

THE *happy holidays*

# Golden Chronicle

THE SOUTH HADLEY COUNCIL ON AGING

Temporary location is 9 East Parkview Drive in South Hadley,  
BUT, our mailing address is 45 Dayton Street, South Hadley, MA 01075

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.

# Happy Holidays



**Holiday Show  
Jimmy Mazz's  
Legends**

**Channel 15  
Wed. December**

**16th at 3:00 PM**

**And December 18th @ 10 PM,  
21st @ 1:00 PM, 25th @ 5:00 PM,  
27th @ 3:00 PM & 31st @ 6:00 PM**

Enjoy your soup & popover meal while you listen to the music of Jimmy Mazz.



**COA Holiday Greetings  
Channel 15**

**December 12th @ 9:00 AM, 15th @ 1:00, 17th @ 5:00 PM, 20th @ 3:00 PM, 24th @ 4:00, 25th @ 10:00 PM**

Leslie, Lisa, Ann, Billy, Ken & Kerry would like to wish you all a happy holiday season. Join us throughout December for some reflection and cheer!



**Do you like intrigue?  
How about history?**

If you want to learn more about Myths, Mysteries & Spying in the former Soviet Union,  
**TURN TO PAGE 4**



## HOLIDAY

### Stay Home, Stay Safe Bags

**\*Curbside pick up & Delivery**

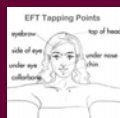
**TUESDAY, Dec. 22nd**

**10:00 AM to 11:00 AM**

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, and juice..

Additional treats and puzzle books will be provided by our Friends of the South Hadley Seniors!!

**\*Curbside pick up policy :** Bags will be placed in the car's rear, passenger seat or in your trunk. Masks are required during curbside pickup and social distancing must be observed. If you do not pick up your bag, it will be given to a senior on our waiting list.



**EFT Tapping  
ZOOM Workshop  
With Val Miller**

**Thurs., Dec. 17th @ 1:00**

Using Emotional Freedom Tapping points, you can find calm, better sleep, confidence, clarity, and focus. Register by Dec 16th by emailing Program Coordinator, Kerry Ouimette at [kouimette@southhadleyma.gov](mailto:kouimette@southhadleyma.gov)



Thank you,  
Berkshire Hills

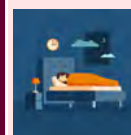
Bank for co-sponsoring our  
November Pie Event



**Berkshire Hills  
Music Academy on  
Channel 15 on  
December**

**19th @ 1:00 , 22nd @  
9:00 PM, 24th @ 3:00  
PM, 28th @ 11:00 AM &  
30th @ 10:00 AM**

Student performance groups from BHMA will be showcased in musical performances as they bring you holiday songs and good tidings!



**Nighttime News-  
break Nidra/Deep  
Relaxation  
via ZOOM or Phone**

**2nd Wednesday of the month  
@ 7:00 PM with Kerry**

De-stress and relax with COA Program Coordinator and certified and registered yoga instructor, Kerry Ouimette. Yoga Nidra is done reclined. You can even set up in your bed. This guided relaxation can give you a feeling of restoration and can aid with sleep issues. Register by Dec. 8th.

For Zoom, email:  
[kouimette@southhadleyma.gov](mailto:kouimette@southhadleyma.gov)



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546 Chicopee Street  
Chicopee, MA 01013  
413-536-2540



### Debra Dufresne

REAL ESTATE AGENT

413-537-2960 cell

413-536-7232 office

debbiedmann@gmail.com

7 Hadley Street  
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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 the 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](mailto: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 or 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, & our greater community. Call or email the day before to join.

