

# THE Golden Chronicle

THE SOUTH HADLEY COUNCIL ON AGING

Temporary location: 9 East Parkview Drive in South Hadley,  
Mailing address: 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.

**Council on Aging Hours:**

Monday — Friday,  
8:00am to 4:30pm.

The center is closed to the public until further notice

**Council on Aging Staff:**

Leslie Hennessey, Director  
Lisa Napiorkowski, Asst. Dir.  
Ann Andras, Social Services Coord.  
Kerry Ouimette, Prog. Coord.  
Billy Poe, Food Serv. Coord.  
Ken Dawley, Minibus Driver

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**!** IF THERE IS SNOW, ICE, or FREEZING RAIN on the day of the event: watch channel 22 (wwlp.com) , or channel 40 WesternMassNews.com) for notice of “South Hadley Senior Center: **EVENT CANCELLED**”

Event will be rescheduled for the next day.



**Stay Home, Stay Safe Bags**

\*Curbside pickup & Delivery  
**TUESDAY, January 26th**  
10:00 AM to 11:00 AM

(If this event is cancelled due to weather, the event will be rescheduled for Jan 27h )

You must call **538-5042** to reserve your bag . The bag contains shelf stable food items, and additional treats and puzzle books provided by our Friends of the South Hadley Seniors!!

\*Curbside pickup policy : **PICKUP LOCATION IS SUBJECT TO CHANGE: FOLLOW SIGNS.**

Bags will be placed in your car’s rear, passenger seat, or in your trunk. Masks are required during curbside pickup and social distancing must be observed .

**MISSED A PERFORMANCE IN DECEMBER on Channel 15?**

\*Jimmy Mazz Legends in January:  
1/16 at 6:00PM & 1/20 at 1:00PM

\*Berkshire Hills Music Academy in January  
1/1 at 1:00PM and 1/3 at 3:00PM

**MYTHS, MYSTERIES & SPYING** in the former U.S.S.R. on Channel 15 on **January: 1/3 at 1:00PM, 1/6 at 9:00AM, 1/11 at 3:00pm, 1/15 at 6:00PM, 1/23 at 10:00AM, and 1/27 at 2:00PM.**

Henry Quinlan presents on spying on Russia for the FBI, the Russian Mafia, the USSR’s involvement in WW 2 and offers a tour of historical and cultural landmarks. Henry answers questions asked by COA members at the end of the presentation.



**PAINT & SIP (2 part series)**

**airs on** Channel 15 or Join ZOOM Painting Social on

Thur. January 14th @ 1 PM to 3PM Includes HOME ARTIST BAG (\$25 value) for 25 people: Your donations are welcome! Curbside

Pick-Up at COA Jan 5th - Jan 8th  
(call 538-5042)

Artist/Instructor Christine Carbanara  
Channel 15 Airings January: Winter Night Scene

**Part A: 1/13 @ 10:00AM, 1/19 @ 1:00PM & 1/25 @ 5:00 PM**

**Part B: 1/15 @ 10:00AM, 1/21 @ 1:00PM, 1/27 @ 5:00 PM**

Watch on Channel 15 (part A, then part B), 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 presentation. If you are interested in the Zoom Social, contact Kerry at [Kouimette@southhadleyMA.gov](mailto:Kouimette@southhadleyMA.gov)



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REAL ESTATE AGENT

413-537-2960 cell

413-536-7232 office

debbiedmann@gmail.com

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South Hadley COA - South Hadley, MA 06-5294

## WEEKLY VIRTUAL & TELEPHONE PROGRAMS

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

**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.

**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.

**January 13th:** State Rep. Dan Carey

**January 27th:** S. Hadley Town Administrator Mike Sullivan

**2nd Wednesday EVENING at 7:00 PM:**

**Nighttime Newsbreak Nidra (Zoom or Phone)**

Nidra is a guided Deep Relaxation preferably enjoyed while lying down, although you can sit. Get comfortable and warm. Helps with sleep and stress.

