

# 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.



### Stay Home, Stay Safe Bags...get your Halloween on!

Spooky Curbside pick up & Delivery  
Tuesday, October 27th 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 .

Additional treats are compliments of The Friends of South Hadley Seniors.  
\*\*Masks are required during curbside pickup and social distancing must be observed per state guidelines.

### TRANSPORTATION UPDATE



PVTA is partnering with the South Hadley Council on Aging to ensure access to shopping, medical appointments and other community needs during these difficult times.

PVTA has expanded Dial-A-Ride (door to door) service across our service area and provides service to adults 60 and over Monday through Friday between the hours of 6:30 AM and 5:00 pm

Trip fees range from three to five dollars each way depending on your exact pick up and drop off locations. **The South Hadley Council on aging will subsidize half the cost of these trips if you purchase tickets directly from the Council on Aging**

Trips can be booked up to one week in advance but must be booked at least one day in advance

To book a trip please call 413-739-7436 and speak to a reservationist. If this is your first time using the service you will need to complete a brief application process over the phone prior to booking your first trip.



**PAINT & SIP (2 part series) airs on CHANNEL 15 & ZOOM PAINTING SOCIAL on Fri. Oct. 30th @ 1 PM to 3PM: Autumn Natural Scene Includes HOME ARTIST BAG \*(\$25 value) for 15 people**

**Curbside Pick-Up at COA Oct. 5th - Oct. 9th (call 538-5082)**

**With Artist/Instructor Christine Carbanara Channel 15 Airings:**

Part 1 10/13 @ 10 AM, 10/19 @ 1 PM, 10/27 @ 3 PM & 11/4 @ 6 PM

Part 2: 10/15 @ 10 AM, 10/21 @ 1 PM, 10/29 @ 3 PM & 11/6 @ 6 PM

**Home Artist Bags include:** Three brushes (#10,6 & 1), 12 color acrylic paint set & extra white paint, canvas easel backings, and 2 11X14 stretched canvases.

If you are not one of the 15 (1st come 1st served) who get a bag, you can purchase materials yourself or use what you already have to join in. 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. You can watch on Channel 15 (part 1, then part 2), or you can join us for a Social Workshop streamed via Zoom. On Zoom, we can see each other and chat while we follow along with Christine's pre-recorded instruction. If you are interested in the Zoom Social, contact Kerry at [@Kouimette@southhadleyMA.gov](mailto:@Kouimette@southhadleyMA.gov) \*There is no fee for the Home Artist Bag, but a donation of \$10.00 is suggested to support the program.



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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 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: 45 minute class (Zoom)**

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

### **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](mailto: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!

### **Thursday 10:15am: Seated & Standing Yoga with Elizabeth Nett (Zoom)**

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

**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](mailto:kouimette@southhadleyma.gov) to sign up. This offering is made possible thanks to the Holyoke YMCA.



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



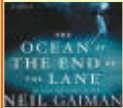
### HOW TO SIGN UP FOR REMOTE ACTIVITIES

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.



### BOOK CLUB is BACK! PHONE-IN or ZOOM: 4th Wed/of month at 2:00 PM on October 28th

*The Ocean at the End of the Lane* by Neil Gaiman  
Library Lobby & Contactless Pick-up Available

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 along with book discussion questions: 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](mailto:Kouimette@southhadleyMA.gov) by Tues. Oct. 27th



### DELICIOUS PUMPKIN BREAD & BABY PUMPKIN BAGS CURBSIDE

Thursday, October 22nd  
10:00 AM to 11:00 AM

To reserve for your contactless & masked pick-up: call 538-5042 by October 19th

Incorporate a little fall fun into your October with some pumpkin bread and a little pumpkin cheer. Our COA Staff loves it when you come by and honk, wave, and roll down your window for a distanced hello. **Please remain in your vehicle as we place your festive bag into your car's back seat or the trunk of your car.**

## PARTNERSHIP PROGRAMMING

### HOME SAFETY AND FALLS PREVENTION

On CHANNEL 15

With Dr. Laura Graves  
From Western New England University

Aging in Place

10 AM on October

8th, 13th, 15th, 20th, & 23rd

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 October into November .



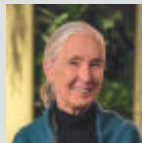
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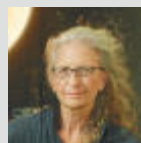
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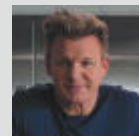
To receive your access, contact Kerry at [kouimette@southhadleyma.gov](mailto:kouimette@southhadleyma.gov)



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## SOCIAL SERVICES & SUPPORT PROGRAMS



**Alzheimer's Caregiver Mutual Support Group:** On the 1st & 3rd. Thursday of the month at 10am. **ZOOM & PHONE IN.** During our October 1st meeting, Season Bryant from MercyLife will join us via Zoom to discuss their Mercy Pace Program. This is a mutual support group for caregivers of loved ones with Alzheimer's Disease, dementia or any other memory loss illness. The benefits of participating in this group include feeling less lonely, isolated or judged. 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** 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](mailto: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.



