other personal information to someone you do not know.**

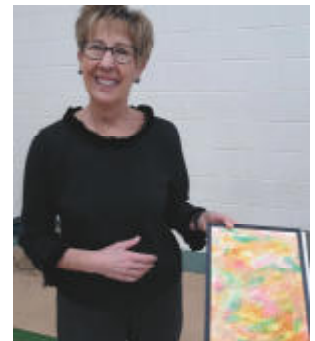
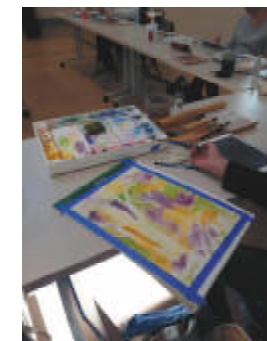
For additional guidance call the Massachusetts Senior Medicare Patrol Program at 800-892-0890 or visit [www.MASMP.org](http://www.MASMP.org). To report a scam email [ReportAScam@MASMP.org](mailto:ReportAScam@MASMP.org) or call 978-946-1243.



## BEWARE OF NEW SCAMS: STIMULUS PAYMENT

*If you get a call, email, text or social media message saying the Internal Revenue Service needs money or some personal information before sending your income-tax refund OR Stimulus payment, don't respond. It's a scam, federal officials said Thursday, in a new alert to taxpayers.*

*"We urge people to take extra care during this period," IRS Commissioner Chuck Rettig warned. "The IRS isn't going to call you asking to verify or provide your financial information so you can get an economic-impact payment or your refund faster. That also applies to surprise emails that appear to be coming from the IRS. Remember, don't open them or click on attachments or links."*



## CORONAVIRUS TESTING SCAM

COVID-19 testing should only be ordered by your treating physician. Never accept a test from someone:

- Who comes to your door;
- Who approaches you at the grocery store or other community venue, parking lot, etc.;
- Who calls you on the telephone offering a mail-in test in exchange for money or Medicare number;
- Who calls you to request your bank card or account information to pay for a test.

If someone comes knocking at your door with offers of medical testing, call your local police department. Do not let them in.

Contact the Massachusetts Senior Medicare Patrol (SMP) Program with questions and to report suspicious testing at 800-892-0890 or at [www.MASMP.org](http://www.MASMP.org).

**Remember: Never give out your Medicare number to someone you don't know.**

Funded in part by AG, Grants, 8/19/2020

## FRIENDS OF SOUTH HADLEY THE SENIORS NEWS

**The Friends would like to thank the following individuals and companies for their generous donations to the Friends and the New Senior Center Fund:**

Newton & Elizabeth Bowdan	Lorraine Army	Dorothy Kelly	Nancy Parks	Connie Clancy
Gill & Gisele Corriveau	Violet Forni	Joanna Brown	Talk of the Town	Martha Blaney
Visha & Leon Hajdamowicz	Carol Kayi	Mary Zamarripa	Liquor Town	Eileen Burke
	Walter Southard & Connie Collins Southard	Alice Pont	Yarde House	
			Gertrude Kennedy	

The restrictions as a result of Covid-19 have provided us with a unique way to support both the Friends of the South Hadley Seniors and Western Mass Growers, a local grower who has been hard hit as a result of the virus. You will have 2 ways in which to purchase one or more beautiful hanging flower baskets just in time for Mother's Day and throughout the month of May.

If you're looking to get out for a drive, you can bring the attached voucher to Western Mass Growers *any time throughout the month of May* and purchase a hanging basket for \$22. Western Mass Growers will return a portion of the plant cost to the Friends (you must present the voucher in order for the Friends to benefit). Western Mass Growers has safe distancing protocols in place.

If you would rather not go out but would like to have a plant delivered to you or to someone you know in the South Hadley area, the Friends will gladly deliver a hanging basket to your door. The cost for the delivered plant is \$25. Deliveries will be made on Friday May 8, just in time for Mother's Day. To arrange for a delivery, please contact Janet Stawasz at [richardjanet60@comcast.net](mailto:richardjanet60@comcast.net) or 413-534-5886.



**HANGING BASKETS TO BENEFIT  
THE FRIENDS OF THE SOUTH HADLEY SENIORS**

Western Mass Growers  
45 Piper Cross Road  
West Springfield, MA  
(413) 733-5296

Bring this voucher to Western Mass Growers *any time throughout the month of May*.

Purchase a beautiful hanging flower basket for \$22 and Western Mass Growers will return a portion of the plant cost back to the Friends. It's that simple! Thank you for supporting the Friends & Western Mass Growers

## TRAVEL CLUB TRIPS

**In effort to keep our travelers safe, we've made the difficult decision to cancel the following trips:**  
 May 19<sup>th</sup> "Bronx Zoo" \* The "Encore Casino" trip from March 31<sup>st</sup> to July 7<sup>th</sup> \* June 18<sup>th</sup> "Lake George"  
*All remaining 2020 trips will be reviewed on a trip-by-trip basis, based on the information distributed by the CDC and Health Dept.*

*Effective January 1, 2020 the non-refundable deposit for each trip will be \$10., and final payments are due 45 days prior to departure date.*

**July 14, 2020:**  
**Connecticut Lighthouse Cruise, New London, CT.** 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.