**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:**

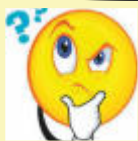
Join Davi on Monday for Gentle Yoga (45 minutes) and on Wednesday and Friday for Active Older Adults, aka AOA (30 minutes). Contact Kerry at [kouimette@southhadleyma.gov](mailto:kouimette@southhadleyma.gov) to sign up. This offering is made possible thanks to the Holyoke YMCA.



**Friends ZOOM Bingo is Back!**

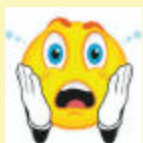
Join the Friends on Fridays for virtual (Zoom) Bingo from 1-2pm beginning January 8<sup>th</sup> and continuing every Friday throughout the months of January & February. Bingo is free and prizes are awarded for all games. Contact Joyce at [cissy-joyce@comcast.net](mailto:cissy-joyce@comcast.net) or 533-9471 to sign up and obtain a Bingo card. Zoom Bingo is generously sponsored by Steven Laplante and M. Connie Laplante Real Estate.

## PROGRAMS AND PARTNERSHIPS



### 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 ZOOM/Phone-in**  
4th Wed/of month at 2:00 PM on January 27th "Circling the Sun" by Paula McLain: Library Lobby & Contactless Pick-up Available. The COA continues to partner 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 the day before.**



### PUZZLES ARE AVAILABLE: **Curbside pickup & Delivery: FREE**

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.



### ARMCHAIR TRAVELING

**New York Times 52 Places to Go:** <https://www.nytimes.com/2020/04/14/travel/52-places-to-go-virtual-travel.html> The Times has chosen 52 beautiful and interesting

places all around the world for our armchair travelling enjoyment. Wander into the belly of an Egyptian pyramid, explore the house where Mozart was born, or fly over the rocky peaks of Glacier National Park. (You may need to create a free New York Times account to access this article.)

**Take a tour of our National Parks:** <https://artsandculture.withgoogle.com/en-us/national-parks-service/parks> Visit Bryce Canyon in Utah, Kenai Fjords National Park in Alaska, Volcanoes in Hawaii, Dry Tortugas in Florida, and Carlsbad Caverns in New Mexico.



### Free ONLINE PASS FOR MASTER-CLASS

The Council on Aging has received a grant from MasterClass

Online Courses. This offer includes online classes created for students of all skill levels and provides a No-Cost-All-Access Passes to the entire MasterClass platform. We have 45 passes left, call to receive you pass today. Contact Kerry at [kouimette@southhadleyma.gov](mailto:kouimette@southhadleyma.gov)  
What are MasterClass participants saying about their free membership?

*"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"*



### PARTNERSHIP WITH HOLYOKE MEDICAL CENTER & THE COUNCIL ON AGING

#### Monthly Webinar & Monthly

**Presentation on Channel 15:** HMC will be offering Zoom webinars and presentations on Channel 15 on topics pertaining to wellness, physical health and mental health for seniors. Watch in January: Tuesdays at 7:00AM, Thursdays at 12:00PM and Saturdays at 5:00PM

#### Webinar:

Join **Marissa Chiapperino, Registered Dietician** at HMC, to learn about **nutrition tips and tricks** you can use to start the new year off on a healthier foot. The workshop will be held on **Jan. 7th from 10:30 AM to Noon. To sign up:** visit [www.HolyokeHealth.com/events](http://www.HolyokeHealth.com/events) for instructions on joining the Zoom meeting.  
**Channel 15: A Breath of Fresh Air: Understanding Lung Cancer Screening with Dr. Laki Rousou, Thoracic Surgeon, HMC Lung Cancer Screening Program Director.** Join Dr. Rousou as he outlines HMC's Lung Cancer Screening Program, why screening is so important in lung cancer treatment, and what you can do to reduce your risk of lung cancer.