**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?

**Caregiver Respite Grant:** The COA is pleased to announce the creation of the Caregiver Respite Grant. This grant will provide financial support for 16-20 hours of paid respite support. Caring for a loved one with a memory loss disease can be a challenge and the "stay at home" protocols due to COVID 19, have added to additional isolation and caregiver fatigue. This grant is made possible by donations from South Hadley citizens, local businesses and the Koske Family. Please call Ann at 538-5042 or email: [aadras@southhadleyma.gov](mailto:aadras@southhadleyma.gov)

## Flu Shot Information, Locations & Hours

**Most insurances cover your flu shot for free or at a low cost. Call your insurance company first. The following pharmacies offer walk-in flu shots, but you can call ahead.**

*Bring your insurance card with you.*

**Big Y Pharmacy, South Hadley:** (413)538-6178, 44 Willimansett Drive

Monday: 7 AM to 7 PM Tuesday - Friday: 8 AM to 6 PM Saturday & Sunday: 9 AM to 5 PM

**Stop & Shop Pharmacy, Holyoke:** (413) 536-1247, 28 Lincoln Street

Mon- Fri: 9 AM to 5 PM and Saturday & Sunday: 9 AM to 3 PM

**Walgreens, Chicopee:** (413) 493-1860, 583 James Street \* closed for lunch from 1:30 PM to 2:00 PM Monday - Friday: 9 AM to 9 PM Saturday: 9 AM to 6 PM & Sunday: 10 AM to 6 PM

**CVS, Chicopee:** (413) 532-3299, 1616 Memorial Drive. OPEN 24 HOURS 7 DAYS A WEEK

**CVS, Granby:** (413) 467-1650, 70 W. State Street Monday - Friday: 9 AM to 7 PM Saturday: 9 AM to 5 PM & Sunday: 10 AM to 5 PM





## A NOTE FROM LESLIE

Hello! We hope this finds you all well. We miss you all and hope you enjoyed the summer. The senior center will remain closed to the public for the foreseeable future, but the staff and I will be available by phone and/or email, Monday through Friday, between the hours of 8am to 4:30pm.

In order to meet the needs of our older adult community, we've increased some services of our in several ways: We are increasing the number of our Stay Home Stay Safe Bags (SHSS) to 150 bags. This program has been very well received and we have distributed and delivered 338 bags of shelf stable food items to seniors in South Hadley. The SHSS bags for October and November will contain additional information to assist you in preparing for the possibility of future statewide closures and stay-at-home recommendations. To support this program we are using monies from our COA Nutrition Fund. The fund is available because of the many local businesses, community members and COA members who have donated so generously throughout the years.

We want to support your physical and mental health during the pandemic, so throughout the fall and winter months, all of our virtual exercise classes will remain free of charge. We hope more members will join us for Seated and Standing Yoga, Tai Chi and Gentle Yoga with Michelle.

The number of South Hadley residents taking part in the Meals on Wheels Program continues to grow and we are thankful for the WestMass ElderCare Team and meal delivery staff who haven't missed a beat. If you need a daily meal, don't hesitate to call them at 538-9020 (ask for information and referral). Our monthly Brown Bag Program, which is provided through the Food Bank of Western Mass, has grown and we continue to add more clients to this service. (Call the center at 538-5042 to inquire)

We've partnered with PVRTA and their Dial-A-Ride program to provide transportation to seniors in South Hadley. We will be subsidizing the cost of **half the ticket price** in order to keep your out-of-pocket costs down. (see info on the front page)

We're increasing our Channel 15 offerings which will give you the option of participating in new programs via Zoom, or by watching them at your leisure on our community access station. Please check us out on Channel 15!

Finally, please remember there are scammers who will try to use the pandemic to get access to your personal information—**do not give out your Social Security Number, Medicare Number or bank account information.** Stay Safe and Healthy, Leslie

## 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.**

### PHARMACY

#### Drive Through Pick Up:

-CVS 70 West State St., Granby  
413 467-1659

-CVS 1616 Memorial Dr., Chicopee  
413 532-3299

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

**Big Y:** Delivery: Big Y  
44 Willimansett St. South Hadley  
(413) 538-6178

## SHINE OFFERS FREE, UNBIASED, KNOWLEDGEABLE ASSISTANCE WITH ALL OF YOUR MEDICARE CHOICES!

Are you confused by all of the information you're receiving on Medicare Advantage plans, Medigap plans and prescription drug plans? Overwhelmed with mailings and solicitations from insurance companies?

Are you concerned about making the right choice tailored to your specific needs?

