

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

New!

iPad Loan Program
Writing Group
Home Crafting with Kerry
Senior Veterans Social Hour
Senior Safety Snippet

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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Appts available: curbside drop off/ pick up: strict protocol



Stay Home, Stay Safe Box

***Curbside pick up & Delivery**

TUESDAY, February 22nd 10:00 AM to 11:00 AM

(*If this event is canceled due to weather, the event will be rescheduled for Feb 23rd.)

You must call 538-5042 to reserve your box for pick up or delivery. Each box contains non perishable food items to prepare three, complete meals. Puzzle books provided by our Friends of the South Hadley Seniors!!

***Curbside pickup policy: 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 .**

*** Curbside Event Cancellations due to snow, sleet, freezing rain: watch channel 22 (wwlp.com) , or channel 40 WesternMassNews.com) for notice of "South Hadley Senior Center: EVENT CANCELED"**

New! iPad Loan Program

We recognize that many low income South Hadley seniors do not have access to devices, the "know how", or internet service that would allow them to participate in our programming. To address this challenge, the Town of South Hadley applied for and obtained funding from the Coronavirus Aid, Relief and Economic Security Act (CARES ACT), to purchase Apple iPads for a new loan program administered through the COA. A device, internet service and training will be available to those who qualify.

Call the center: 538-5042

4 Week UCLA Memory Training Fridays in February @10:00 AM Zoom (Limit 10 People)

Join Carol Constant & Susan LaBonte as they teach you techniques to improve memory in a fun, interactive format via Zoom. This course is designed to benefit individuals with normal age-related memory challenges. Form better memory habits during this progressive class that builds on previous weeks. *Workbooks provided via contactless pickup at the COA Feb 1st—4th.* Please email Kerry by February 4th to participate: kouimette@southhadleyma.gov

Zentangles with Laura

Live Zoom Session on Feb 11th @ 10:00AM & On Channel 15 February 9th @ 3pm, 15th @ 11am, 18th @ 1pm, 24th @ 9am & 27th @ 2pm

Join artist Laura Geryk to create beautiful structured patterns with ink and paper. Some use zentangles as a form of meditation. *Call 538-5042 to pick up your home artist supplies curbside Feb. 1st— Feb. 4th*

To register for the Zoom session, email kouimette@southhadleyma.gov by day before.



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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

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.

New! SPECIAL OFFERING Mondays in February @ 11:00 AM to NOON: Senior Center's

Drop-in Writing Group with Linda (Zoom) Open to any writer of any ability who is interested in spending 20-30 minutes writing. Choose your own subject or use prompts offered for a jumpstart. 2nd half of the hour, you can read your fresh work aloud and/or offer positive comments. Facilitated by Linda Rowland-Buckley, coordinator of South Hadley Library Gatehouse Writers, founded 8 years ago with published story collection in 2019.

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)



4th Wednesday 2:00 BOOK CLUB (Zoom or Phone) February 24th "Lilac Girls: A Novel" by Martha Hall Kelly. S.H.

Public Library Lobby & Contactless Pick-up Available. The library will provide **large print, audio, and E-books**, in addition to regular copies of our book selection each month. Call 538-5042 or Contact Kerry at Kouimette@southhadleyMA.gov by the day before

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)



Friends ZOOM Bingo is Back!

Join the Friends on Fridays for virtual (Zoom) Bingo from 1-2pm beginning January 8th 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 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.

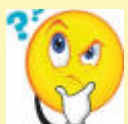
Community Coffee Hour is suspended due to lack of participation: If you are interested in having direct interaction with involved community members, please let us know.

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 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.



PUZZLE FUN: 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 plac-

es 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! **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 creat-

ed 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 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

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 monthly on **Channel 15** on **Tues.@7:00AM, Thurs.@12:00PM & Sat.@5:00PM**

***Webinar, Feb. 10th @ Noon:** Join Dr. Nirav Sheth, MD, Cardiovascular Specialist at HMC, to learn about **Congestive Heart Failure & General Heart Health.**

Learn signs, symptoms, & prevention. **To sign up:** visit www.HolyokeHealth.com/events for instructions on joining the Zoom meeting.

***Channel 15: Nutrition Tips & Tricks with Marissa Chiapperino, Registered Dietician** at HMC. Start the year off on a healthier foot.



