

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.



Shape your future START HERE >

United States Census 2020

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

2020 Census Response Rates for South Hadley

- South Hadley's Census 2020 response is **76.5%**
- Paper questionnaires have been mailed.
- Fill out the questionnaire online at: <https://my2020census.gov/>

All federal government funding that we receive depends on 2020 Census data. Please let us know if you need help by calling **538-5042.**

Our goal is a

100%

response rate from the Town of South Hadley

Stay Home, Stay Safe Bags! Curbside Pick Up

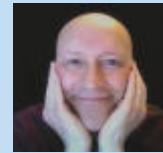
Tuesday, July 23 10-11am pickup

The Council on Aging and Friends of the South Hadley Seniors have put together some bags with some practical and some fun items for you to enjoy. These insulated bags include shelf stable foods, such as canned fruit & soup and granola bars, toilet paper, hand sanitizer, and masks as well as some treats such as candy and puzzle books.



Please call 538-5042 if you would like a bag.

Laughter & Stress Relief With Rob Rivest & COA Friends SPECIAL CHANNEL 15 AIRINGS



Wed. 7/15 @ 11 AM
Fri. 7/24 @ 1 PM
Mon. 7/27 @ 3 PM

Laughter really can be the best medicine! Join Rob Rivest and some familiar faces from the Senior Center, who have participated in this pre-recorded program via Zoom. You'll have to tune in to see who will be laughing along side of Rob. Have a laugh and learn some ways to let loose and relieve a little stress. Rob and friends encourage you to join in at home. Rob is an internationally known comic, mine, and stress relief educator.

Sheryl Faye is Anne Frank (3rd and 4th time is a charm!) SPECIAL CHANNEL 15 RE-AIRINGS



Wed. 7/1 @ 11 AM
Mon. 7/13 @ 1 PM

Due to some technical difficulties the June airings of **Anne Frank: A Story of Perseverance, Hope, and Love** will be re-airing in July. Don't miss Sheryl Faye embodying Anne Frank.

She was a crowd pleaser back in February when she performed as Eleanor Roosevelt at the Senior Center.



Wear a Mask in all Public Places:

And

Practice Physical Distancing: 6 ft spacing

Older adults and people who have severe underlying medical conditions like heart or lung disease or diabetes seem to be at higher risk for developing more serious complications from COVID-19 illness.



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South Hadley COA - South Hadley, MA 06-5294

WEEKLY VIRTUAL & TELEPHONE PROGRAMS (CONTINUED ON NEXT PAGE)

Monday 9:00 to 10:00 AM: Bring Your Own Coffee Hour with Brenda (Zoom with Phone In)

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 (Zoom)

Wear some comfy clothes and move and flow with Denise. This meditative martial art form is done standing.

Tuesday 9:00 to 9:45 AM: Mindfulness Practices with Kerry (Zoom)

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: Half-hour class. NO fee. (Zoom)

Grab a straight-back chair and lite weights (soup cans work, too!)

Tuesday 1:00 to 2:00 PM: The New Normal: Conversations with Karen Buscemi, PMH-NP (Zoom)

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.

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.

SERIES: Wednesday 9:30 to 10:30 AM (7/1 - 7/29): 5 Weeks of Gentle Yoga Michele (Zoom)

Join Michelle from Serenity Yoga for this special for week series. The cost is \$25.00 for 5 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):

If you have some old magazines, books, or maps with color and pictures, 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. The wonderful thing about collage is that there is no right or wrong. Linda is there to prompt and guide you as little or as much as you need. She has techniques, prompts, and an encouraging spirit to share with you.

Wednesday 11:00 to 12:00 PM How to Use Zoom Features with Kerry (Zoom)

Okay, you have gotten on Zoom and can join in now. What next? Learn how to share screens, set up your own meetings with friends and family, how to play games, or simply ask questions and share what you know. (5 person maximum per weekly session)

Wednesday 1:00 to 2:00 PM: Reminiscing with Brenda (Zoom with Phone In included)

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 10:00 AM to 12:00 PM: Watercolors with Tina (Zoom)

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) 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

WEEKLY VIRTUAL AND TELEPHONE PROGRAMS/HOW TO'S (CONTINUED)

Thursday at 10:30am: **Fitness Basics with Lindsey:** (see Tuesday at 10:30 for details)

Thursday 1:00 to 2:00 PM: **The New Normal: Conversations with Karen Buscemi, PMH-NP (Phone-In Group)**

(8 person limit) See Tuesday at 1:00 for description. Please call 538-5042 or email Kerry at Kouimette@SouthHadleyMA.gov for information and to register.

