

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.

Wear a Mask *And* Practice Physical Distancing

Stay Home, Stay Safe Bags

Curbside & Delivery

Tuesday, September 22 10am to 11:30am

Please call 538-5042 to reserve your bag . The bag contains shelf stable food items such as canned soup and fruit, cereal, macaroni & cheese, shelf stable milk, toilet paper and hand sanitizer. Additional treats are compliments of The Friends of South Hadley Seniors.



A word from Leslie ...

Now is the time to prepare for the fall & winter months!

When the senior center suspended the weekly Congregate Nutrition Program on March 13, 2020, we turned to WestMass ElderCare with our concerns for our daily, lunch participants. Without hesitation, WMEC expedited their open enrollment system and started delivering a daily meal to any seniors who requested one. Currently, the Home Meals on Wheels drivers deliver to 171 South Hadley residents. The South Hadley Senior Center will remain closed for the foreseeable future, we know there are more seniors in need of the HMOW program and as we prepare for the fall and winter months ahead, we urge you to call and sign up for this resource.

538-9020

Ask for Intact & Referral.

To view the monthly menu for the HMOW program go to www.wmeldercare.org Click on: **Services & Programs** Click on: **Nutrition Program**. Look for HMOW menus for Holyoke, Chicopee, Ludlow, Granby and Ware

CENSUS UPDATE

The deadline to register for the 2020 Census is Sept. 30th.

- ~ Census Intake Workers will be making home visits throughout September.
- ~Census workers will only visit the homes of those individuals who have not responded to the 2020 Census.
- ~ Census workers will carry a valid ID badge with their photograph, a U.S. Department of Commerce watermark, and an expiration date. Census workers may also carry Census Bureau bags and other equipment with the Census Bureau logo.
- ~ All Census workers will stay physically distanced during the intake process and wear a mask at all times. Go to: www.2020Census.gov



BOOK CLUB is BACK!

PHONE-IN or ZOOM

4th Wed/of month at 2:00 PM

1st meeting: September 23rd

September Selection:

An American Marriage
by Tayari Jones

Library Curbside/Lobby Pick-up!

The COA is partnering with the **S.H. Public Library** to select and provide accessible books that lend themselves to great book club discussions. The library will provide **large print, audio, and E-books**, in addition to regular copies of our book selection each month: curbside & lobby pickups available. Kerry will kick off and facilitate the club; however, we are looking for a member to facilitate. Call 538-5042 or Contact Kerry @Kouimette@southhadleyMA.gov



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South Hadley COA - South Hadley, MA 06-5294

WEEKLY VIRTUAL & TELEPHONE PROGRAMS (CONTINUED ON NEXT PAGE)

All virtual programs and activities are FREE for South Hadley COA Members

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. Deep relaxation is heavy in the rotation of practices offered.

Tuesday and Thursday at 10:30 AM: Fitness Basics with Lindsey: Half-hour class (Zoom)

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

NONE in SEPTEMBER 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.

Tuesday 2:00 to 3:00 PM: Social Singalong for Every Voice with Kerry (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.

NEW SERIES: Wednesday 10 to 11 AM (9/16 - 10/21) 6 Weeks of Gentle Yoga Michele (Zoom)

Join Michelle from Serenity Yoga for this special 6 week series. No cost. Please email Kerry at KOUimette@SouthHadleyMA.gov to register and for payment instructions.

Wednesday 9:30 to 11:00 AM: Creative Collage w/ 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)

Sit back and relax and reminisce with Brenda about different topics every week. Brenda starts with a topic that she picks draws from out of many, and you all contribute your memories and snapshots in time.

1st & 3rd Thursdays 9:15 to 10:AM: Game Day with Brenda (Zoom with Phone In)

Join your Host, Brenda, to play various games. Brenda chooses different games from month to month.

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!

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

Thursday 10:15am: Seated & Standing Yoga with Elizabeth Neft (Zoom) CLASS IS FREE TO ALL SOUTH HADLEY COUNCIL ON AGING MEMBERS

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

NONE in SEPTEMBER: 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.

HOLYOKE YMCA FITNESS PARTNERSHIP with THE COA for FREE REMOTE CLASSES (Zoom) Monday, Wednesday, & Friday at 9:00 AM: Join Davi on Monday for Gentle Yoga (45 minutes) and on Wednesday and Friday for Active Older Adults, aka AOA (30 minutes). Contact Kerry at kouimette@southhadleyma.gov to sign up. This offering is made possible thanks to the Holyoke YMCA.



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.

NEW SERIES, NEW PARTNERSHIP PROGRAMMING, & EVENTS ON THE HORIZON



GENTLE YOGA

With MICHELE LYMAN

FREE 6 WEEK REMOTE SERIES

Wednesdays at 10:00 AM

Sept. 16th to Oct. 21st



FREE REMOTE FITNESS

With DAVI courtesy of the
HOLYOKE YMCA

At 9:00 AM

Mon. (45 min.) Gentle Yoga

Wed. (30 min.) AOA Fitness

Fri. (30. min) AOA Fitness

To enroll: Contact Kerry @

Kouimette@southhadleyMA.gov

PAINT & SIP

On CHANNEL 15
and HOME ARTIST BAGS
Coming in October

The COA will supply you with the materials that you need to join in at home for a seasonal painting in two sessions. Step by step instructions and visuals are provided. You provide the beverage of your choice from the comfort of your home. These materials can be used for other art projects with the COA that are on the horizon. Paint brushes, canvas, paints, & more are included.