New! HOME CRAFTING WITH KERRY February: **DYI Heart Mug w/ cocoa**

Live Zoom Session: Feb. 9th @ 11:00 AM

Or Channel 15: on February 8th @ 10am, 10th @ 2pm, 12th @ 6pm, 13th @ 9am & 14th @ 4pm **COA Curbside craft supply pick up (mug included)** Feb. 1st -5th, Call 538-5042. You can join Kerry via Zoom for a live craft session on the 9th by emailing her at kouimette@southhadleyma.gov up until the 8th. Or you can watch along on Channel 15 throughout February. Supplies are limited. Use special sharpie oil markers on ceramic mug to create a Valentines Day gift for yourself or someone else. A serving of hot cocoa is included.

SOCIAL SERVICE PROGRAMS, ASSISTANCE & RESOURCES

New! SENIOR VETERANS SOCIAL HOUR: Veteran Service Agent Mike Slater facilitates this Zoom and call-in group. This group meets the **3rd Wednesday of the month at 10:00 AM.** Mike will kick off this month's chat with information regarding Chapter 115 Benefits. Call 538-5042 or email Kerry at kouimette@southhadley.gov for more information. Contact by the day before group.




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 bi-monthly tell you about what's new at the center and discuss ways to keep you connected with friends. Currently we are contacting **130 South Hadley Seniors!** We would love to talk to you! . Please call 538-5042 or email lhennessy@southhadley.ma.gov

FOOT NURSE: Register Nurse, Sharon Beaulieu, 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. Do you know someone who would like a friendly note to brighten their day. We have **77 South Hadley Seniors** on our Hello List, we would love to put you on it, too. Call Lisa at 538-5042

 **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. 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@southhadley.ma.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.*



FUEL ASSISTANCE SEASON 2020/2021

It's not too late to apply for Fuel Assistance: 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.

INCONTINENT BRIEFS AVAILABLE FOR PICKUP/

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

SENIOR SAVINGS - Amazon Prime offers a discount for seniors 60 and older who are on Medicaid. Go to Amazon.com and click on "Sign up for Amazon senior discount" from there you will be able to register.



Expanded online ordering option - ALDI, Amazon & Walmart options for SNAP

Households can now use SNAP benefits to buy groceries online from participating ALDI stores for pickup and delivery via Instacart. Residents can shop for groceries online at Shop.ALDI.us. ALDI uses Instacart as its online grocery delivery and pickup platform. (Continue on page 6)

TRANSPORTATION, SENIOR SAFETY SNIPPET AND UPDATES

(continued from page 5) Some retailers have a delivery fee, and all Instacart orders have a service fee. For 90 days starting December 16, 2020, Instacart will waive delivery and/or pickup fees on up to the first three EBT SNAP orders from ALDI for each customer. For more information about online ordering and SNAP, [Mass.gov/snap-online-purchasing-program](https://www.mass.gov/snap-online-purchasing-program)



COMPANION ESCORT MEDICAL TRANSPORTATION PROGRAM

The South Hadley Council on Aging has once again received funding from West-Mass 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 FREE service, please call Ann Andras at 538.5042 or by email at aandras@southhadleyma.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 the 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

NAMI HELPLINE Mental Health Resources 800-950-6264 info@nami.org

Mass Social Security: 1-800-772-1213 (TTY 1-800-325-0778).

Medicare: 1-800-633-4227

Rep. Dan Carey' Office: (413) 529-4286, **State**

House: (617) 722-2060 daniel.carey@mahouse.gov

New! SENIOR SAFETY SNIPPET

by Office Emily Tebo

Hello to all of you! My name is Emily Tebo and I am a South Hadley Police Officer. I have been on the job as an officer for about six months now however, I was an Emergency Dispatcher in town for six years prior. I have recently been appointed as the liaison for the TRIAD / S.A.L.T. for South Hadley Police Department.

My hope is to use this space to bring to you all a monthly safety tip. This will include letting you all know of any new scams we have encountered, how to protect yourself against fraud and general helpful tips.