Thursday (7/9 & 7/23 only) 2:15 to 3:00 PM: **Brenda's Game Day (Zoom)**

Join your Host, Brenda, to play various games. Brenda chooses different games from month to month. Both weeks in July feature trivia: July 9th is Old Wives Tales Trivia and July 23rd is Black & White TV Trivia. Have a laugh and see what answers you can come up with.



HOW TO SIGN UP FOR REMOTE ACTIVITIES

To Join in on the Fun:

All remote activities are held via Zoom. You can phone in where noted. 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 from your instructor to join in on the Zoom fun at least an hour before your activity begins. If you wish to **phone-in** to the activities that are noted, you can email Kerry at the address above or call 538-5042 to register.



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 an email. Kerry can also arrange a time for a phone call to help you troubleshoot and to answer questions you might have. We are all in this together, so let's learn together.



Celebrating our volunteers

SERVICES & PROGRAMS



Alzheimer's Caregiver Mutual Support Group: 1st. & 3rd. Thursday of the month @ 10 a.m., On **ZOOM & Phone-In 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. Please call SH COA at 538-5042 to schedule a phone call with Eileen. SHINE calls will be made on Thursday mornings between 9am and noon.



Low Vision Group 2nd Tuesday of the month, 10-11:30 a.m. BY PHONE: CONFERENCE CALL Call Ann for information @ 538.5042



"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 ways to keep you connected with friends. Please call 538-5042 or email lhennessey@southhadleyma.gov



FOOT NURSE: Register Nurse, Sharon Beaulieu, a certified foot care specialists is making house calls. Call 413-552-9533 for an appointment. Sharon wears a mask and gloves.

Photos: Excavation for footings. Form and pour foundation walls. We've got walls!! Progress on the new senior center is moving along. Visit our website for more photos!



A MESSAGE FROM LESLIE

Happy 4th of July Everyone!!!

I hope you are doing well and managing the best you can through these uncertain times. There is no doubt, that the changes to our daily lives and our “normal” way of living have been disrupted by COVID 19. Just when we want to throw our hands and masks up in the air, we are told we must remain vigilant and stay home. In a recent conversation with our Emergency Management Director, Sharon Hart, she asked me to emphasize to you that you should wear a mask in all public places **and** practice physical distancing; not one or the other, but both!

COVID 19 is not the flu. It is an entirely new strain of virus that is extremely contagious. **In older adults and people who have severe underlying medical condition like heart or lung disease or diabetes seem to be at higher risk for developing more serious complications from having the illness.** (<https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/older-adults.html>) Please follow these precautions when you are in public and stay home if possible. Reach out to your families and friends and ask them to do your grocery shopping and errands.

Many of you are asking when we will reopen the center and the answer is we do not know. We are working with state and local town officials to guide us in determining when it will be appropriate to reopen.

In the following weeks, we will slowly and safely begin to upscale some of our services. Services like our transportation program, 1 on 1 social service meetings (physically distanced and with strict protocols) curbside events and more virtual and telephonic online options. Please be patient. This is not a race.

Construction on the new senior center work is moving along. The building is down, the site has been cleared and leveled and the foundation walls have been excavated, formed and poured. (pictures on page 5)

The staff and I are working Monday to Friday from 8am to 4:30pm and we are ready to take your call. Most members of the COA staff are working from home; however, there are usually three of us in the office at a time. A list of our individual emails are listed on page 10. It may be faster and easier for you to send us an email with your concern or question.

There will be an end to the pandemic. We need to keep the faith and look out for each other. ~Leslie

GOODBYE

Happy Retirement Dear Ola!

After 26 years of service to the Town of South Hadley, our dear Ola Herbert will retire on July 1st.

Ola's career began in 1994, where she began working for the South Hadley Board of Health and the Building Department. In 2010, she transferred to the senior center where she quickly became the friendly face at the front door. Under her tutelage, the COA transportation program ran smoothly and “got folks where they needed to be.”

Ola made lasting friendships with countless seniors and pampered the staff with her delicious deviled eggs and thoughtful deeds. If a member needed an extra phone call or a lunch reservation reminder, Ola provided it with a smile.

Ola recently wrote, “As I start each day I think of my beloved seniors and I am flooded with memories of all the people I have met over the years I spent at the Council on Aging and how much of an impact they have had on my life.”

