

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.

The South Hadley Senior Center may be closed, but we are still here.

Please call us and let us know how we can assist you.



**Reach out by email:
staff email contact:**

Leslie:
lhennessey@southhadley.ma.gov

Lisa:
lnapiorkowski@southhadley.ma.gov

Ann: aandras@southhadley.ma.gov

Kerry:
kouimette@southhadley.ma.gov

Brenda:
bbartosz@southhadley.ma.gov

Kathy:
kgallivan@southhadley.ma.gov



Wear a Mask in Public Places: Wearing is Caring!!

Governor Baker has issued an Order requiring face masks or cloth face coverings in public places where social distancing is not possible. This applies to both indoor and outdoor spaces.

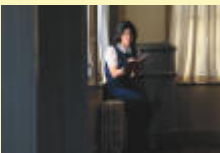
Call the Senior Center if you need a cotton mask:
538-5042: curbside pickup

**We are going to CELEBRATE our
COA VOLUNTEERS with a**

**Rolling Volunteer
Appreciation Breakfast!**



More details on page #7



Sheryl Faye Presents Anne Frank: A Life to Remember. A Story of Perseverance, Hope, & Love

**SPECIAL CHANNEL 15 AIRINGS (35 minutes): June 12th at 11:00 AM &
June 16th at 1:00 PM**

Anne Frank was living in Amsterdam when the Nazis occupied the Netherlands in May of 1940 during World War II. In July 1942, Ann and her family went into hiding in some concealed rooms behind a bookcase in the building where Anne's father worked. Anne kept a diary and wrote in it regularly. Anne's story starts on July 6, 1942 in the secret Annex. You will get a taste of what life was like for her. This a wonderful program about Perseverance, Hope, and Love leaving us all with a stronger message.



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FOOD RESOURCES & 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. ALWAYS taking NEW CLIENTS
- Meals are low sodium and you can opt for a cardiac meal or a diabetic meal.

WMEC is considered an essential service.

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

It's time to talk turkey...and meats, eggs, fresh produce, milk, bread, cheese, cereal, canned soups, pasta, pet food, personal products and toilet paper.

The Neighbors Helping Neighbors Food Pantry serves the communities of South Hadley and Granby. The rule at the pantry is: "You may not go hungry"

- Fast, friendly service. The Pantry will deliver to you.
- Shop from your car; food is delivered to your car.
- 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

Grocery Deliveries

Big Y and Stop & Shop use **Instacart**: Paid shopper will pick up groceries and deliver: <https://www.instacart.com/>

Whole Foods in Hadley has pickup and delivery through Amazon and Instacart

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

Magri's Fruit Co.: Delivery and Pickup: 2009 Memorial Dr, Chicopee (413) 535-1200

ALDI's in Hadley will deliver thru **Instacart**: <https://www.instacart.com/south-hadley-ma/aldi>

Walmart in Hadley will deliver thru **Instacart**: <https://www.instacart.com/>

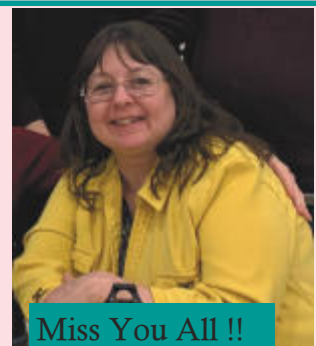


Restaurant Delivery:

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

Door dash: Doordash.com **Grub hub:** Grubhub.com

Give them a call and ask about their take out and delivery options.



Miss You All !!

SENIOR SHOPPING & PHARMACY

Senior Shopping Hours

BJ's Wholesale Store -8am to 9am

Big Y, South Hadley: 7am to 8am

Price Rite, Chicopee 7am to 8am

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

Target, Wednesdays, 8am to 9am

Aldi: senior time only on Tues. & Thurs 8:30am to 9:30am

Trader Joe's : daily 9am to 10am.

Walmart: Tuesdays 6am to 7am.

Whole Foods: daily 7am to 8am.

COSTCO: senior time only Tues & Tues. 8am to 9am.

Dollar General: daily 8am to 9am

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/
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Big Y: Delivery: Big Y
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A Message from Ann

Hello Everyone~ What an incredibly strange time we are currently living in. It has been wonderful to speak to many of you by telephone or email these past 8 weeks. Words cannot begin to express just how very much you are missed by the whole COA family. You have persevered through this pandemic with strength and grace, and I am so very proud of all of you! In the days ahead we will have a "new normal". Some of the guidance and assistance that you have received from me directly will look differently. However, I want to take a minute to assure you that I and the other Senior Center Staff will continue to support you in any way possible.