**December 9th:** S.H. Emergency Management/Health Director: Sharon Hart

**December 23rd:** S.H. Public Library Director: Joseph Rodio

### **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)**

### **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! ZOOM/Phone-in**  
4th Wed/of month at 2:00 PM on  
December 23rd

**"Skipping Christmas" by John Grisham**

**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](mailto:Kouimette@southhadleyMA.gov) by Tues. Dec. 22th**



**PARTICIPATION NEEDED FOR WORKSHOP  
TO AIR ON CHANNEL 15 in January  
ZOOM or Phone-in: Fri. Dec 11th at 1:00**

**MYTHS, MYSTERIES & SPYING in the former U.S.S.R.**

Henry Quinlan lived in Moscow for 5 years and he was involved with the USSR for 30 years, Topics: spying on Russia for the FBI, the Russian Mafia, the USSR's involvement in WW 2 in addition to taking you on a tour of historical and cultural landmarks. Henry loves to answer your questions at the end of the presentation. We need participants to join Henry via Zoom or phone-in on Dec. 11th. If you are camera shy, do not worry. Henry will appear for the entire presentation & you will only be shown for a minute when you ask your question. Register by 12/10. Phone ins: 538-5042 or ZOOM: [kouimette@southhadleyma.gov](mailto:kouimette@southhadleyma.gov)

## MASTERCLASS.COM

### Learn from the World's Greatest

MasterClass.com is proud to partner with the COA to offer **No-Cost-All-Access Passes to the entire Master-Class platform for one year.** To receive your access, contact Kerry at [kouimette@southhadleyma.gov](mailto:kouimette@southhadleyma.gov)

**What are MasterClass participants saying about their free membership?**

*"I am enjoying it immensely! Thank you for this opportunity to keep busy during the pandemic while learning something new!"*

*"The topics I enjoy most on Masterclass are cooking, communication skills, arts and entertainment and music. During the upcoming winter months and more COVID-19 restrictions I will definitely spend more time learning on MasterClass"*

## PVTA INFORMATION

### PVTA/ South Hadley Council on Aging Partnership

PVTA's Dial-A-Ride (door to door) service is providing service to adults 60 and over Monday— Friday 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 COA**


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**

## Mass Appeal Event

### Mass Appeal Special Senior Edition!

Council On Aging Directors from throughout Western Mass have been working with **Mass Appeal** on a special edition of the show that will focus on older adults. **Tune in to WWLP Channel 22 for Mass Appeal on Tuesday, December 8 at 11 a.m.** for an hour filled with information and local entertainers performing both original holiday pieces and traditional favorites. Topics that co-hosts **Alanna Flood and Patrick Berry** will delve into include the physical, psychological and emotional wellbeing of older adults, caregiver stress, nutrition, and fitness.

## 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.*



**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?



**Brown Bag Program for Seniors** 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. Call Ann at 538-5042, to find out more about this program.

**Caregiver Respite Grant:** The COA and WestMass ElderCare have partnered to create the Caregiver Respite Grant. This grant will provide financial assistance for 16-20 hours of paid, respite support to families in south Hadley with an older adult who has been diagnosed with Alzheimer's Disease or Dementia. 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 and from the Cares Act from the Executive Office of Elder Affairs. Please call Ann at 538-5042 or email: [aadras@southhadleyma.gov](mailto:aadras@southhadleyma.gov) *This program is funded in part with funding from the Older Americans Act OAA Title III Program through a grant from WestMass Elder Care.*

### Flu Shot Info: Loc. & Hours

*Bring your insurance card with you.*  
**Big Y Pharmacy, South Hadley:**  
 (413)538-6178, 44 Willimansett Drive  
**Stop & Shop Pharmacy, Holyoke:** (413) 536-1247, 28 Lincoln Street  
**Walgreens, Chicopee:** (413) 493-1860, 583 James Street  
**CVS, Chicopee:** (413) 532-3299, 1616 Memorial Drive. *OPEN 24 HOURS 7 DAYS A WEEK*  
**CVS, Granby:** (413) 467-1650, 70 W. State Street