Ola, we wish you happy retirement and many years to enjoy it. Thank you for all you've done. Please, don't be a stranger! ❤️

Transportation from PVTA



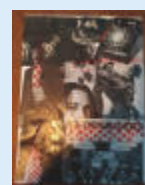
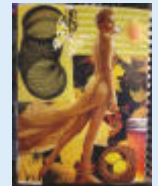
PVTA is committed to keeping their buses and vans moving and ensuring that seniors who need to access the community are able to do so!

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

Here's what Creative Collage at 9:30 on Wednesdays is up to



ANN' CORNER

The BROWN BAG~FOOD FOR SENIORS program

provides a **FREE** bag of healthy groceries to eligible seniors once a month.

The Brown Bag program is for **people over the age of 55** who meet certain income guidelines, or **those under the age of 55 who have a documented disability and are currently receiving SSDI**. The Brown Bag program is fully funded by The Food Bank of Western Massachusetts. The Senior Center Brown Bag event is held on the 3rd Tuesday of each month with pick up available from 10:00 to 11:00 a.m.

The bags often contain low sodium soup, vegetables, spaghetti sauce, canned tuna or chicken, rice, pasta, yogurt, cereal and shelf milk. Fresh fruits and vegetables are occasionally available.

For additional information on how to apply for the Brown Bag, please call 538.5042 and ask to speak to Ann or email aandras@southhadleyma.gov The following are the income requirements

# of Household Members	Monthly Income
1	\$1,926
2	\$2,607
3	\$3,289



The social service & outreach office at the senior center is your resource center.

Ann Andras can give you information on a variety of services including:

- Home health care
- Alternative living options
- Insurance information
- Brown bag program
- SNAP/ food stamps

To reach Ann please call the Senior Center at 538-5042 and your call will be returned.

COA Financial Assistance Programs.

The South Hadley COA is committed to supporting our seniors during these tough, economic times. To that end, we have activated two of our holiday programs to assist our seniors, immediately.

“Lights On” Electric Light Credit is available to South Hadley seniors to assist with your electric bill.

“Holiday Gift Card Program” is available early this year!! The COA’s Holiday Gift Card Program is available to South Hadley seniors. Big Y gift cards are available to members in need. Call for more information.

Our COA Wellness Scholarship is available to South Hadley seniors who have a financial need or hardship. Requested funds may be used to pay for transportation or COA program fees. If you have a financial need, please call Ann Andras to inquire.

For information contact Ann Andras at aandras@southhadleyma.gov or contact the center

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SOCIAL SERVICES



The **COA Low Vision** 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.



Farmers Market Coupons will be available in mid July. This federally-funded program is made available through WestMass ElderCare, Inc. and the South Hadley Council on Aging. Coupons are distributed on a “**first come-first serve basis**”. The coupon booklet contains 10-\$2.00 coupons that can be used at any Farmers Market just like cash. A catalogue of the market locations, days and hours of operation is included. Many markets also accept SNAP benefits. Please call Ann at 538.5042 or email aan-dras@southhadleyma.gov to request your booklet. Supplies are limited.

The Registry of Motor Vehicles (RMV) has issued a 60 day extension for anyone whose driver's license has expired during the stay at home order.



To apply for **SNAP** benefits call the **Senior Only direct line** at 833.712.8027. Benefits have been increased during COVID-19.

NEWS FROM THE SOUTH HADLEY PUBLIC LIBRARY

CURBSIDE PICKUP: The South Hadley Public Library is now offering curbside pickup for items available on the shelves of SHPL and the Gaylord Memorial Library! To request items for pickup: Search the online catalog, limiting your search to South Hadley, to find items you want: Log into the catalog to place a hold **OR** call the library at 413-538-5045 with your requests. Staff are also happy to select a “grab bag” of books, DVDs, etc., for you based on interest and availability. Library staff will collect and check out your items, bag them, and **schedule an appointment** for you to pick them up at SHPL. The bag with your name on it will be placed in the library vestibule, just inside the front doors.

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.

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

- 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

AN IMPORTANT MESSAGE FROM THE SOUTH HADLEY TRAVEL CLUB

In an effort 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.

Call for Questions: Susan Canady: 536-2106,
Hugette Supinski: 530-6162 & Jon Camp: 536-4113

FRIENDS OF SOUTH HADLEY SENIORS NEWS

The Friends of the South Hadley Seniors invite you to an Ice Cream Social, Covid-style!

The summer ice cream social has been a long time Friends' tradition. We know our seniors love their ice cream sundaes and we wanted to be able to continue the tradition while also supporting McCray's Country Creamery.

We invite you to print out and bring the coupon below to McCray's Country Creamery during the month of **July** to redeem for a free "Senior Sundae". You must have this coupon in order to receive the sundae. These coupons are for seniors only (one per person).