If you are interested in receiving a home artist bag please call 538-5042 or email Kerry at

Kouimette@southhadleyMA.gov

HOME SAFETY AND FALLS PREVENTION

On CHANNEL 15

With Dr. Laura Graves

From Western New England
University

Join Occupational Therapist and OT Doctoral Program Professor, Laura Graves, to learn more about how to age in place safely and specifics on bathroom safety and falls prevention..

Look for Dr. Laura Graves on Channel 15 throughout September and into

October or go to:

<https://shctv15.com> to see a listing of programs.

SOCIAL SERVICES & SUPPORT PROGRAMS



Alzheimer's Caregiver Mutual Support Group: @ 10 a.m., **ZOOM & PHONE IN.** Facilitated by Leslie Hennessey, Director of the COA. **No Group on Sept. 3rd.** 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@southhadleyma.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, 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!!

NEW SERIES, NEW PARTNERSHIP PROGRAMMING, & EVENTS ON THE HORIZON



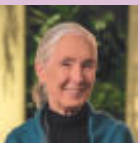
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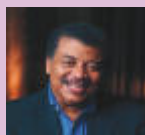
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**NEWS FROM THE SOUTH
HADLEY PUBLIC
LIBRARY**

The South Hadley Public Library continues to explore ways to deliver services, programs, and materials in a safe and accessible manner. Items can be requested online or by phone and patrons will be contacted when the materials are ready for pick up

Please see the front page for information about COA Book Club. The library will be assisting with book selections and providing materials for participants.

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

Call: 538-5045, or shadleylib.org

MEAL AND FOOD ASSISTANCE PROGRAMS

WE CAN HELP

WestMass ElderCare (WMEC)

WMEC will provide weekly meals through their Home Meals on Wheels Program. Qualifying seniors can get weekend meals.

Call 413-538-9020, Ask for Information & Referral

To view the monthly menu for the HMOW program go to:

www.wmelder-care.org Click on: Services & Programs, Click on: Nutrition Program, Click on: HMOW menus for Holyoke, Chicopee, Ludlow and Granby

Neighbors Helping Neighbors Food Pantry

Call the pantry at: 413-437-7593.

Online: info@nhnfoodpantry.org

Curbside pickup * Delivery Service * Quick enrollment

Pantry hours are : Wednesdays: 12:30 to 3:30 & 5:30 to 7:00pm

Saturdays: 10:00am to 12:00pm

WEEKEND MEALS prepared and delivered to homebound older adults in South Hadley

Take and Eat, Inc., People Feeding People Program.

The meals are prepared and delivered by the faith-based communities in S. Hadley either on Saturday or Sundays **each** weekend of the month.

The meals are provided free **of charge to the recipients.**

To qualify for this program, a South Hadley resident must be: **60 years of age and up are homebound and unable to shop, drive, prepare meals, or have mobility issues, etc.**

“We All Need Help Sometime”....As the COVID 19 Pandemic continues to impact our own community as well as the entire world, the need to support our Seniors is very much on our minds at the Senior Center. The financial burden has especially impacted the elder population. In keeping with our efforts to assist our South Hadley Seniors who are struggling and coping with the loss of their independence, financial stability and even the loss of a loved one, we are offering two of our assistance programs that are typically available only at holiday time. For some of you these programs and how they operate might be new to you. Let me explain:

“Lights On” is a program where we use donated funds (The funds are available through the generous donations made to our COA Activity Gift Account.) to make a payment on your electric bill. Even if you currently have fuel assistance or have previously been a fuel assistance client you can qualify. The confidential payment is made directly by us to South Hadley Electric. The amount of the payment is determined by the number of requests that we receive.

The “Gift Card” program offers applicants a grocery store gift card. Currently we are offering cards to Big Y or Walmart. These cards can be redeemed by shopping in person or online. Again, the value of the gift cards are determined by the number of requests we receive. Similar to Lights On, the funds are available through the generous donations made to our COA Activity Gift Account.

For additional information and/or to request assistance for these programs, please call Ann @ 538.5042 or email aandras@southhadleyma.gov



Caregiver Respite Grant

The South Hadley Senior Center is pleased to announce the creation of the Caregiver Respite Grant. This grant will provide financial support for up to, 16-20 hours of paid respite support.