The SHINE program is a federally funded, free health insurance counseling program for Medicare beneficiaries. We are staffed by highly trained, knowledgeable counselors who can offer you an unbiased review of ALL of your Medicare choices across all insurance companies and plan types offered in Massachusetts.

Whether you are new to Medicare, reviewing your prescription drug coverage, or seeking assistance with the high costs of health care, our counselors are ready to assist you. During the current COVID-19 pandemic, counselors are still available for one on one appointments, either by phone or via video conferencing. The easiest way to locate a counselor and book an appointment is to call your Senior Center at 538.5042.

To learn more about SHINE or to find a counselor in your area, we invite you to learn more about us at our website [SHINEMA](#). In addition, please check out our YouTube channel [SHINE-Massachusetts SHIP](#) where you can learn more about various programs available to Medicare beneficiaries. **We look forward to speaking with you at a SHINE appointment and to helping you navigate the confusing world of Medicare!**

## 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@southhadley.ma.gov](mailto:aandras@southhadley.ma.gov)**

Income Eligibility	
# Household Mbrs	Monthly Income
1	\$1,926
2	\$2,607
3	\$3,289

### FUEL ASSISTANCE SEASON

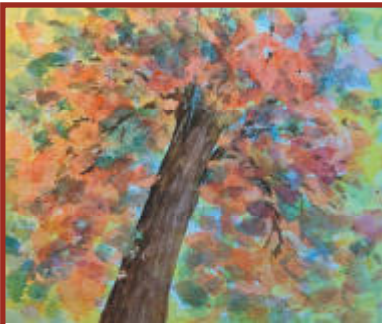
**2020/2021 Fuel Assistance season:** Recertification packets should be arriving soon! You may have already received a “postcard” from Community Action in Greenfield, informing you that your application will be arriving shortly. If you have been approved for fuel assistance in the past, please watch 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 currently working on an informational project with the help of Kerry Ouimette, COA Program Coordinator, 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 COLLABORATING DOCUMENTS, THIS WILL RESULT IN A DELAY OF PROCESSING YOUR APPLICATION.**

2020/2021 Eligibility Guidelines	
# Household Mbrs	Income
1	\$39,105
2	\$51,137
3	\$63,169



**Watercolors with Tina via Zoom on Thursdays at 10am.**

Watercolor student Lucia Foley's creation



**Creative Collage with Linda via Zoom**

“Art for Everyone “  
Wednesdays from 9:30am to 11am

# SUPPORT THE ADVERTISERS THAT SUPPORT OUR COMMUNITY

**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

**Neighbors Helping Neighbors Food Pantry**

Call the pantry at: 413-437-7593. Online: info@nhnfoodpantry.org

Curbside pickup \* Delivery Service \*

Pantry hours are : Wednesdays: 12:30 to 3:30 & 5:30 to 7:00pm Saturdays: 10:00am to 12:00pm

**WEEKEND MEALS :**

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

S. Hadley & Granby Program Participants: Immaculate Heart of Mary - Granby ("Warm Meals - Warm Hearts")

St. Theresa of Lisieux ("People feeding People")  
St. Patrick's Church and "Food For Friends" ( comprised of The Center Congregational Church, Our Savior Lutheran Church, The Church of Christ Congregational (Granby) and the United Methodist Church)

The meals are prepared and delivered by the faith-based communities in S. Hadley and Granby **each** weekend of the month. The meals are provided free **of charge**. To qualify for this program, resident must be: **60 years of age and up are homebound and unable to shop, drive, prepare meals, or have mobility issues, etc.** [www.takeandeat.org](http://www.takeandeat.org)

**WOODAWN 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](mailto:ksprough@me.com).

**FUN WITH THE FRIENDS**

Join in the Friends' fun Trivia Contest. Guess the answers to the questions below. **ALL entries will be entered into a raffle to win one of 3 gift certificates for two delicious cupcakes at Barstow's. Responses must be received by the end of Oct.**

**1. Why did your mom shop in stores that gave out Green Stamps with purchases?**

- a. So you could lick the backs, which tasted like bubble gum.
- b. They could be put in special books and redeemed for various household items.
- c. They were given to kids to be used as stick-on tattoos.

**2. Which longest-running daytime drama moved from radio to TV in 1952?**

- a. Days of Our Lives b. General Hospital c. Guiding Light

**3. In 1954, the law known as Brown v. Board of Education was passed. What did the law prohibit?**

- a. School segregation b. School sports c. Affirmative action

**4. True or False More than 50% of the people in the world have never made or received a telephone call.**

**5. In the 1950s what did kids think was the worst thing that could be caught from the opposite sex?**

- a. A Cold b. A Venereal Disease c. Cooties

Email answers to Gretta @ [gretta@comcast.net](mailto:gretta@comcast.net)  
Mail or drop off answers to the Friends at 9 E. Parkview Dr  
(Be sure to include your name & phone #.)