My first word of advice is to do your due diligence when hiring someone to do any type of work on or around your house. This includes making sure that the person is licensed and insured to do the type of work they say they can do for you. This can be done on the [mass.gov](https://www.mass.gov) website. Calling or looking up information online from the Better Business Bureau can be a good way to see if there are any complaints against someone you may be thinking of hiring. Also, do not hesitate to reach out to the police department if you feel you have not received services you have paid for.

If you have any questions for me that you would like to be addressed, please call me at the police station at 413-538-8231 ext. 6403 or send me an email at teboe@southhadleypolice.org



NEW SENIOR CENTER BUILDING UPDATE

Provided by Doug Goulet, Colliers International: The roofing membrane has been completed at

the flat roof; The installation of the insulated roof panels at the sloped roofs has started. Installation of the asphalt shingles will follow. The aluminum window frames have been installed. The glass will be installed at a later date. The interior wall framing and in-wall blocking is substantially complete. The installation of the rough electrical and plumbing is nearing completion. The rough ductwork installation is in progress and approximately 2/3 complete. The rough-in of the fire protection piping is substantially complete.

The contractor has completed the installation of the site stormwater system, and has installed approximately 50% of the light pole bases. (Pictures available at <https://www.southhadley.org/1042/NEW-SENIOR-CENTER->

IMPORTANT AARP TAX PREPARATION PROTOCOL

SAME DAY **Drop Off/Pick Up** **AARP Tax Assistance**

Hello, South Hadley Seniors!! The rumors are true!! We have been in discussions with the Tax Aide people about how to safely offer their free tax preparation and e-filing services at our temporary site this year. Because of Covid-19, tax preparation will be drastically different from past years. The staff and I are excited to say, assuming the Covid-19 case counts do not get out of control in our area, we plan to start on **Wednesday, Feb 17**, and continue through Wednesday April 14, with appointment scheduling beginning now.

Appointments will be scheduled for a particular date, but not a specific time.

The AARP Tax Aide program is a no-cost service with emphasis on helping older adults who have a low to moderate income and relatively simple tax returns. More complicated returns require more expertise than the volunteers have been trained to handle.

Our clients/members will NOT be permitted to enter the building, nor will there be in-person, face to face help offered; instead all taxpayers will be required to drop off their documents (You must wear a mask) in a large, sealed envelope (supplied by the COA) to a COA staff member at a designated door (follow signs) between 7:30am -8:30am the day of their appointment, then please go home.

All communication between the taxpayer and Counselors will be done by phone, so this means you must commit to be available by phone all day if there are questions. **You must be available by phone on the day of their scheduled appointment for frequent consultations with the Tax Aide volunteer.** You will then be called later to sign the e-file authorization and to pick up your papers and a copy of your tax return on the same day. We cannot mail them to you.

A detailed instruction sheet, and intake forms will be mailed to all scheduled participants in advance of their appointment, or picked up at our site. **Unlike before, these documents must be completed and signed at home before paperwork is dropped off on the day of your appointment.** Everyone gets only ONE appointment: so if paperwork is incomplete then you will need to pick up your papers and have your return done elsewhere. So please make sure you follow the instructions and fill in all items, and attach ALL required documents. Significantly, if you are filing for the Mass Circuit Breaker, you must have ALL Real Estate and Water/Sewer bills that you paid in Calendar Year 2020. If you cannot find them, get a printout asap from Town Hall to put in with your tax papers, else your Circuit Breaker refund will be smaller this year! The completeness of your paperwork is your responsibility. Beginning MONDAY, FEBRUARY 1ST those wishing to schedule an appointment can call the Senior Center at 538-5042 after 8 a.m. **This program is very popular and in high demand, you may need to call the center several times before speaking to a staff member. Please do not come to the center in-person. All appointments will be reserved by phone.**

IMPORTANT: Your first phone call with a COA staff member will be to register your name and phone number. Later that morning, you will get a callback from a another COA staff member, who will give you your appointment day. Calls will be returned to all callers. The entire tax filing process will necessitate two trips to the Senior Center and telephone availability for consultations until the individual's return is processed, on the day of the appointment.