Applications for programs and services along with recertifications can be conducted over the telephone, on line in a ZOOM call, or simply by social distancing and remaining 6 feet apart. Your documents can be dropped at the Senior Center in our drop box, copies made and returned to you. We will do everything possible to ensure your safety and ours while we navigate this challenge. We will continue to provide you with information in the monthly newsletter as well as the weekly "mini chronicle".

As we begin our seasonal benefit programs such as Farmers Market Coupons and SNAP benefitted programs like the summer HIP (Healthy Incentive Program) I will do my best to keep you updated with guidelines and deadlines, mostly by telephone. If you have received any of these benefits in the past and have questions for me regarding availability, please do not hesitate to call the Senior Center at 538.5042.

Most importantly, please follow all of the CDC guidelines to stay healthy and well. Continue to stay at home except for necessary trips to the grocery store or a medical appointment. Wear a mask whenever possible. Wash, wash, wash your hands, and stay at least 6 feet apart from family and friends when possible. I look forward to the day when I will again see your smiling faces.

Hugs, Ann

STAY HOME, STAY SAFE BAG



Quarantine isn't easy, but it is necessary to slow the spread of COVID 19. The COA & the Friends of S.H. Seniors are putting together a special bag of food, fun and frivolity for our members. This event will be a *curbside pickup* during the last week of June. Call the center for more details.



Miss seeing you all



Look out for each other!!

VIRTUAL & PHONE GROUPS, SERVICES & PROGRAMS



Alzheimer's Caregiver Mutual Support Group: 1st. & 3rd. Thursday of the month @ 10 a.m., On **ZOOM** Facilitated by Leslie Hennessey, Director of the COA, this is a mutual support group for caregivers of loved ones with Alzheimer's disease, dementia or any memory loss illness. The group is open to new participants. Please call Leslie to get the ZOOM link.



S.H.I.N.E Counseling: BY PHONE : SHINE counselor Eileen Burke will take phone calls to address your questions concerning Medicare, supplemental plans, prescription drug plans and other insurance questions. Call SH COA at 538-5042 to schedule a phone call with Eileen. SHINE calls will be made on Thursday mornings between 9am tan noon.



•**Low Vision Group 2nd Tuesday of the month, 10-11:30 a.m.** This group continues to “meet” monthly by conference call on the second Tuesday at 10:00 a.m. Please call Ann at 538.5042 for more information. New members are always welcome.



“**Check-in**” phone call. Sign up to have a senior center staff member call you weekly to chat, talk about what's new at the center and discuss ways to keep you connected with friends. Please call 538 -5042 or email lhennessey@southhadleyma.gov



Brown Bag Program: 3rd Tuesday of the month, 10-11 a.m. Brown Bag continues with curbside delivery. Clients receive a brown bag filled with shelf stable food for the month. Find out about this important program. Call Ann for more information @ 538.5042 ext. 6206

The building at 45 Dayton Street is DOWN. Go to our website for more photos: www-southhadleyma.gov/324/Council-on-Aging





PVTA is committed to keeping their buses and vans moving.

Dial A Ride service is scheduled for one person per vehicle (*subject to change*) with hours of service extended: 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



- **The Registry of Motor Vehicles (RMV)** has issued a 60-day extension for anyone whose driver's license has expired during this stay at home order. Watch for additional extensions as we begin this process of opening our state.
-
- **DTA** has extended the due dates for all Interim Reports (IRs) and Recert for 6 months. This means households on SNAP now who originally had paperwork due in March-June should stay on SNAP for at least the 6 months following their deadline without interruption (September- December, respectively).
-
- For SNAP: All DTA case managers are working remotely but can still process applications and the telephone interview will be waived. Benefits have been increased due to COVID-19. **SENIOR ONLY call number is: 833.712.8027. SNAP Interim Reports and Recertifications – deadlines extended through June**

Free Online Resources for your mind, body, and spirit:

Play games on AARP's website: <https://games.aarp.org/category/all-games>

Senior Planet: Senior Planet is a wonderful resource for free online education, groups, and entertainment. Lots of practical and fun information all in one place: <https://seniorplanet.org/>

Alzheimer's Association Virtual Programming and Support Groups: <https://www.alzmassnh.org/virtual-programs/>

PBS Learning Media is a wonderful resource. It even has Ken Burns's documentary series on US National Parks available: <https://mass.pbslearningmedia.org/>