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

*The Friends would like to thank the following individuals for their generous donations to the Friends and the New Senior Center Fund.* Eileen Sullivan, Leon & Vicha Hajdamowicz, Robert Russell, Bill & Helene Jenkins, Eileen Halkyard in memory of Robert Sadler, Carol Ann Kayi in memory of Dr. Cengiz Kayi, Beverly Henneman in memory of Robert Henneman, Wayne Monat in memory of Norma J (Stiles) Monat

**FRIENDS OF SOUTH HADLEY SENIORS.**

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

In Honor, Memory or Appreciation of: \_\_\_\_\_ or

Donated By \_\_\_\_\_

Address \_\_\_\_\_

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

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

# BRENDA'S WORD SEARCH FUN



=



CONGRATULATIONS

**PAULINE CASEY**

YOU ARE SEPTEMBER'S WINNER!

**Brenda's Monthly Word Search**

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!!!!

Participate in both the Fun with the Friends Contest and Brenda's Word Search!

## Autumn Season

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

Mums  
Scarecrow  
Football

Apples  
Sweaters  
Harvest

Pumpkins  
Acorns  
Hayride

Halloween  
Cornucopia



## PUZZLE FUN

**Curbside pick-up**

**Edaron** in Holyoke, MA has donated **new** puzzles to the COA and we want to share them with you. **Call 538-5042** to pick-up a puzzle. We have 500 & 1000 pc. puzzles.

## NEW SENIOR CENTER UPDATE & CONSTRUCTION

**Building:** Installation of the roof trusses and sloped roof decking is scheduled to start the 1st week of September. Framing of the exterior walls will also be starting in early September.

**Site:** The water and fire protection water services have been installed and tied in at the street. They are working on the installation of the perimeter storm drainage. In early September, they will be tying in the sanitary lines to the sewer in the street.

## COA ASSISTANCE

**"Lights On"** funds are available through the generous donations made to our COA Activity Gift Account to make a payment on your electric bill. 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.

**Gift Card Program:** the Senior Center offers gift cards to Big-Y and Dollar General to any senior that is experiencing a hardship, either financial or medical. Call 538-5042



## RESOURCES

### 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

## TRIAD INFORMATION

### 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. Call for assistance: 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. In an emergency, the responding fire fighter or paramedic can open the lock box and gain quick access to offer assistance in an EMERGENCY. Call the COA 538-5042

## WE GIVE THANKS...

All Healthcare Workers  
S. Hadley Fire Districts 1 & 2  
S. Hadley Police Department  
West Mass ElderCare  
Neighbors Helping Neighbors Food Pantry  
The Friends of the South Hadley Seniors  
The South Hadley Public Library  
The Food Bank of Western Massachusetts  
The Holyoke YMCA & their fitness instructors  
Dr. Laura Graves, WNEU  
Ms. Eileen Burke, SHINE Coord.  
Big Y  
Edaron in Holyoke for the donated Puzzles!  
Our Volunteer Note Writers: Hello & Birthdays  
Our Virtual Program Facilitators  
Atkins Farm Stand &  
The Arbors in Chicopee

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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## OCTOBER 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.

### In Memory of

#### DOLLY CROSSLAND

Nancy Diaz  
 Scott Diaz  
 Jessica Diaz  
 Cynthia Rosson & Family  
 Janet Kriebel  
 Linda & Pete Craft  
 Carol Wenham  
 Diane Bagg  
 Marilyn & Wayne Gass  
 Marilyn Ishler  
 Kathleen (Katie) March

#### BRUNO PATRUNO

10th Anniversary)  
 Rita Patruno

#### SHIRLEY RUTH EISENSTOCK

Jim Eisenstock

#### PATRICK LABONTE

Carleen LaBonte

#### THERESA BOISJOLIE

William Boisjolie

#### ALAN ROOT

Judy & John Aronson

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

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**Assisted living certification process  
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## Get In On The Conversation



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 AuD., Doctor of Audiology  
**Joni Skinner,**  
 AuD., Doctor of Audiology

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**COUNCIL ON AGING 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 **Make checks payable to "South Hadley Council on Aging"**  
 Please specify in which gift account you would like your donation deposited. Donations that are not designated to a specific gift account will be deposited into a gift account at the discretion of the COA director. **\*\*Acknowledgements can only be sent to the address provided.**

\*In Honor or Appreciation of: \_\_\_\_\_ or  
 \*In Memory Of: \_\_\_\_\_ or  
 Donated By \_\_\_\_\_  
 Address \_\_\_\_\_

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

**\*\*If you would like an acknowledgement sent to the family: (Required: Name, address & relationship to deceased)** **Name:** \_\_\_\_\_ **Address:** \_\_\_\_\_  
**Relationship to deceased** \_\_\_\_\_

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