Remember, we are all working towards the same goal. Please help us keep everyone safe by following the protocols. Thank you!!! Leslie

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PREPARED MEALS & AREA 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 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

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://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://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, New Senior Center Fund and our senior meal program: Peoples Bank, Arthur & Rita Fidalgo, Barbara Kapinos, Marion Callahan, Pauline Casey, Julie D'Astous, Drewey Darnell & Rita Starzyk, Cathy Devins, Ray & Joan Hopfe, Hugh Hutton, Carolyn Gammons, David & Barbara Palangi, Gail Chadwick, Nancy Towne, Ann Szfranowicz, Bill Schenker, Helen Getty, Kristen Stueber, Valerie Young, Teresa Brindamour, James Eisenstock, Betty Burnett, Teresa Brindamour, Valerie Young, Kristen Stueber, James Eisenstock and Diane Scheinost

The Friends couldn't do what we do without volunteers who generously donate their time. We would like to thank the following volunteers who helped us with our Soup & Popover Meal and our Operation Holiday Cheer program: Ola Herbert, Kathy Gallivan Andy Buscemi, Kenna Symington, Dottie Kelly, Janice Faginski, Nancy Bowser, Hazel Lafferiere, Amy Carey, Carol & Jeff Thibault, Linda & Doug Young

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

Sign up for another Friends' Senior Meal - Corned Beef & Cabbage Lunch (\$5). Loomis will prepare a traditional St. Patrick's Day meal of corned beef, cabbage, potatoes, carrots and a dessert.

Reservations are due by March 10. Pick up will be at the COA (St Theresa's Church, 7 E. Parkview Dr) from 11:30-1PM.

() Yes, I'd like to reserve a \$5 Corned Beef & Cabbage Lunch

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

NAME _____

ADDRESS _____

PHONE _____

EMAIL _____

Mail to: Friends at P.O. Box 55, SH or drop off at the COA.

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

BEWARE OF COVID -19 VACCINE SCAMS!

Be vigilant and protect yourself from potential fraud concerning COVID-19 vaccines. You will not be asked for money to enhance your ranking for vaccine eligibility. Government and State officials will not call you to obtain personal information in order to receive the vaccine, and you will not be solicited door to door to receive the vaccine.

*Beneficiaries should be cautious of unsolicited requests for their personal, medical, and financial information. Medicare will not call beneficiaries to offer COVID-19 related products, services, or benefit review.

*Be suspicious of any unexpected calls or visitors offering COVID-19 tests or supplies. If you receive a suspicious call, hang up immediately.

*Do not respond to, or open hyperlinks in, text messages about COVID-19 from unknown individuals.

*Ignore offers or advertisements for COVID-19 testing or treatments on social media sites. If you make an appointment for a COVID-19 test online, make sure the location is an official testing site.

*Do not give your personal or financial information to anyone claiming to offer HHS grants related to COVID-19.

Be aware of scammers pretending to be COVID-19 contact tracers. Legitimate contact tracers will never ask for your Medicare number, financial information, or attempt to set up a COVID-19 test for you and collect payment information for the test.

IF YOU SUSPECT COVID-19 HEALTH CARE FRAUD, [REPORT IT IMMEDIATELY ONLINE](#) OR CALL 800-HHS-TIPS (800-447-8477).

COMMUNITY INFORMATION



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 so you know if any go missing

Take leftover medicine to the drug collection box at the South Hadley Police Department lobby.

Do not flush them! There is another way: **“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 Dispos-erx.com. If you are interested in receiving up to 3 “Dispose Rx” packets for **FREE** please email your name and address to: Lhennessy@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.

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



JOIN THE COA'S BOARD OF DIRECTORS:

We have three vacancies on the COA's BOD.

The past year has revealed that the South Hadley Senior Center is not just a building - although a new building is under construction—the senior center is a vibrant, flexible dedicated community of friendship and resilience. Join us, and support the mission of the senior center and advocate for the comprehensive wellbeing of all South Hadley older adults. Apply online at www.southhadley.org or call Leslie Hennessey at 538-5042 for more information.

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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FEBRUARY 2021 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

KAROL P. KAPINOS
Barbara Kapinos

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ALDI MCCLAFLIN, CHARLES ALLARD, BOB

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Zeke & Phyllis McClaflin

WE ARE VERY GRATEFUL FOR THE FOLLOWING DONATIONS FROM:

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



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MS, Audiologist/SLP

Amy Catanzaro,
AuD., Doctor of Audiology

Joni Skinner,
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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 if an address is 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
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