Caring for a loved one with Alzheimer's Disease, dementia or any other memory loss illness can be a challenge. The “stay at home” protocols due to COVID 19, have added to additional isolation and caregiver fatigue. This grant is made possible by donations of South Hadley citizens, local businesses and by the fundraising of the Koske Family. Please call Ann at 538-5042 or email: aandras@southhadleyma.gov



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. Call Paul Burns at **413-732-6248**

SOCIAL SERVICES & ANN'S CORNER



BROWN BAG PROGRAM FOR SENIORS

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 The following are the income requirements

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

FUEL ASSISTANCE SEASON

2020/2021 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.**

For those of you who require assistance with your recertification paperwork, I am in the process of creating an informational for your local channel 15 to show a step by step process of applying. Please watch for additional information. **AN IMPORTANT REMINDER: DO NOT SEND YOUR APPLICATION BACK TO COMMUNITY ACTION WITHOUT COLLABRATING DOCUMENTS, THIS WILL RESULT IN A DELAY OF PROCESSING YOUR APPLICATION.**

2020/2021 ELIGIBILITY GUIDELINES

Number of People in Household	Income
1	\$39,105
2	\$51,137
3	\$63,169

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THE FRIENDS OF SOUTH HADLEY SENIORS

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 Seniors

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Community*

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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)

NEW SENIOR CENTER UPDATE & CONSTRUCTION PHOTOS

Building Update: The structural steel frame is complete and the flat roof decking has been installed. They are completing the installation of the underslab plumbing and electrical, and have started to prepare the floor slab for the concrete placement.

The concrete placement is scheduled to begin the week of August 17. The installation of the roof trusses and sloped roof decking will occur after the slab is poured.

Top photos R to L: Roof Trusses
Bottom Row R to L:
Installed underslab plumbing.
Kitchen Area. Waste piping is in process, waiting for the grease trap.
Installed underslab conduits at the Electrical Room





\$3 Mums for South Hadley Seniors

Sponsored by The Friends of South Hadley Seniors & Hill Top Farms

Bring this coupon to Hill Top Farms to purchase 9" mums for \$3 ea (limit of 3). Must have this flyer to receive special. Max of 3 at the \$3 price and additional 9" mums can be purchased for \$6 ea.

Valid September 24-26 from 11am-2pm only.

Hill Top Farms, 274 Amherst Rd

Instructions: Drive up the road and stay to the left to the barn. No touch delivery to your car. Payment can be made via cash or check (payable to Hill Top Farms).

MUM SPECIAL JUST FOR OUR SENIORS

In honor of September being National Senior Center Month and our own Senior Center, the Friends have a special mum promotion just for you. From Thursday, Sept 24th thru Saturday, Sept 26th, between the hours of 11am to 2pm, stop by Hill Top Farms (274 Amherst Rd) in South Hadley to purchase a discounted 9" mum for only \$3 each. A maximum of 3 mums can be purchased at the \$3 price and additional 9" mums will be available at the regular price of \$6 each.



Bring the coupon to Hill Top Farms to redeem this special offer. Please wear a mask as you drive up the driveway and stay to your left. Drive to the barn where the mums will be. Someone with a mask on will be there to greet you. You don't need to get out of your car. Simply state what color(s) you would like and the mums will be loaded into your car for you. Payment can be made via cash or check (payable to Hill Top Farms).



WOW! Over 300 people enjoyed the Senior Sundaes at McCray's in July. We are thrilled with the response and will continue to look for ways to support South Hadley's Seniors. Be sure and check out this month's mum special.

COA Staff Names

K	B	I	L	L	Y	X	A	M	D	D	A	S	B
J	Z	T	R	T	S	J	I	R	Q	L	P	Z	A
G	N	A	P	I	O	R	K	O	W	S	K	I	R
C	A	H	E	N	N	E	S	S	E	Y	E	U	T
G	J	Y	E	W	L	J	G	R	L	J	C	U	O
C	C	K	E	N	X	N	B	B	A	W	M	R	S
A	Y	B	R	E	N	D	A	W	L	E	Y	K	Z
P	I	M	A	R	V	I	E	D	S	T	V	F	U
Y	J	F	N	O	S	L	E	S	L	I	E	P	W
R	Q	A	D	O	U	I	M	E	T	T	E	S	O
S	M	U	R	H	X	B	Q	P	O	E	B	N	Q
M	L	L	A	Z	N	C	K	H	A	X	Y	C	G
P	R	A	S	L	I	S	A	Z	V	S	A	N	N
C	N	K	E	R	R	Y	Z	Y	Y	M	W	H	H

LESLIE LISA KERRY ANN BRENDA BILLY KEN
HENNESSEY NAPIORKOWSKI OUIMETTE ANDRAS
DAWLEY BARTOSZ POE



WOODLAWN SCHOOL BRICKS – A Piece of History

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.



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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) Don't forget to drop it in the mail for a chance to win!

Good Luck!!!!

August's Winner:

Wendy Williams!!

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

The COA Needs You!

Do you live in South Hadley and have an interest in the wellbeing of seniors in the community?

Are you a senior and want to influence the direction of senior ?

If you've answered 'yes' to either one or both of these questions, please consider joining the Board of Directors for the SHCOA.

Currently, there are two positions open on Board. Apply online at:

<https://www.southhadley.org/FormCenter/Selectboard-4/Application-for-Appointment-to-Board-Com-44>

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

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.

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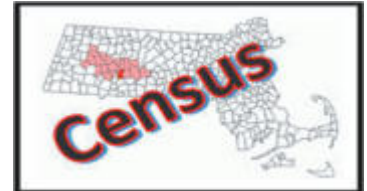




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