

# 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 senior center remains closed to the public. The staff is available by phone and email.  
Call 538-5042.



**Please let us know if you need help filling out your Census 2020 Form. call 538-5042.**



**Moo-licious Curbside Pickup!!**

The Ice Cream Truck from Moolicious

Farms in Southwick, MA will be here to hand out a sweet summer-time treat on **Wednesday, Aug. 19th between 1pm to 2pm** pick up your ready-to-eat treat bag containing a bowl of chocolate, strawberry & vanilla Ice Cream with a waffle cone and rainbow sprinkles !

**Call 538-5042 to register by Aug. 17th.**

No substitutions.



**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.

**Zoom Participants Needed for Two Channel 15 Events: Falls Prevention/Home Safety & Decluttering and Organizing Your Home**

The COA will offer more interactive programming on Channel 15. We would like five COA members to participate in presentations on Zoom. We will record them in August and they will air in September. We know your participation adds a whole new dimension to these offerings. Your questions and your familiar faces make the experience more exciting and interactive for those watching at home. If one of these topics interest you, please call the COA or contact Kerry at [KOu-imette@SouthHadleyMA.gov](mailto:KOu-imette@SouthHadleyMA.gov)



**ATTENTION HOME MEALS ON WHEELS CLIENTS!!**

**Stay Home, Stay Safe** Bags will be delivered to our Home Meals on Wheels Clients  
**Tues.— Fri.. August 25th-28th**  
Please call 538-5042 to reserve you bag of shelf stable foods.

If you are able to pick up your bag during our curbside service on Tuesday at 10am, please let us know.

The reusable bag contains shelf stable food items such as canned soup, cereal, Carnation Instant Breakfast, macaroni & cheese, shelf stable milk, toilet paper and hand sanitizer.

Additional treats and puzzle books compliments of our Friends of the South Hadley Seniors



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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](mailto: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 Neft (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](mailto: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](mailto: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](mailto: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.

## NEW SENIOR CENTER CONSTRUCTION PHOTOS



## SERVICES & PROGRAMS



**Alzheimer's Caregiver Mutual Support Group: 1st. & 3rd. Thursday of the month @ 10 a.m., 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 other memory loss illness.

Members share personal experiences (or not) and offer one another emotional comfort and moral support.

The benefits of participating in this group include feeling less lonely, isolated or judged. The group is open to new participants. Call or email Leslie for the phone/ZOOM link. New participants welcome.



**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 Meeting: 2nd Tuesday of the month, 10-11:30 a.m. BY PHONE: CONFERENCE CALL** Call Ann for information @ 538.5042 New participants welcome.



**"check-in" phone call.** Sign up to have a senior center staff member call you weekly to just 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@southhadley.ma.gov](mailto:lhennessey@southhadley.ma.gov)



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



**HELLO FRIENDS Note cards! :** Some people think mailing a notecard to a friend is a lost art, but not to this group of volunteers. This volunteer run program is all about "keeping in touch the old fashion way!" Do you know someone who would like a friendly note to brighten their day? Let us know; we'd be happy to send some cheer their way!!

## SOUTH HADLEY NEWS

### SOUTH HADLEY TRANSFER STATION OPEN BY APPOINTMENT & PRE-PAYMENT ONLY.

New hours of operation: Tues. through Sat. from 8 a.m. to 3 p.m. Closed daily between 12 and 1 p.m. Residents will need to book a time **ON LINE to use the facility** Online prepayment is now required. [www.southhadley.org](http://www.southhadley.org)



### DO YOU NEED GREEN TRASH BAGS?

The Town of South Hadley will **deliver** green trash bags to residents. Please go to [www.southhadley.org](http://www.southhadley.org)



### NEWS FROM THE SOUTH HADLEY PUBLIC LIBRARY

Services from the South Hadley Public Library & Gaylord Memorial Library continue to gradually expand as we safely navigate new guidelines and procedures. This month brings four new offerings: lobby pickup service, home delivery, virtual program registration, and online library card applications!

**Lobby service** is available at the South Hadley Public Library, Mon. through Fri. from 9:30 to 5:00pm.

Items can be requested online or by phone and patrons will be contacted when the materials are ready for them.

**You must wear a mask when visiting the library.**

Call: 538-5045, or [shadleylib.org](http://shadleylib.org)



**South Hadley Plastic Bag Ban is now in Effect**

## A MESSAGE FROM LESLIE

Can you believe it is August!

It's hard to believe it's been 5 months since we closed the senior center and cancelled all of our lunches, activities and programs on-site. While it was not a decision we ever thought we'd have to make, we did it to slow the spread of COVID-19 and protect our senior community. For those same reasons, the senior center will remain closed for the foreseeable future. Although the COVID-19 pandemic has impacted our daily lives and altered how we provide many of our core services, the South Hadley Council on Aging is still here for you.