# SOCIAL SERVICE PROGRAMS, ASSISTANCE & RESOURCES



**THE LOW VISION GROUP** continues to welcome new members. Any senior who has received a medical diagnosis of blindness or legally blind can join. Due to CDC guidelines during the Covid 19 pandemic, the group has been meeting by telephone (conference call) on the second Tuesday of each month at 10:00 a.m. The telephone number to call is: 1.844.263.1619 ID#: 538667631 More information, please call Ann At 538.5042



**“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 Beau-lieu, a certified foot care specialists will make house calls. Call 413-552-9533 for 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 fashioned 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: 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.*



## AARP AGE-FRIENDLY DESIGNATION

Town of South Hadley, Massachusetts has committed to becoming more age-friendly under the criteria established by AARP and has been accepted as a member of The AARP Network of Age-Friendly States and Communities.



## FUEL ASSISTANCE SEASON 2020/2021

Fuel Assistance season is in full swing. All previous clients should have received their recertification packets by now. If you were approved last season and did not yet receive your documents, please call Community Action directly at 413.774.2310 and leave a message. If you need help to recertify, call Ann Andras at 538.5042. Applying for the first time? Wondering if you will qualify? New applications can be taken up to April 30, 2021. Call Ann at 538.5042.

**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 |



## SUPPLIES AVAILABLE FOR PICKUP/ DELIVERY

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*



## IMPORTANT MEDICARE & COVID-19 TESTING INFORMATION:

One FREE Covid-19 test without a physician’s order! Medicare B covers medically necessary clinical diagnostic laboratory tests when a doctor or other practitioner orders them. This will continue for the remaining duration of the public health emergency for COVID-19, each beneficiary may receive Medicare coverage for ONE COVID-19 test without the order of a physician. Medicare requires the order of a physician or other practitioner for all further COVID-19 tests.



## TRANSPORTATION, INFORMATION AND UPDATES



### COMPANION ESCORT MEDICAL TRANSPORTATION PROGRAM 2020/2021

The South Hadley Council on Aging has 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@southhadley.ma.gov](mailto:aandras@southhadley.ma.gov)

### PVTA & COA TRANSPORTATION 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. A \$57.00 book of 20 tickets is discounted to \$28.50. A \$5.00 ticket is discounted to \$2.50. A \$3.00 ticket is discounted to \$1.50** Trips can be booked up to one week in advance but must be booked at least one day in advance. To purchase a ticket from the COA, call 538-5042 and to book a PVTA trip please call **413-739-7436**

### IMPORTANT PHONE NUMBERS

#### 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).

**Medicare:** 1-800-633-4227

**TRIAD PROGRAMS:** TRIAD is a community policing initiative between seniors, law enforcement, and service providers to increase safety through education and crime prevention. Call the senior center to get more information on the Residential Emergency Lock Box Program and the Reflective Street Sign Program at 538-5042



### OFFICER TEBO IS THE NEW

**TRIAD LIAISON** South Hadley Police Chief Jennifer Gundersen is pleased to announce that Officer Emily Tebo will be the new liaison officer to the Senior community and the TRIAD Organization. Officer Tebo started with the South Hadley Police Department in 2014 as an E911 Dispatcher and in 2020 became a police officer. A resident of South Hadley, she is a great addition to the police department and will be an asset to the Senior community. One of Ofc. Tebo priorities is to improve information from the PD to the community about SCAMS that target our senior population. Welcome Officer Tebo!!