### FREE COVID-19 TESTING

**Holyoke Community College is providing FREE testing:**  
 location: outside HCC's Bartley Center for Athletics and Recreation. Administered by Fallon Ambulance in partnership with the Holyoke Board of Health and the MDPH . Available six day/week: Monday 7-11 a.m., Tuesday 2-7 p.m., Wednesday. 7-11 a.m., Thursday 2-7 p.m., Friday 7-11 a.m., Saturday 7-11 a.m. First-come, first-serve basis. No appointments or cost. No referral required. Results: typically four days/ or fewer. For more information, go to: [www.mass.gov/info-details/stop-the-spread](http://www.mass.gov/info-details/stop-the-spread)

### SENIOR SHOPPING HOURS

**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 & Th. 8am to 9am.  
 Dollar General: daily 8am to 9am



## A NOTE FROM LESLIE

Happy Holidays to All!!!

It is the holiday season and although we must remain vigilant against catching and spreading COVID –19, by wearing masks in all public places and maintaining six-feet of physically distancing, we can still embrace the holidays safely. In that spirit the COA staff, with the support of our Friends of the South Hadley Seniors and the community, invite you to be a part of the festivities we’ve planned during the month of December.

First, don’t miss out on the Friends Holiday Soup and Popover meal on Dec. 16th. Once you have your meal in hand, head back home, turn on S.H. Channel 15 and listen to Jimmy Mazz at 3pm. If you miss it, don’t worry, the show will air throughout the month of December.

Secondly, you absolutely do not want to miss the COA staff sing!! On select dates in December, (see front page) Channel 15 will air a program titled “COA Holiday Greetings. Join the fun and watch as the staff and I reminisce about our favorite holiday traditions and then end the program with a song! Thirdly, we will continue our Stay Home Stay Safe Bag Program in December and the bags will include a few more surprise “gifts”. In addition to these special events, we have a festive concert by our friends at Berkshire Hills Music Academy, a new workshop on EFT Tapping, and Nighttime Nidra Relaxation Program. Lastly, if you’re experiencing financial difficulty this season, please contact us; we have several scholarship programs that you may be eligible to apply for. Have a safe & joyful holiday, Leslie, Lisa, Ann, Billy, Kerry & Ken

## RESOURCES

### 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 by us to SHEL D

**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.

## NEW SENIOR CENTER UPDATE

**Building:** The exterior wall and roof sheathing is complete, and the exterior weather and vapor barrier has been installed on the walls and sloped roofs. The windows at the north half have been installed. The mason is installing the brick veneer system at the south elevation. The interior wall framing and has started at the high walls. The installation of the flat roof is scheduled to start in early November.



# SOCIAL SERVICES

## 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**.

**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



### ATTENTION MEDICARE RECIPIENTS:

Medicare Annual Open Enrollment Period begins on October 15th and runs through December 7th. This is the time to make changes to your Medicare Supplement Plan or Part D drug plan If you are currently satisfied with your plan...do NOTHING. The South Hadley Senior Center has two

SHINE counselors to guide you through the search for a new plan. ALL SHINE APPOINTMENTS ARE CONDUCTED BY TELEPHONE AND/OR EMAIL. To request a SHINE appointment, please call the Senior Center at 538-5042 and a SHINE counselor will call you back. Please be patient! Due to COVID 19 restrictions, most appointments require additional time.



### COMPANION ESCORT MEDICAL TRANSPORTATION PROGRAM 2020/2021

The South Hadley Council on Aging has once again received funding from WestMass ElderCare, Inc to operate the Companion Escort Medical Transportation service. Due to COVID-19 restrictions and following CDC guidelines this service will operate differently. We have partnered with the PVTa small van service, to provide door-to-door service for South Hadley low to moderate income seniors who need transportation to medical appointments. For additional information and to register for this service, please call Ann Andras at 538.5042 or by email at [aandras@southhadleyma.gov](mailto:aandras@southhadleyma.gov)

### SUPPLIES AVAILABLE

Are you in need of incontinence supplies?

The Senior Center currently has a supply of both Male and Female Depends, pull up style.

We will be happy to share with our South Hadley seniors.