**November 12, 2020: (NEW TRIP) Grand Bellevue Murder Mystery Dinner Train, Portsmouth, RI.** Interactive murder mystery train ride. Transp., lunch, show & shopping Cost \$115. Susan @ (413) 536-2106.

**October 13, 2020:**  
**Inn at East Hill Farm, Troy, NH. And Cathedral of the Pines.** Call Huguette, 413-530-6162

**September 15, 2020:**  
**Dan'l Webster Inn with New Cabaret Show, Sandwich, MA.**  
 Call Jon Camp @ 413-536-4113

**December 16, 2020: Historic Salem Cross Inn, West Brookfield, MA** Transp., luncheon, baking demo, show & stop at Brookfield Orchards. Cost \$85. - Call Susan Canedy @ 413-536-2106.

# INFORMATION

## RESOURCES

**Elder Abuse Hotline in Mass:** (800) 922-2275

**Veteran's Crisis Line:** 1-800-273-8255

Dial "2-1-1" for Massachusetts information & Resources

**National Suicide Prevention Hotline:** 1-800-273-8255

**Mass Social Security:** 1-800-772-1213 (TTY 1-800-325-0778).

**Medicare:** 1-800-633-4227

## Staff Email Contact:

Leslie: [lhennessey@southhadley.ma.gov](mailto:lhennessey@southhadley.ma.gov)

Lisa: [lnapiorkowski@southhadley.ma.gov](mailto:lnapiorkowski@southhadley.ma.gov)

Ann: [aandras@southhadley.ma.gov](mailto:aandras@southhadley.ma.gov)

Kerry: [kouimette@southhadley.ma.gov](mailto:kouimette@southhadley.ma.gov)

Brenda: [bbartosz@southhadley.ma.gov](mailto:bbartosz@southhadley.ma.gov)

Kathy: [kgallivan@southhadley.ma.gov](mailto:kgallivan@southhadley.ma.gov)

Funding from the **Older Americans Act** through the 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.

South Hadley  
Dental Associates, Inc.



Marjorie S. Block, D.M.D.

**413-536-4455**

15 DAYTON STREET, SOUTH HADLEY

**KAEBLE OIL, INC.**  
Oil, Gas Heating &  
AC Services

**LOCAL & HONEST**

- Furnaces & Boilers & A/C
- Roth Containment Oil Tanks
- Heating System Upgrades
- Oil & Kerosene • Ductless Mini Splits

*Certified  
Installers*

**413-593-3337**

1667 Westover Rd., Chicopee - kaebleoil.biz



**All About You HOME CARE**

**PROVIDING HIGH QUALITY HOME CARE TO SENIORS AND VETERANS SINCE 2007.**

No minimum required and flat rates available.

**QUALIFIED, TRUSTED AND COMPASSIONATE NURSING AND HOME CARE STAFFING PROVIDED.**

Come see how nice it can be when it's All About You.

**CALL: 413-439-0883 • WWW.AAYLLC.NET**

Easthampton | Amherst | Springfield | Westfield

**NOTRE DAME MONUMENTS, INC.**  
MONUMENTS, MARKERS & CEMETERY LETTERING

65 LYMAN ST., SOUTH HADLEY, MA 01075

DAVE MONTOVANI  
KATHERINE MONTOVANI

TEL: 413-532-7513  
FAX: 413-532-2223

CONTACT@NOTREDAMEMONUMENTS.COM  
NOTREDAMEMONUMENTS.COM



*Introducing*

**A Whole New Level of Post Acute Care**  
Million Dollar Renovations  
Now Complete!



We are pleased to present the new and improved Mont Marie Rehabilitation & Healthcare Center.

*Now Featuring*

- Beautiful Patient Suites & Bathrooms
- State-of-the-Art Rehab Gym
- Latest Therapy Equipment
- Model ADL Apartment

**MONT MARIE**  
REHABILITATION & HEALTHCARE CENTER

A Proud Member of Marquis Health Services

36 Lower Westfield Road, Holyoke, MA 01040 • (413) 538-6050  
[MontMarieRehab.com](http://MontMarieRehab.com)



## DONATIONS AND MEMORIALS

# THANK YOU!

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

The Friends of the South Hadley Seniors, Carey's Flowers, Inc., Representative Dan Carey, Larry White Jr., Eileen Burke, Ron & Joan Leombruno, Ken Rogers, Healthy Bones & Balance, Ava & Maggie, Linda Herron, Tom Malone, Hampshire Hearing & Speech Services, Our Western New England University Interns, The Food Bank of Western Massachusetts, Helen Ken-sick-Black, Lewis & Clark, Alzheimer's Association, Liane Pueschel, Karen Buscemi, Maggie Mercer, AND WestMass Elder Care