As you can see from the content in this newsletter, we have been busy adapting our programs and activities to virtual and telephonic platforms in order to meet the needs of our seniors during this "new normal" period of life. We have been fortunate to work with Dan Pease, at South Hadley Community Television, who has been terrific about posting our entertainment events on Channel 15.

In August, we will have a curbside pickup and delivery of Stay Home Stay Safe bags for all of our Home Meals on Wheels Clients. We do not have a current list of all of the HMOW clients in South Hadley, so please call the office and register for a bag.

Progress on the new senior center is moving right along. Construction of the building foundations, below grade insulation, and waterproofing is complete. The structural steel was delivered to the site earlier this week, and they are currently erecting the structural steel frame. The installation of the site drainage structures and piping has started, but is on hold until the structural steel is complete. Drive by and take a peek! ~ Leslie

## BEAT THE HEAT



### Tips to Beat the Heat &

### Stay Safe from AARP

- Stay indoors & in air conditioning as much as possible
- Avoid strenuous activities midday
- Take frequent breaks when working outdoors
- Drink plenty of fluids, but avoid alcohol, caffeine, & sugary drinks
- Eat small, frequent, light, & balanced meals
- Arrange for check-ins twice daily
- Check with your doctor before increasing your salt intake
- Check with your doctor regarding how your medications may interact with sun and heat
- Cover your windows that receive sun
- Wear a wide-brimmed hat, sunblock, & light colored, loose fitting clothes
- Keep bottles of water in your freezer. If the power goes out, you can move them to your refrigerator.
- Warning signs of heat stroke include: Feeling dizzy, faint, or nauseous; cramps in the arms & legs; a fast, weak pulse; an above normal body temperature
- Move to a cool location, rest for a few minutes, & slowly drink a cool beverage if you experience warning signs. Contact your doctor if you do not feel better.

## TRANSPORTATION



### 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

**Did you know that each of your Amazon purchases can help support the Friends of the South Hadley Seniors by using the AmazonSmile giving program? Sign up TODAY at [SmileAmazon.com](https://www.smile.amazon.com)!**

How to sign up for AmazonSmile:

1. Go to [smile.amazon.com](https://www.smile.amazon.com)
2. Sign in with your [Amazon.com](https://www.amazon.com) credentials
3. Select "Friends of the South Hadley Elderly, Inc"
4. Start Shopping

*Please remember that each time you shop at Amazon you will need to sign in through [SmileAmazon.com](https://www.smile.amazon.com) for the Friends to receive the donation. This program does not cost you any additional money but is a donation that Amazon makes on your behalf. Amazon donates 1/2% of your purchases to the Friends each time you shop at Amazon. The Friends would like to thank you for considering us as your Amazon charity of choice.*

## SOCIAL SERVICES & ANN'S CORNER



**Brown Bag Program for Seniors** 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 and provides a **FREE** bag of healthy groceries once a month. 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](mailto:aandras@southhadleyma.gov)** The following are the income requirements

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

### RMV UPDATES

**The Registry of Motor Vehicles has extended licenses that expire between March and August.**

Due to the pandemic, the Massachusetts RMV has taken measures to reduce customer visits in our Service Centers. Even though the card in your possession displays your expiration date that has passed or soon to pass, the RMV system has been updated to reflect the new expiration date. In addition, the federal government announced a revised **REAL ID** deadline of **October 1, 2021**. Most licenses can be renewed online. If you are a AAA member you can make a reservation to renew your ID at a AAA location. If you renew for a "standard" Massachusetts drivers license or ID card online between June 12 and August 12, 2020, **you will be able to upgrade to a REAL ID if you need it in 2021 at no additional charge.**



### The Social Service Office 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.

**2020/2021 Fuel Assistance season:** At this time we do not have any current information regarding the upcoming fuel assistance season. Typically in mid to late August those households who heat with oil will begin receiving their recertification packet. If you have been approved for fuel assistance in the past, please watch your mail for any information. I will do my best to keep you informed of any changes. If you are interested in applying for the first time and have general questions about how to apply and how fuel assistance operates, please call Ann at 538.5042.

**REMEMBER** the official start of fuel assistance is **November 1st**

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## NUTRITION PROGRAMS



**SNAP NEWS:** 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



**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.
- All meals are low sodium. Meal options include: a cardiac meal or a diabetic meal.