Lincoln Center at Home has dance performances, concerts, operas, and even Broadway shows <http://lincolncenter.org/lincoln-center-at-home>

Varsity Tutors has free webinars taught by stars as they share their favorite subjects with you. <https://www.varsitytutors.com/>

This is a long link, but AARP has consolidated resources for free life long learning, including MIT, Research Channel, language courses, and so much more. You can also search “personal growth” and “lifelong learning” on AARPs website: https://www.aarp.org/personal-growth/life-long-learning/info-01-2011/free_online_learning.html?fbclid=IwAR0GpyJHk7We3yUQqFogNRC6-jq31N2JIIWG5BadjIqiTDoOCcd59YoxcGc

Ted Talks is a great resource for talks on science and business to environmental issues and world cultures. www.ted.com

University of Massachusetts Center for Agriculture, Food, and the Environment offers free webinars (such as their tick talks) and resources on subjects that include food safety and home gardening. <https://ag.umass.edu/>

BRENDA'S VOLUNTEER CORNER

It's going to be a rolling good time!

Thank you to all our AMAZING volunteers who donate their time, energy and heart to make our center one to be proud of! We all miss you and cannot wait to see you again, in the meantime:

SAVE THE DATE

2020 VOLUNTEER APPRECIATION DRIVE-THRU BREAKFAST

June 12th – 9:00 – 10:00 am

South Hadley COA "Temp Location": 9 E. Parkview Dr.

Entertainment at 11am: Sheryl Faye Presents Historical Woman

Performed on S. Hadley local channel 15, Community Access Television

This event *is by invitation only* to all our hardworking volunteers who have given 20 hrs. or more during the past year. This is a friendly reminder to all volunteers always remember to "swipe" in your hours so you will be included in this annual appreciation event.

It may be a little different this year due to COVID19, however, the reason is still the same. We want all our volunteers to know how grateful we are to have you and to show our appreciation. Let's make it fun!

Drive up in your car, please wear a mask, stay in your car and have a staff member say hello, thank you and give you a nice goodie bag!

Goodie bags will be filled with breakfast items prepared by Hamels Catering. You will also find a special gift Brenda, your Volunteer Coordinator chose just for you! Watch your mailbox for your invitation and RSVP no later than June 4th. Take your breakfast back to your home and tune into Community Access Television—Channel 15 in South Hadley, - for a performance of Anne Frank by Ms. Sheryl Faye. Sheryl has performed at the SHCOA before and her performances are AMAZING!!



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If you didn't fill out your Census form online or by phone,
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A paper 2020 Census 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.

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ONLINE ACTIVITIES

Monday 9:00 to 10:00 AM: Bring Your Own Coffee Hour with Brenda

Let's have some fun & chat for a while! Drop in for the whole time or stay for a bit. See some familiar faces and share some laughter. Other COA staff members may pop in, too.

Monday 10:00 to 11:00 AM: Tai Chi with Denise

Wear some comfy clothes and move and flow with Denise. This meditative martial art form is done standing. \$2.00 suggested donation per class.

Tuesday 9:00 to 9:45 AM: Mindfulness Practices with Kerry

Grab a straight back chair. Wear some comfy clothes. Learn some basics for stress management & calm during challenging times.

Tuesday and Thursday at 10:30am: Fitness Basics with Lindsey: No fee. Get moving and have some fun with Lindsey during her 30 minute class. Lindsey gives you a little cardio and a little strength training for all levels. Have a straight-back chair, an exercise mat or a rug, and some water on hand. Hand weights (or canned goods) can be used as well if you want to incorporate a little weight training.

Tuesday 1:00 to 2:00 PM: The New Normal: Conversations with Karen Buscemi, PMH-NP- Our current normal is something that we haven't experienced in our lifetime. This pandemic leads to different stressors and a need to reach out & talk, share ideas & resources, and to lend each other a little extra support. Join Karen in conversation & camaraderie as we navigate the new normal together. *Karen is available on Thursdays at 1:00pm for a PHONE-IN discussion: Starts on June 11th and there is an 8 person maximum.*

Tuesdays at 2:00 – 3:00 PM Social Singalong for Every Voice ZOOM: COA staff provides the music and the lyrics that you can see and sing along to. We all provide our raw talent and star power. Requests and participation encouraged. We all sing and laugh together. Please email Kerry at Kouimette@SouthHadleyMA.gov if you wish to be added to this group.