### APRIL 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.)

**BILL BIELANSKI**

Claire Bielanski

**FRED CRAIG**

Claire Bielanski

**JOAN RICHTER**

Claire Bielanski

**JOHN BLEDSOE**

Claire Bielanski

**JOHN HIGGINS**

Cribbage Sunshine Club

**JOHN JOHNSTON**

Claire Bielanski

**LAURIE PARKER**

Alice Pelc

**MARY CLEMENT-ALLEN**

Brad Allen

**RITA CHROBAK**

Laura Gauthier

**RITA FALCETTI**

Mary Kim & Richard Bourdeau

**DELORES GIROUX**

Cindy & Chris Pyle

**WE ARE VERY GRATEFUL FOR THE FOLLOWING DONATIONS FROM:**

Edward & Kathleen Kopec

Jo Duguay

Lynn L. Bertram

Louis & Nancy Sbrega

Melide Normand & Kenneth Williams



At River Mills, we look forward to your visit to experience our thoughtfully designed spaces for enjoying life to the fullest!

**Call to Schedule Your Personal Tour!**  
413.531.0995

- Assisted Living – 73 apartments
- Memory Support – 22 apartments
- 1 Hour of Personal Care Assistance Per Day
- Spacious Common Areas for Programs and Events
- 24-Hr Trained Staffing and Personal Emergency Response
- Memory Support Staff Training Designed by one of the State's Leading Cognitive Enhancement Program Experts

### River Mills Assisted Living at Chicopee Falls

Assisted Living & Memory Support

7 River Mills Drive | Chicopee, MA 01020 | 413.531.0995  
RiverMillsAL.com | RiverMills@hallkeen.com

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

## Start the Future Today!



- Wealth Management
- Trust Services
- Estate Settlement

(413) 775-8335  
greenfieldsavings.com



## Get In On The Conversation



HAMPSHIRE HEARING &  
SPEECH SERVICES

**Allison Holmberg,**  
MS, Audiologist/SLP  
**Amy Catanzaro,**  
AuD., Doctor of Audiology  
**Joni Skinner,**  
AuD., Doctor of Audiology

243 King St., Ste. 105 (Potpourri Plaza), Northampton  
413-586-9572 • www.hamphearing.com



CENTER FOR EXTENDED  
CARE & REHABILITATION  
AT AMHERST  
YOUR CENTER FOR SOLUTIONS

CALL FOR MORE INFORMATION  
OR FOR A PERSONAL TOUR!  
(413) 256-8185

## A Family Tradition for Life's Transitions

Center for Extended Care & Rehabilitation

Pain Management • Cardiac Care • Dialysis • Wound Care Program & More!

150 University Drive | Amherst, MA 01002  
info@cecaa.com • www.cecaa.com

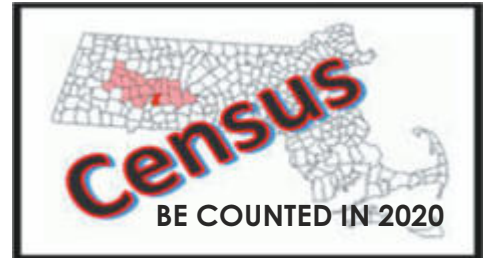




**SOUTH HADLEY  
COUNCIL ON AGING**  
9 East Parkview Drive  
SOUTH HADLEY, MA 01075

NONPROFIT  
ORGANIZATION  
US POSTAGE PAID  
SPRINGFIELD MA  
PERMIT NO 3085

THE GOLDEN CHRONICLE IS PRINTED  
WITH FUNDS BY THE MASSACHUSETTS  
EXECUTIVE OFFICE OF ELDER AFFAIRS & BY OUR  
ADVERTISERS. WHILE THE SHCOA CANNOT  
ENDORSE THE ADVERTISERS, WE ASK THAT  
YOU PATRONIZE THEIR BUSINESS.



**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  
Donated By \_\_\_\_\_  
Address \_\_\_\_\_  
Please send acknowledgement to family: (kindly indicate name, address & relationship to deceased)  
Name: \_\_\_\_\_ Address: \_\_\_\_\_ Relationship to deceased: \_\_\_\_\_

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

**SOUTH HADLEY COUNCIL ON AGING GIFT FUNDS**  
Make Check Payable To: South Hadley Council on Aging,  
9 East Parkview Drive, South Hadley, MA 01075.  
\_\_\_\_ Wherever Needed Most    \_\_\_\_ Activities Account  
\_\_\_\_ Caregivers Gift Account    \_\_\_\_ Newsletter Account  
\_\_\_\_ Services Gift Fund    \_\_\_\_ Holiday Gift Card Fund/

**FRIENDS OF SOUTH HADLEY ELDERLY**  
**Make your Check Payable**  
**To: Friends of South Hadley Elderly**  
\_\_\_\_ New Senior Center Fund