Remember, this coupon is only good for the **month of July** so hurry in to McCray's. ENJOY!

(If you don't have a printer, the COA has copies of the coupon and can leave one out for you to pick up. Please call the COA to arrange for a coupon pick up.)

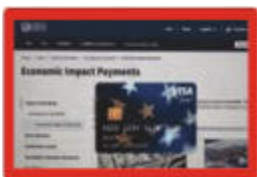


The coupon features three ice cream sundaes at the top: one with pink and white swirls, one with white swirls, and one with chocolate swirls. Below them is a banner that reads "SENIOR SUNDAE COUPON". The main text of the coupon says: "The Friends of the South Hadley Seniors invite you to visit McCray's Farm & Country Creamery for a free 'Senior Sundae' during the month of July. Simply bring this coupon to the ice cream window to redeem your free 'Senior Sundae'." At the bottom, it says "MCCRAY'S FARM VALID JULY ONLY (One per person)" flanked by two ice cream spoons, one blue and one pink.

WOODLAWN SCHOOL BRICKS – A Piece of History

Did you attend the Woodlawn School?

Are you interested in having a piece of its history? If so, the Friends are gathering interest from those who would like a brick from the original Woodlawn School. We have a limited number of bricks available. If you're interested, please let Kim know at ksprough@me.com.



Do Not Throw Away This Debit Card!!!

This is **NOT** a Scam

The IRS has sent 4 million payments by prepaid debit cards, or Economic Impact Payment (EIP) cards, as the Treasury Department has dubbed them. The cards are going out to certain eligible taxpayers who filed tax returns but for whom the IRS doesn't have bank account information. The stimulus payment is loaded on the debit card.

Your EIP card will arrive in a plain envelope from "Money Network Cardholder Services." **Don't throw it away thinking it's junk mail or a scam.** The Visa name will appear on the front of the EIP card; the back of the card has the name of the issuing bank, **MetaBank, N.A.** Note that you can't request you receive your stimulus payment by debit card — it either arrives that way or it doesn't.

If you've destroyed or thrown out your EIP card, don't worry. Call the toll-free customer service line at 800-240-8100 (TTY: 800-241-9100) to ask for a replacement. .

Thank You to Our Volunteers

Karen Buscemi
Linda Herron
Lindsey Killian
Tina Addison

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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

Did you know you can stream FREE Netflix documentaries on YouTube.com?

Simply enter the names of these documentaries into YouTube's search bar followed by the word Netflix & enjoy.

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Chasing Coral: bleaching of coral reefs
Zion: wrestler born without legs
Our Planet: wilderness in 50 countries
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The White Helmets: war rescue workers
Period. End of Sentence: women manufacturers in Delhi, India
Explained: current events & social trends
Abstract: The Art of Design: inside the minds of the world's greatest designers

Need to talk to a COA staff member??

Call 538-5042 or email:

Leslie:

lhennessey@southhadleyma.gov

Lisa:

lnapiorkowski@southhadleyma.gov
Accounts, newsletter & transportation

Ann: aandras@southhadleyma.gov

Social Services & Outreach, Brown Bag & Scholarship programs

Kerry:

kouimette@southhadleyma.gov

Program Coordinator for online classes & programs

Brenda:

bbartosz@southhadleyma.gov

Activities, Crafts & Volunteers.

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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JULY 2020– MEMORIAL DONATIONS & OTHER DONATIONS

We are sincerely grateful for all the donations to the South Hadley COA in support of 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.)

In Memory

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Kathy Gallivan
Wally & Nancy Czabaj
Chris & Bob Gondek
Janice Faginski
Alice McGuire
Eileen & Fred Roach
Jack & Mary Urekew
Cheryl Bray
Susan & Brian Emmett

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BILL BIELANSKI

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River Mills Assisted Living at Chicopee Falls



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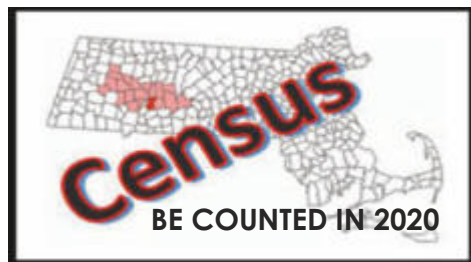




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The South Hadley COA Gift Funds are used to provide services, programs and activities for South Hadley older adults and are not part of the Town's operating budget for the COA
Please make checks payable to **"South Hadley Council on Aging"**
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The 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
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