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### NEW SENIOR CENTER UPDATE:

The exterior wall insulation, the roof insulation and roofing membrane have been installed at the flat roof. The aluminum storefront window frames have been installed,

and are currently covered with plastic to keep out the weather. The mason is complete with the building brick, but will return in the spring to building site walls. The interior wall framing is approximately 80% complete. The contractors have started to install rough electrical and plumbing in the room partitions. The ductwork is being installed, and the rough-in of the fire protection piping is nearing completion. (photos on page 7)

### OPENINGS ON THE COA'S BOARD OF

**DIRECTORS:** Currently, we have three vacancies on the COA's BOD. The role of the BOD is to support the mission of the senior center and to advocate for the comprehensive wellbeing of all South Hadley older adults. Apply online at [www.southhadley.org/FormCenter/Selectboard-4/Application-for-Appointment-to-Board-Com-44](http://www.southhadley.org/FormCenter/Selectboard-4/Application-for-Appointment-to-Board-Com-44)



### NEWS FROM YOUR SENIOR CENTER

**TRAVEL CLUB** The members of the South Hadley COA Travel Club are anxious to get back on the road again. We are in the

process of developing trips for late 2021 and look forward to seeing all of you as soon as it is safe to travel within the guidelines established by Governor Baker's Office and the Health Department. We wish all of you a Healthy, Safe and Happy New Year - your Travel Planners: Susan Canedy & Huguette Supinski

## Happy New Year Everyone!!!

Well...I can't say I am sad to see 2020 come to an end! That said, I feel certain that 2021 holds many reasons for us to celebrate; a promising vaccine for COVID-19, the opening of the new senior center, and the possibility that we will all be able to see each other again soon. Truly, there's nothing more the staff and I want than to see all of you walk through the doors of that new senior center!

For now, the building remains closed to the public, but we've been working to bring the center to you. As you read the newsletter, please note that we have a wide variety of programming available online and on South Hadley's Community Access Television Cable Channel 15. You can find activities from fitness, creative collage, book club and social singalong, to recreation opportunities like mindfulness practice, musical performances and Russian intrigue. We hope you find something inside these pages that interests you and keeps your mind and body, engaged.

As we've done since the beginning of the pandemic, we will continue to waive the fees for our exercise programs in hopes that any concerns you have about covering the cost of the classes will not prevent you from joining in on the fun. So, here is your chance to fill the winter months with a list of exercise programs like Seated and Standing

Photos of New Senior Center Progress: (Left to right) Library tower, front entrance, lobby and staff offices. (Pic #2)) Front entrance showing the library tower. (Pic #3) Back of building facing the Ball Field: Fitness Ctr, Exercise Studio, Billiards room and Creative Center. (Pic #4) Photo of the multipurpose room.



Yoga, Tai Chi, and Fitness Basics with Lindsey. Check out page #3 for a listing of our classes and partnerships. In parting, thank you all for your patience and your continued diligence in staying safe and healthy. It is important that we each remain steadfast in our actions to prevent the spread of the pandemic by wearing a mask, practicing social distancing and washing and sanitizing our hands. We will get through this crisis together and in doing so we will see each other again soon.

~ Wishing you all a very Happy New Year, Leslie



## Thank you, South Hadley & Granby Chamber of Commerce

Recently, the South Hadley and Granby Chamber of Commerce President, Michelle Theroux and Treasure, Michele Lyman, were on hand to present a check for \$1,000 to Council on Aging Director, Leslie Hennessey. The generous donation will be used to fund two, senior assistance programs that offer financial support to South Hadley seniors who are experiencing a financial need during the holiday season. The center's "Light's On" Program and the Holiday Gift Card Program are funded by the generous donations of local organizations, businesses, and members of the community. For more information about these programs, call Ann Andras at 538-5042

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## RESOURCES

### WESTMASS ELDERCARE (WMEC)

Food resource for South Hadley Seniors. WMEC will provide weekly meals through their Home Meals on Wheels Program.

