

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.



Veterans Day Appreciation Breakfast

Tues. Nov. 10th: 10am to 11am:

Curbside & Delivery

Call soon—Must have your RSVP

by Nov. 5th: 538-5042

We appreciate all of our South Hadley Veterans. Let us honor your service with *breakfast-to-go*.

Each bag contains a juice, bagel & cream cheese, danish, fruit cup, muffin and Coffee from Hamel's Catering.

Special appearances will be made by Fire Districts 1 & 2 and The South Hadley Veterans of Foreign Wars Post 3104

**Masks are required during curbside pickup and social distancing must be observed.

The PVTA & The South Hadley Council on Aging Transportation Partnership

PVTA's Dial-A-Ride (door to door) service van is available for transportation

Mon. - Fri. 6:30 AM and 5:00 pm
Trip fees range from \$3.00— \$5.00 each way depending on pick up and drop off locations. **The South Hadley COA will subsidize half the cost of your trip when you purchase tickets directly from the COA: Call us for ticket options: 538-5042** Trips can be booked up to one week in advance but must be booked at least one day in advance **To book a trip call 413-739-7436** 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.



Stay Home, Stay Safe Bags

Curbside pick up & Delivery

MONDAY, Nov. 23rd

10am to 11:30am

Please call 538-5042 to reserve your bag .

The SHSS bags are available for South Hadley Seniors only.

Each bag contains shelf-stable food items.

Additional items provided by donations made to the COA Activity Fund.

**Masks are required during curbside pickup and social distancing must be observed .



The Clutter Doctor

Unclutter Your Life & Start Living

Channel 15 (S.H. residents only)

11/12@ 10AM, 11/18@ 6PM &

11/23 1PM

Join The Clutter Doctor, Carleen Eve Fischer-Hoffman, as she gives you the tools to do some decluttering and organizing.

~Tips on how to start the process.

~How to determine what to keep

~How to store your things.

Tips & check list handouts available for curbside pick-up at the COA (20 copies available). For handouts: 538-5042 or email koimette@SouthHadleyMA.gov



Holiday Pies Curbside

Thursday, Nov. 19th

Pickup: 10am to 11am

To reserve: 538-5042 by Nov. 13th
We want to give thanks to our South Hadley Seniors by sharing an assortment of holiday pies with you.

We look forward to seeing you for a distanced hello and a smile in our eyes. Please remain in your vehicle as we place 2 pies in your back seat, passenger side or trunk.

This event is sponsored by Stop & Shop in Chicopee!



COA MESSAGE OF GRATITUDE & WAYS TO

PRACTICE GRATITUDE

On Channel 15: 11/13 @11 AM, 11/16 @3 PM, 11/24 @11 AM, 11/25 @6pm, & 11/26 @9 am

The COA Staff would like to share a message of gratitude with our Members and our greater South Hadley Community. Leslie, Lisa, Ann, Billy, Ken, and Kerry are thankful for all of you, and we want to share our gratitude with you. After we share our thanksgiving, Kerry (certified mindfulness yoga instructor) will share some ways that we can all practice daily gratitude whenever the mood strikes you.



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Debra Dufresne

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413-536-7232 office

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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



Our ZOOM ACCOUNT
is provided by the
Friends of
South Hadley
Seniors

Monday 10:00 to 11:00 AM: Tai Chi with Denise (Zoom)

Gentle flowing movements combined with slow, natural breath are both energizing and relaxing. Promotes health, balance, and well-being through repetition of movement.

Tuesday 9:00 to 9:45 AM: Mindfulness Practices with Kerry certified mindfulness yoga instructor (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 10:00 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 (11/18-12/23) 6 Weeks: Gentle Yoga w/Michele (Zoom)

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

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 & pictures, scissors, some glue or a glue stick, some paper, something to draw with (crayons, markers, pens...), & 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 the COA (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)

2nd & 4th Wednesdays 1:00 to 2:00 PM: COA Community Coffee Hour (Zoom with Phone In)

Join COA Staff Members & guests who are invested in our community. Chat about various topics that relate to our Seniors, the Council on Aging, and our greater community.

1st & 3rd Thursdays 10:00 to 11:00 AM: Game Day (Zoom)

Join your Host to play various games. Game choices will vary from month to month.

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

Thursday at 10:00am: Fitness Basics with Lindsey: (see Tuesday at 10:30 for details)

Thursday 10:00am to 12:00pm: Watercolor "Social" while Tina is on hiatus (Zoom) Participants will spend two hours with fellow watercolorists while our instructor Tina is on hiatus. Share your techniques & support one another in your creativity. Get your home artist space set up & share, chat & paint!