Please call 538.5042 to arrange for a pick up or delivery.

*Provided by WestMass ElderCare*

➤ Reach the Senior Market  
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# RESOURCES & FRIENDS OF THE SOUTH HADLEY SENIORS

## 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](mailto: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

### Resources:

**Elder Abuse Hotline in Mass:**

(800) 922-2275

**Veteran's Crisis Line:** 1-800-273-

8255

**National Elder Fraud Hotline:**

1-833-372-8311

**National Suicide Prevention**

**Hotline:** 1-800-273-8255

**Mass Social Security:** 1-800-772-

1213 (TTY 1-800-325-0778).

## WEEKEND MEALS: Take & Eat Inc., People Feeding People Program.

The meals are prepared and delivered by the faith-based communities in S. Hadley and Granby **each** w/end. S. Hadley & Granby Program Participants: Immaculate Heart of Mary - Granby, St. Theresa of Lisieux and St. Patrick's Church (comprised of The Center Congregational Church, Our Savior Lutheran Church, The Church of Christ Congregational (Granby) and United Methodist Church) The meals are provided **free of charge** to qualify: **60 years of age and up, are home-bound, and unable to shop, drive, prepare meals, or have low mobility.** Contact: Kathleen Ryan 413-664-1041, or [takeandeat@verizon.net](mailto:takeandeat@verizon.net)



## Puzzles Available Curbside pick-up Thanks to Edaron

in Holyoke, MA.

The COA has a donation of **new** puzzles and we want to share them with you. **Call 538-5042** to pick-up a puzzle. We have 500 & 1000 pc. puzzles. Limit 3 per family

## Grocery Deliveries

**Big Y and Stop & Shop** use Instacart: <https://www.instacart.com/>

**Whole Foods** in Hadley: pickup & delivery through Amazon and Instacart

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

**Magri's Fruit Co.:** Delivery & 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/>



## FoodSource Hotline: 1-800-645-8333

FoodSource Hours: Monday -Friday: 8am to 7pm and Saturday: 10am to 2pm.

The foodSource hotline connects people struggling to put food on the table with SNAP benefits and other food resources on their communities.

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:* Betty Burnett, Cindy Beniot, George & Mary Hojnoski, Eileen Halkyard in memory of George Halkyard, Irene Tetlow in memory of Tom Tetlow, Jean Lambert in memory of Bill Lambert, Donald Gagne in memory of Marlene Gagne, Marion Callahan in memory of Anna & Tom Parker, Thomas & Bernice McNiff in memory of the Beaudoin family, Sandra Turban in memory of Richard Turban

## FRIENDS OF THE SOUTH HADLEY SENIORS

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: \_\_\_\_\_

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



Congratulations to the Friends' trivia winners:  
Carleen LaBonte,  
Romeo Martin & Joan Aras!!

Congratulations Judith Balboni!  
The winner of the Golden Chronicles  
October Word Search Challenge!!

**MEAL RESERVATION FORM**

The Friends are offering another \$5 meal for South Hadley Seniors in January. If you haven't reserved your soup for December please send in your reservation today. Soup reservations are due Dec 9.

**DEC 16 - Soup & Popover Meal – Choice of soup, popover & cookie prepared by Smithsonian Café & Chowderhouse (\$2). P/U at the COA between 12-2pm.**

**JAN 14 - Soup & Sandwich Meal – 1/2 Turkey sandwich, cup of tomato soup, chips & cookie - prepared by Yarde Tavern on Jan 14 (\$5). P/U at So Hadley Fire Dist #2 between 12-2pm.**

( ) Yes, I'd like to reserve a \$2 Soup & Popover Meal (pls choose seafood chowder or turkey chili)

( ) Yes, I'd like to reserve a \$5 Soup & Sandwich Meal

( ) Check is included (Payable to the Friends of the SH Seniors)

NAME:

ADDRESS:

PHONE

EMAIL

Mail to The Friends at P.O. Box 55, So Hadley or drop off at the COA.