*You may qualify to receive 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: Pantry hours are: Wednesdays: 12:30 to 5:30 and Saturdays: 10:00am to 12:00pm

### 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 homebound, 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)

### 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.

### PHARMACY DRIVE THRU & PICK UP

~CVS 70 West Street, Granby 413-467-1659

~CVS 1616 Memorial Drive, Chicopee 413-532-3299

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

[www.cvs.com/content/delivery](http://www.cvs.com/content/delivery)

Big Y: Delivery: 44 Willimansett St., South Hadley 413-538-6178

### GROCERY DELIVERIES

**Big Y and Stop & Shop** use **Instacart**: [https://](https://www.instacart.com/)

[www.instacart.com/](https://www.instacart.com/)

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

**Atkins Farm**: Delivery and Pickup: 1150 West St, Am-

herst (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/>

### 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

### FLU CLINICS

*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: Holyoke Community College** is a drive-through free COVID-19 testing site: Monday, Wednesday, Friday, and Saturday: 7:00 a.m. – 11:00 a.m. Tuesday and Thursday: 2:00 p.m. – 7:00 p.m. **Holyoke Veterans Benefits Department** on 323 Appleton Street is a walk-up free COVID-19 testing site: Monday, Wednesday, and Friday: 2:00 p.m. – 6:00 p.m.

**Springfield Eastfield Mall** is a drive-through free COVID-19 testing site. Daily: 9:00 a.m. – 3:00 p.m.

**595 Cottage Street** is by appointment only 1-833-267-2684 Monday through Friday: 10:00 a.m. – 3:00 p.m.

# FRIENDS OF THE SOUTH HADLEY SENIORS

Join the Friends in supporting the new Senior Center. All contributions are tax deductible as the Friends are a 501 (c) (3) non-profit organization . Make your check payable to The Friends of the South Hadley Seniors

*The Friends would like to thank the following individuals and companies for their generous donations to the Friends and the New Senior Center Fund:* James Eisenstock in memory of Shirley Ruth Eisenstock, Lorraine & Dominic Liantonio in memory of Joseph & Anna Drozdowski and John & Evelyn Liantonio, Judie Strzempko in memory of Stanley Strzempko, Steven Laplante and M. Connie Laplante Real Estate, Joan Allard in memory of Charlie Allard, Anna Symington, Cheryl Kiras, William & Lynn Masson, Rita Petithory, Marcus Printing, Yarde Tavern, Liquor Town, Big Y, Trader Joes and all the folks who donated holiday cards.

The Friends would also like to thank the following individuals for their help with the Friendsgiving turkey dinner and concert: Mark Avgoustakis, Chris Tallman, The Pinetree golf league, Fire Chief Todd Calkins, Dina Aldrich, Nancy Bowser, Amy Carey, Kyleigh Wells, Carol & Jeff Thibault, Joel Prough, Freddie Marion, Dan Kane and Dan Pease.

## FRIENDS OF THE 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: \_\_\_\_\_

### MEAL RESERVATION FORM

The Friends are offering a \$5 meal for South Hadley Seniors in January.

**JAN 14 - Soup & Sandwich Meal – ½ Turkey sandwich, cup of tomato soup, chips & cookie - prepared by Yarde Tavern on Jan 14 (\$5). P/U at So Hadley Fire Dist #2, 20 Woodbridge St., between 12-2pm.**

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).

### A FEW MEMORIES FROM 2020



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



The South Hadley Drug and Alcohol Prevention 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 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 [scook@shschools.com](mailto:scook@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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## JANUARY 2021 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*, or *In appreciation of* are indicated in capital letters.

### In Memory of

#### LUCILLE RYAN

Tillie Laverdiere

Paula & Lenny Pietras

Bill & Pat Ryan

Agnes Everson

Arlene & Robert Drapeau

Rick Thibodeau

Bernice & Elbert Bowler

#### INDU PRADHAN

Gayatri Bastia

#### TODD ROSA

Kay Rosa

#### ELAINE MUTCH

Elaine Madra

#### ROLAND PELISSIER

Celeste Pelissier

#### ERNIE, RED, ROGER & RITA

Laura & Don Gauthier

#### KRIS SCHEINOST

The Scheinost Family

#### CHARLIE ALLARD

Joan Allard

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

Dorothy Foley

Gil Corriveau

Edward & Kathleen Kopec

Robert Daniels & Victor Weinblott

Paula Gaudet

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## Get In On The Conversation



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

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

**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