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.**

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



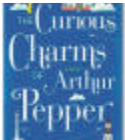
HOW TO SIGN UP FOR REMOTE ACTIVITIES

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 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! ZOOM/Phone-in
4th Wed/of month at 2:00 PM on Nov. 25th
The Curious Charms of Arthur Pepper
by Phaedra Patrick

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 facilitate the club; however, we are looking for a member to facilitate. **Call 538-5042 or Contact Kerry @Kouimette@southhadleyMA.gov by Tues. Nov. 24th**



MANAGING & STORING MEDICATIONS

A program on CHANNEL 15
With Lewis & Clark Pharmacist
Coming in December

Send us your questions

Get advice on how to manage and store your medications. If you have specific questions, you can mail them to the Senior Center (Attention: Kerry, 9 East Parkview Dr., South Hadley, MA 01075) or you can email your questions to Kerry at Kouimette@southhadleyma.gov before **December 1st**. If you watch, you will be entered into a raffle to win prizes. Those details will follow in December.

\$180 Value Grants

MasterClass.com through the SHCOA.
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MasterClass.com is proud to partner with the COA to offer No-Cost-All-Access Passes to the entire MasterClass platform for one year.

To receive your access, contact Kerry at kouimette@southhadleyma.gov



Jane Goodall



Neil DeGrasse Tyson



Chris Voss

HOLIDAY MEAL RESERVATION FORM

The Friends of the South Hadley Seniors are offering the following 2 meals to South Hadley Seniors:

Friendsgiving Turkey Dinner with all the fixin's – prepared by the Orchards' Golf Club on Nov 24 (\$5 ea)

Soup & Popover Meal – prepared by Smithsonian Café & Chowderhouse on Dec 16 (\$2 ea)

Yes, I'd like to reserve a \$5 Friendsgiving Turkey Dinner

Yes, I'd like to reserve a \$2 Soup & Popover Meal - Seafood Chowder or Turkey Chili (circle one)

Check is included (Payable to Friends of the South Hadley Seniors)

NAME: _____

ADDRESS: _____


PHONE: _____ Email: _____

Mail To: Friends of the South Hadley Seniors, 9 E. Parkview Dr or drop off at the COA.

Turkey Dinner reservations due Nov 16 / Soup & Popover reservations due Dec 9 NOTE: Meals are available to all South Hadley Seniors.


Delivery is available upon request.


SOCIAL SERVICES & SUPPORT PROGRAMS


 **Alzheimer's Caregiver Mutual Support Group:** On the 1st & 3rd. Thursday of the month at 10am. **ZOOM & PHONE IN** This is a mutual, support group for caregivers of loved ones with Alzheimer's Disease, dementia or any other memory loss illness. Call or email Leslie for the phone/ZOOM link. New participants welcome. *This program is funded in part with funding from the Older Americans Act OAA Title III Program through a grant from WestMass Elder Care.*

S.H.I.N.E Counseling: BY PHONE : OPEN ENROLLMENT: 10/15 TO 12/7 Ann Andras & 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 SHCOA at 538-5042 to schedule a phone call with Eileen or Ann.

 **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@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.

 **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 and WestMass ElderCare announce the creation of the Caregiver Respite Grant. This grant will provide financial support for 16-20 hours of paid respite support to caregivers in South Hadley. Caring for a loved one with a memory loss disease can be a challenge and the "stay at home" protocols recommended due to COVID-19 have added to caregiver isolation and fatigue. This grant is made possible by donations from South Hadley citizens, local businesses and the Koske Family and from the Cares Act Grant from the Executive Office of Elder Affairs. Please call Ann at 538-5042 or email: aandras@southhadley.ma.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

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 and 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



Goodbye & Good Luck, Brenda !

Brenda's last day at the COA was Oct. 6th. We wish her well in all her future endeavors.



To our wonderful volunteers: we appreciate your support during these challenging times. Please call **Lisa** for any questions you have about volunteer activities.