Delivery and financial assistance are available (please note on reservation form).

**How are you doing during COVID-19?**

**We need to hear from you!! Please fill out our anonymous survey regarding areas of concern and needs. Please mark an (X) next to Never, Rarely, Sometimes, Often. Or Always or circle your choice.**

**Financial exploitation**

Never\_\_\_ Rarely\_\_\_ Sometimes\_\_\_ Often\_\_\_ Always\_\_\_

**Caregiver support & respite care**

Never\_\_\_ Rarely\_\_\_ Sometimes\_\_\_ Often\_\_\_ Always\_\_\_

**Finding volunteer opportunities**

Never\_\_\_ Rarely\_\_\_ Sometimes\_\_\_ Often\_\_\_ Always\_\_\_

**Finding services & supports for LGBTQ+ older adults**

Never\_\_\_ Rarely\_\_\_ Sometimes\_\_\_ Often\_\_\_ Always\_\_\_

**Economic & Financial Security**

Never\_\_\_ Rarely\_\_\_ Sometimes\_\_\_ Often\_\_\_ Always\_\_\_

**Getting help with public benefits like SNAP, SSI, Medicare, etc...**

Never\_\_\_ Rarely\_\_\_ Sometimes\_\_\_ Often\_\_\_ Always\_\_\_

**Access to healthcare**

Never\_\_\_ Rarely\_\_\_ Sometimes\_\_\_ Often\_\_\_ Always\_\_\_

**Lack of affordable housing**

Never\_\_\_ Rarely\_\_\_ Sometimes\_\_\_ Often\_\_\_ Always\_\_\_

**Needing to learn technology skills like email, internet, Zoom**

Never\_\_\_ Rarely\_\_\_ Sometimes\_\_\_ Often\_\_\_ Always\_\_\_

**Language/Communication Barriers**

Never\_\_\_ Rarely\_\_\_ Sometimes\_\_\_ Often\_\_\_ Always\_\_\_

**Access to affordable legal services (for housing, wills, etc..)**

Never\_\_\_ Rarely\_\_\_ Sometimes\_\_\_ Often\_\_\_ Always\_\_\_

**Finding leisure, recreational, & social opportunities**

Never\_\_\_ Rarely\_\_\_ Sometimes\_\_\_ Often\_\_\_ Always\_\_\_

**Dementia/memory loss**

Never\_\_\_ Rarely\_\_\_ Sometimes\_\_\_ Often\_\_\_ Always\_\_\_

**Finding long-term support services to sustain independent living**

Never\_\_\_ Rarely\_\_\_ Sometimes\_\_\_ Often\_\_\_ Always\_\_\_

**Mental health challenges such as depression, hoarding, anxiety**

Never\_\_\_ Rarely\_\_\_ Sometimes\_\_\_ Often\_\_\_ Always\_\_\_

**Adequate nutrition**

Never\_\_\_ Rarely\_\_\_ Sometimes\_\_\_ Often\_\_\_ Always\_\_\_

**Social isolation, lack of family supports**

Never\_\_\_ Rarely\_\_\_ Sometimes\_\_\_ Often\_\_\_ Always\_\_\_

**Staying active/wellness promotion**

Never\_\_\_ Rarely\_\_\_ Sometimes\_\_\_ Often\_\_\_ Always\_\_\_

**Substance abuse**

Never\_\_\_ Rarely\_\_\_ Sometimes\_\_\_ Often\_\_\_ Always\_\_\_

**Transportation**

Never\_\_\_ Rarely\_\_\_ Sometimes\_\_\_ Often\_\_\_ Always\_\_\_

**Finding employment**

Never\_\_\_ Rarely\_\_\_ Sometimes\_\_\_ Often\_\_\_ Always\_\_\_

Please submit *Anonymously* by Dec. 30th to: **Leslie Hennessey, 45 Dayton Street, S. Hadley, MA 01075**

## THE S.H. DRUG AND ALCOHOL PREVENT COALITION OFFERS NEW PROGRAM TO SENIORS



The South Hadley Drug and Alcohol Prevention Coalition's mission is to collaboratively initiate, coordinate, and sustain prevention efforts to reduce youth substance use and abuse within the town of South Hadley. Coalition Coordinator Susan Cook and Director Steve Fleming are looking for your help!