Wednesday 9:00 to 10:00 AM (5/13 - 6/3): 4 Week Series Begins: Gentle Yoga with Michele Join Michelle from Serenity Yoga for this special four week series. The cost is \$20.00 for 4 weeks. Please email Kerry at Kouimette@SouthHadleyMA.gov to register and for payment instructions.

Wednesdays at 9:30 – 11:00 AM Creative Collage with Linda Herron: Art for Everyone ZOOM: Get some old magazines, books, a pair of scissors, some glue or a glue stick, some paper, something to draw with (crayons, markers, pens...), and an open mind, you can unleash your inner artist with collage. Linda is there to prompt and guide you. She has techniques and an encouraging spirit to share with you. Please email Kerry at Kouimette@SouthHadleyMA.gov if you wish to be added to this group.

Wednesday 1:00 to 2:00 PM: Reminiscing with Brenda Sit back and relax and reminisce with Brenda about different topics every week. Brenda starts with a topic and you all contribute your memories and snapshots in time.

Thursday, June 11th and June 25th at 9:00am. "Come On Down" The Price is Right zoom into a fun game of Price is Right. Contestants join in to guess prices of every day grocery items.

Thursday 10:00 AM to 12:00 PM: Watercolors with Tina Tina will spend two hours with you as she guides you through watercolor techniques and helps you tap into your creativity. Get your home artist space set up and paint away!

Thursday 10:15am: Seated & Standing Yoga with Elizabeth Nett. Zoom class instruction. Starts June 4th. Price is \$3 per class paid to instructor. First class is free to try. Join anytime. Contact Kerry Ouimette to sign up for the class. kouimette@southhadleyma.gov



RSVP's Healthy Bones & Balance Class is offered on South Hadley Community Television (Channel 15) on Monday and Wednesday mornings at 10:00am

HOW TO JOIN IN ON THE FUN*

All remote activities are held via Zoom. Please email Program Coordinator, Kerry Ouimette, at KOuimette@SouthHadleyMA.gov by the day before the activity you would like to participate in. You will be sent a link via email to join in on the Zoom fun at least an hour before your activity begins. *Nervous or unsure about how to use Zoom? It's okay! There is a learning curve for everyone. Kerry will send you a link to a youtube video on how to use Zoom when you send her your email.

Visit the South Hadley Council on Aging Facebook page at <https://www.facebook.com/southhadleycoa/>

We post updates on local resources, PSAs, online webinars and streaming resources for education and entertainment, Mini Golden Chronicles, crafts with Brenda, and more.



THE FRIENDS OF SOUTH HADLEY SENIORS

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

Priscilla Mandrachia
Julie D'Astous & Gail Chadwick
Edward & Kathleen Kopec
Gordon & Phyllis McClafin
Guido & Renee Schiappa

Michael & Joan Rosner
Irene Tetlow in memory of Tom Tetlow
Karen & Andy Buscemi in memory of Frances Sander and Irene Buscemi

YES! You can still join the Friends of the South Hadley Seniors! Dues are a valuable source of funding for the Friends and help support free programming offered at the COA.

\$10 – Individual Membership

\$20 – Joint Membership

Additional Donation \$ _____

NAME(S): _____

ADDRESS: _____

PHONE: _____

EMAIL: _____

Please mail to the Friends of the SH Seniors at 45 Dayton Street.



Thank you to everyone who supported our May plant sale. The flower baskets from Western Growers were chock full of beautiful flowers.

TRAVEL CLUB TRIPS

In efforts to keep our travelers safe, we've made the difficult decision to cancel ALL our remaining 2020 trips.

Stay safe and we look forward to having you join us in 2021 for fun-filled and exciting trips. If you have any questions, please feel free to contact us:

Susan Canedy: 536-2106

Huguette Supinski: 530-6162

Jon Camp: 536-4113

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



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.

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DONATIONS AND MEMORIALS

THANK YOU!

JUNE 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.)

All Healthcare Workers
 S. Hadley Fire Districts
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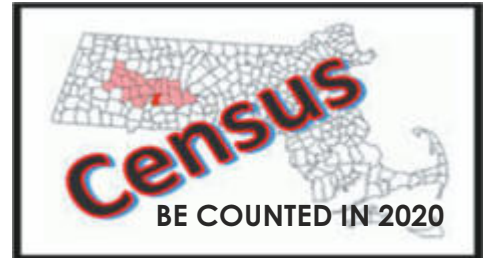




**SOUTH HADLEY
COUNCIL ON AGING**
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ENDORSE THE ADVERTISERS, WE ASK THAT
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GIFT FUNDS

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**

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*In Memory Of: _____ or
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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