A NOTE FROM LESLIE

Hello South Hadley Seniors!! The staff and I would like to take this opportunity to thank all of our veterans for their service to our country. Please join us for our rolling, curbside Veterans Appreciation Breakfast (delivery upon request) on November 10th. The deadline to sign up for this event is Nov. 6th so don't delay, call today: 538-5042. It wouldn't be a proper thanksgiving if you didn't have pie! So, the COA has partnered with Stop & Shop to bring a taste of the season into your home. Curbside pickup is Thurs. Nov. 19th between 10am & 11am. Sign up by Nov. 13th. Sign up for the Friendsgiving Meal on Tuesday, Nov. 24th. Enjoy a delicious turkey dinner with all the fixings' prepared by The Orchards Golf Club. After you pick up your meal at The Orchards between 2pm to 4pm, you can head back home to relax and turn on Channel 15 at 5pm to watch a special concert by Freddie Marion. Our Stay Home Stay Safe Program will take place on **MONDAY, Nov. 23rd**. You can pick up your bag between 10am and 11:00am. Fire Districts 1 & 2 will supply the bags for this event and each bag will contain information on winter preparedness and will include assorted giveaways. Throughout the month of November, Channel 15 will air "A Message of Gratitude From the COA Staff". Watch as we talk, laugh and share with each other the things, people and opportunities we are grateful for. *Continue on page 8.*

Senior Shopping Hours

BJ's Wholesale Store -8am to 9am
Big Y, South Hadley: 7am to 8am
Price Rite, Chicopee 7am to 8am
Stop & Shop, Chicopee: 6am to 7:30am
Target, Wednesdays, 8am to 9am
Aldi: senior time only on Tues. & Thurs 8:30am to 9:30am
Trader Joe's : daily 9am to 10am.
Walmart: Tuesdays 6am to 7am.
Whole Foods: daily 7am to 8am.
COSTCO: senior time only Tues & Tues. 8am to 9am.
Dollar General: daily 8am to 9am

Building Update: The exterior wall framing is complete and the plywood sheathing is in process, and is expected to be complete the 1st week of October. The installation of the vapor barrier and window flashings is in process. The mason is installing the brick veneer system at the south elevation. The footings for the canopy steel have been placed, and the area re-graded.



East elevation CFMF complete and installation of roof trusses.



Overall view: from southeast



Southeast corner: sheathing and window blocking.

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, we invite you to learn more about us at our website SHINEMA. In addition, please check out our YouTube channel [SHINE-Massachusetts SHIP](https://www.youtube.com/channel/UC1m1m1m1m1m1m1m1m1m1m1m) where you can learn more about various programs available to Medicare beneficiaries.

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**

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

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

COA ASSISTANCE

"Lights On" Funds are available through our COA Activity Gift Acct to make a payment on your electric bill. The payment is made directly to SHELD

Gift Card Program: the Senior Center offers gift cards to Big-Y and Dollar General to any South Hadley Senior who may be experiencing a hardship, either financial or medical. **Call 538-5042**

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THAT SUPPORT OUR COMMUNITY



PREPARED MEALS & PANTRY INFO

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 United Methodist Church)

The meals are prepared and delivered by the faith-based communities in S. Hadley and Granby **each** w/ end of the month.

The meals are provided **free of charge**. To qualify you must be **60 years and up, homebound, and unable to shop, drive, prepare meals, or you experience mobility issues**. Please contact: Kathleen Ryan 413-664- 1041 or email @ takeandeat@verizon.net

Thanksgiving

C	N	R	I	T	F	V	H	A	R	V	E	S	T
R	K	U	U	M	N	A	T	E	H	A	F	T	L
A	N	L	R	L	A	Y	V	A	R	G	E	U	F
N	S	L	U	F	E	T	A	R	G	T	A	Y	Y
B	L	T	E	R	H	E	A	F	K	T	S	N	A
E	L	E	U	S	T	C	L	A	L	Y	T	L	D
R	A	F	T	F	O	N	T	A	F	L	A	F	I
R	B	B	E	I	F	H	O	L	I	D	A	Y	R
Y	T	H	K	L	Y	I	F	Y	L	I	M	A	F
S	O	O	L	U	F	K	N	A	H	T	G	M	K
A	O	M	R	F	Y	T	R	G	A	O	F	L	C
U	F	E	I	N	O	I	T	I	D	A	R	T	A
C	A	F	T	U	R	K	E	Y	Y	K	T	T	L
E	R	S	G	N	I	S	S	E	L	B	E	Y	B



Each month the COA will include a word search puzzle in the newsletter. All participants who complete the puzzle and mail it back to our **9 East Parkview Drive address (attn: Lisa)** will be entered in a raffle for a \$10 gift card to a local business. Please include your name and contact information. Good Luck!!!!

(Continued from page 6) Kerry will close out the show by sharing some ways that we can all practice daily gratitude whenever the mood strikes you. Please take a few minutes to fill out the technology survey on page. 9. The survey will help us plan for future programs. We want to know if you've never used a device, or if you are a regular user and internet surfer. The delicious Pumpkin Breads that were provided for our October 22nd event were purchased with funds from the Anna & Tom Parker Memorial Fund. We wish you all a very Safe & Happy Thanksgiving!! Leslie, Lisa, Ann, Kerry, Billy & Ken.