The Coalition is concerned about youth accessing medications from the homes of our elders. Regional statistics show that 1 out of 4 youth have used prescription drugs at least once to get high and most of them say they have gotten them from family members and friends. You can help prevent this in several ways: Lock up your medication in a lockbox, count your pills and keep track so you know if any go missing, and take leftover medicine to the drug collection box at the South Hadley Police Department lobby. **Do not flush them!**

If you are unable to get to the Police Department and the drug collection box, which has reopened, we have another solution for expired or unused medicines! In conjunction with Leslie Hennessey, Director of the Senior Center, the South Hadley Drug and Alcohol Prevention Coalition is willing to send out a product to your home called "DISPOSE Rx". This little packet will render a third of a bottle of pills useless and allow you to put it safely in your household trash. The website to read more about the product is [Disposerx.com](http://Disposerx.com). If you are interested in receiving up to 3 "Dispose Rx" packets for **FREE** please send your name and address to: [LHennessey@southhadley.ma.gov](mailto:LHennessey@southhadley.ma.gov). or call 538-5042 and let us know how many you could use. This product is also available at stores for purchase.

Thank you for helping prevent youth substance use in South Hadley. If you are interested in our work you can visit our website [www.southhadleyprevents.org](http://www.southhadleyprevents.org) or email [cook@shschools.com](mailto:cook@shschools.com) to get on our email list and join a monthly zoom meeting.

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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## WE GIVE THANKS

## DECEMBER 2020 MEMORIAL DONATIONS & OTHER DONATIONS

All Healthcare Workers  
 The Friends of South Hadley Seniors  
 Dan Pease at South Hadley Community Television  
 S. Hadley Fire Districts 1 & 2  
 South Hadley Veterans of Foreign Wars Post 3104  
 West Mass ElderCare  
 Berkshire Bank in South Hadley  
 Stop & Shop, Chicopee  
 The South Hadley Public Library  
 The Food Bank of Western MA  
 The Holyoke YMCA  
 Dr. Laura Graves, WNEU  
 Ms. Eileen Burke, Volunteer SHINE Coord.  
 Edaron in Holyoke for the donated Puzzles!  
 Our Volunteer Note Writers:  
 Our Virtual Program Facilitators & Val Miller

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*, or *In appreciation of* are indicated in capital letters.

**In Memory of**  
**DR. CENGIZ KAYI**  
 Carol Kayi

**AL FERNANDES**  
 Bea Fernandes

**GLORIA BOUDREAU**  
 Janie Brochu

**SOPHIE GAZDA**  
 Meadowbrook Farm School  
 (Sunshine Fund)

**In Appreciation**  
**of SHCOA Staff**  
 Anonymous

### WE ARE VERY GRATEFUL FOR THE FOLLOWING DONATIONS

Mary & George Hojnosi  
 Lawrence Kuntz  
 Maureen Kocot  
 Dottie Kelly  
 Gail Kainen  
 Carol Kelliher  
 Runa Wasserman  
 Peg & Dick Lacoste  
 George Smith  
 Chicopee Assisted Living  
 (The Arbors)  
 Anonymous  
 Madeline Slade



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**Assisted living certification process has been initiated and pending**



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## Get In On The Conversation



**Allison Holmberg,**  
 MS, Audiologist/SLP

**Amy Catanzaro,**  
 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

**\*\*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.

\_\_\_ Wherever Needed Most \_\_\_ Activities Account \_\_\_ Caregivers Gift Account \_\_\_ Newsletter Account

\_\_\_ New Senior Center Fund \_\_\_ Services Gift Fund \_\_\_ Holiday Gift Card/ Lights On