**Neighbors Helping Neighbors, Inc: 30 Carew St., S. Hadley: Call 413-437-7593**

**info@nhnfoodpantry.** • Fast, friendly service. Home delivery. 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.
- Pantry hours are Wednesdays: 12:30 to 3:30 & 6:00pm to 7:30pm. Saturdays: 10:00am to 12:00pm

## TRIAD NEWS

### Community Programs to meet the safety needs of South Hadley Seniors

#### House Numbering Program

This program provides high visibility house number signs for residents. The signs help emergency responders locate your home quickly. The green signs with reflective numbers are installed by Fire District 1 or 2. Ask for the House Numbering Program. District 1: 532-5343; District 2: 534-5803

#### Residential Box Program

The lock box is a small secure box that is keyed to a master key. The master key is held by both Fire Districts and is on their ambulance and fire trucks. When an emergency call comes in, the responding fire fighter or paramedic can open the lock box and gain quick access to offer assistance in an EMERGENCY. Call the COA for an application



**The state-funded Home Modification Loan Program (HMLP)** provides loans to make modifications to the primary, permanent residence of elders, adults with disabilities, and families with children with disabilities. Such modifications allow people to remain in their homes and live more independently in their communities. All borrowers are eligible for a 0% interest, deferred payment loan. The loan will not require monthly payment and payment is required when the property is sold or has its title transferred. A landlord may be eligible for 3% amortizing loans. This program offers homeowners loans from \$1,000 up to \$50,000. Examples of eligible modifications include: ramp and stairlift installation, widening doorways, walk-in shower/tub unit installation, and building accessory dwelling units. **Call the Pioneer Valley Planning Commission at 413-781-6045, or [www.pvpc.org](http://www.pvpc.org) TTY/TDD: 413-781-7168**



I would like to thank the following volunteers for being so thoughtful and cheerful to make someone else's day a little happier!

*Karen Buscemi, Mary Boulais, Carol Deren, Helen Getty, Helen Kensick-Black, Dottie Kelly, Jane Tardif and Suzanne Picard.*

These fabulous ladies give their time (even while at home) and put a smile on a seniors face by writing and sending out "Hello Friend" note cards. I hope the recipients of these special cards enjoy reading them as much as our volunteers enjoy writing them.

### 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 THE SOUTH HADLEY SENIORS 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 Friends of the South Hadley Seniors

FRIENDS OF THE SOUTH HADLEY SENIORS. To the New Senior Center Building Fund

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Address \_\_\_\_\_

*Enhancing the lives of  
South Hadley's Senior  
Community*

If you would like an acknowledgement sent to family: (Required: Name, address & relationship to deceased)

Name: \_\_\_\_\_ Address: \_\_\_\_\_

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

Edward & Kathleen Kopec Ruth Cowan Yvette Bernard in memory of Gladys Protz Natalie Klimczyk in memory of Sophie Gazda Debra Geraghty in memory of Sophie Gazda Dick & Janet Stawasz in memory of Sophie Gazda Vicky Pelletier in memory of Shirley Ann Burdzy Jane Tardiff in memory of Shirley Ann Burdzy The Canasta Group in memory of Jeanne Peloquin (Anna Wood, Carol Deren, Donna Robideau, Virginia Wright, Nancy Henry, Jean Lambert, Dee Martin, Kay Washburn, Giovana Hebert)

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### Brenda's South Hadley COA Word Search

Fun	Fitness	Friends	Volunteers	Groups	Lunch
Newsletter	Support	Cornhole	Concerts	Crafts	Picnic
	Social	Travel	Activities		



### 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. Please contact Kim at [ksprough@me.com](mailto:ksprough@me.com).



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Each month during quarantine I will include a word search puzzle in the newsletter. All participants who complete the puzzle and mail back to St. Theresa's Parish (attn: Brenda) will be entered for a \$10 gift card to a local business (Don't forget to write your Name so you can win)  
Hope you have fun finding the words and don't forget to drop it in the mail for a chance to win! Good Luck!!!!

# 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

## Council on Aging Staff

Leslie Hennessey, Director  
Lisa Napiorkowski, Asst. Dir.  
Ann Andras, Social Service Coord.  
Billy Poe, Food Service Coord.  
Kerry Ouimette, Program Coord.  
Brenda Bartosz, Activities Coord.  
Ken Dawley, Minibus Driver

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Linda Young  
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## Friends of the South Hadley Seniors

Kim Prough, President  
Janet Stawasz, Vice President  
Jackie Chartier, Treasurer  
Kathleen Kennedy, Secretary

## Need to talk to a COA staff member??

Call 538-5042 or email:

**Leslie:**

[lhennessey@southhadleyma.gov](mailto:lhennessey@southhadleyma.gov)

**Lisa:**

[lnapiorkowski@southhadleyma.gov](mailto:lnapiorkowski@southhadleyma.gov)  
Accounts, newsletter & transportation

**Ann:** [aandras@southhadleyma.gov](mailto:aandras@southhadleyma.gov)  
Social Services & Outreach, Brown Bag & Scholarship programs

**Kerry:**

[kouimette@southhadleyma.gov](mailto:kouimette@southhadleyma.gov)  
Program Coordinator for online classes & programs

**Brenda:**

[bbartosz@southhadleyma.gov](mailto:bbartosz@southhadleyma.gov)  
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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.

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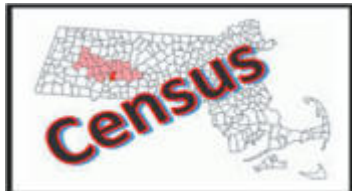




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