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. Carlene LaBonte in memory of Patrick LaBonte, Patricia Clayton in memory of Joyce Desorcy, Marion Callahan, Jeff Cyr and the District 1 Water Dept, Ola Herbert, Marilyn Ishler

FRIENDS OF SOUTH HADLEY SENIORS

In Honor, Memory or Appreciation of: _____ or

Donated By _____

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: _____

SURVEY—WE WANT TO HEAR FROM YOU!

Grocery Deliveries

Big Y and Stop & Shop use Instacart:

Paid shopper will pick up groceries and deliver: <https://www.instacart.com/>

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

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

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

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

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



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.
Limit 2 per family

WOODAWN SCHOOL BRICKS



A Piece of History

Are you interested in having a piece of the Woodlawn School history? Woodlawn School bricks are now available. Please contact Ola at 536-3187 or ohsbs75@gmail.com

Technology Survey— We need to hear from you!!

We are currently evaluation the need for more technology assistance, devices and resources that might be needed by you as a participant of our programs. Please take a minute and fill out this survey & mail it in to us.

1) What do you primarily use technology for?

Circle all that apply

- A. News/Social Media like face book and twitter
- B. Connecting with friends and family: facetime
- C. Hobby/games
- D. I don't use technology
- E. Other: _____

2) How often do you use your computer, tablet, or smart device (phone, iPad) to search for Town wide communications, register for programs, make appointments and research local services (Circle one)

- A. Always
- B. Often
- C. Sometimes
- D. Never
- E. Other: _____

3) What are some barriers you face when trying to access virtual programs or information online? (Circle all that apply)

- A. Lack of internet service
- B. No tablet, laptop or smart phone at home
- C. Not comfortable using the devices
- D. Don't have support in learning/using devices
- E. Can't afford device or internet service

4) If you had a smart phone, iPad or tablet, how would it improve your life? (Circle all that apply)

- A. Communicate with family and friends (skype, Zoom, Facetime)
- B. Have telehealth appointments with practitioners
- C. Participate in programs offered by the COA via Zoom
- D. Borrow eBooks or audio books from the library
- E. Utilize online services to order medications, groceries and access Town wide services.

5) What would be the most useful resource for you in getting started using technology more? Circle all that apply

- A. Device loan or donation program
- B. Resource sheet or companies offering affordable internet services
- C. Helpline for troubleshooting technical difficulties

6) Have you watched any COA programs/exercise classes/events on Channel 15? (Circle one) Yes No _____

Name: _____

Phone: _____

Please submit by Nov. 25th to: **Leslie Hennessey, 9 East Parkview Dr. S. Hadley, MA 01075**

**THE PLANNING & CONSERVATION DEPART. IS LAUNCHING
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www.southhadley.org/treecatalog

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QUESTIONS?

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(413) 538-5017 x6123

All Healthcare Workers
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Anna & Tom Parker Memorial Fund
(October's Pumpkin Bread Event)
The Friends of South Hadley Seniors
The South Hadley Public Library
The Food Bank of Western MA
The Holyoke YMCA
Dr. Laura Graves, WNEU
Mercy Life Pace: Trinity Health
Ms. Eileen Burke, SHINE Coord.
Stop & Shop in Chicopee
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St. Theresa's Parish HOST Group for the
generous donation of puzzles
Our Volunteer Note Writers: Hello & Birth-
days
Our Virtual Program Facilitators
South Hadley VFW Post 3104
PVTA

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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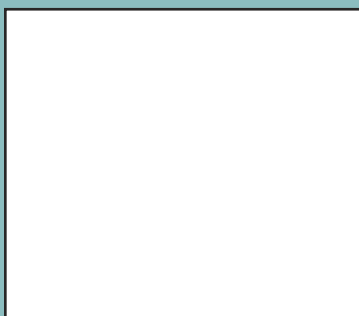
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We are sincerely grateful for all the donations to the South Hadley COA in support of the many activities, programs and services we provide. Donations made *In Memory Of*, are indicated in capital letters.

In Memory of

MEREDITH GRAMMATICAS

Chris Grammaticas

CHRISTINE MCCULLOUGH

Don McCullough

PEIRRETTE RODRIQUE

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Public School Food Service
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WE ARE VERY GRATEFUL FOR THE FOLLOWING DONATIONS FROM:

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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
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 Address _____

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

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

SOUTH HADLEY COUNCIL ON AGING GIFT FUNDS

Make Check Payable To: South Hadley Council on Aging, 9 East Parkview Drive, South Hadley, MA 01075.

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