

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
Crafts to Go
Senior Veterans Social Hour
COA Vaccine Hotline:
650-1021

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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**Appointment available in March
and April for AARP Tax Aide
Preparation
Call 538-5042**

**Friends of the South Hadley Seniors
St. Patrick's Day Luncheon is
Tuesday, March 16th**

**Stay Home, Stay Safe BAGS
*Curbside pick up & Delivery**

**TUESDAY, March 23rd
10:00 AM to 11:00 AM**

(*If this event is canceled due to weather, the event will be
rescheduled for Mar. 24th)

**You must call 538-5042 to reserve
your bag for pick up or delivery.
Bags contain non perishable food items.
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 dur-
ing 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 West-
ernMassNews.com) for notice of
"South Hadley Senior Center:
EVENT CANCELED"**

On the Road Again...

**COA TRANSPORTATION PROGRAM
REOPENS TO LIMITED SERVICE**

**Monday, March 15th
See page 6 for details!!**



**St. Patrick's Celebration
Curbside Irish Breakfast,
Bagpipes, & Green Carnation
Catered by Hamel's**

**Thurs. March 11th: 10 AM - 11 AM
200 person maximum
Call 538-5042 by 3/9 to reserve**

(*If this event is canceled due to weather, the event will be
rescheduled for Mar. 12th)

Enjoy the sound of live bagpipes as you pick
up your take & heat egg, potato, & corned
beef hash breakfast bowl, scone & tea along
with a green carnation from Carey's flowers.

***Curbside pickup policy: FOLLOW SIGNS.
Breakfast 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 .**



**The Savvy Caregiver
6 week series via Zoom (8 people)
Begins March 10th: Wednesdays @ 10 AM
email: kouimette@southhadleyma.gov
register by 3/8**

Carol Constant & Sarah Peterson, LCSW
from WestMass ElderCare lead this educa-
tional training for active family caregivers of
people living with Alzheimer's or other de-
mentia related diseases. Learn strategies for
self-care, making the most of family re-
sources, how to recognize options to optimize
decision making, and more.



**UMass Nursing Students at the
Council on Aging**

The COA is pleased to welcome UMass
Nursing interns for the months of March &
April. Interns will help with registering people
for vaccination appointments, create pro-
gramming on Channel 15, and participate in
curbside events. Catch them on Channel 15:

**UMass Brain & Wellness Activities
Channel 15 on March 10th @ 9 AM, 12th @ 3 PM,
14th @ 1 PM, 16th @ 11 AM, 20th @ 10 AM,
22nd @ 2 PM & 25th @ 9 AM**

UMass Nursing interns offer craft, relaxation,
exercise, and cooking activities.



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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@southhadley.ma.gov to sign up. This offering is made possible thanks to the Holyoke YMCA.

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!)

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) March 24th "All the Missing Girls" by Megan Miranda

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) Grab a straight back chair. Wear some comfy clothes and connect breath with movement.

Friends ZOOM Bingo is Back! Join the Friends on Fridays for virtual (Zoom) Bingo from 1-2pm continuing every Friday throughout the months of March. 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.



Celebrate St. Paddy's Day!

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

Word List:

BAGPIPE	BLARNEY	BLOSSOM	CABBAGE
BONNET	CELEBRATE	CELTIC	CHARM
CHIEF	CLOVER	COIN	CORNHOG
DANCE	DRINKING	EMERALD	FOLKLORE
SHIRTS	GREENEER	HARP	HOLIDAY
IRISHMAN	IRISH	JIG	KISS
LEISURE	LINEN	LUCK	NARCH
MUSIC	MARSH	POPPING	RAINBOW
SAINTPATRICK	SEVENTEENTH	SHIRTS	SHAKES
TOAST	TOPHAT	TRADITION	WISH

PROGRAMS AND CRAFTS



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 pick up AND

Delivery: FREE, 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! **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.



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, March 15th @ 1:00 PM: Movement & Aging: Melissa Moriarty, PT** will be reviewing exercises for improving strength, flexibility, & balance, as well as tips for falls prevention. Q & A follows presentation. **To sign up:** visit www.HolyokeHealth.com/events for instructions on joining the Zoom meeting.

***Channel 15: GI & Colon Health with Dr. Hsaan** from HMC.



GREETINGS & UPDATES FROM THE COA on Channel 15 on March 11th @ 1 PM, 13th @ 9 AM, 15th @ 1 PM, 17th

@ 11 AM, 19th @ 10 AM, 21st @ 2 PM & 24th @ 9 AM Staff members at the COA want to check in and say hello. We would also like to provide some outreach information, some goings on at the Senior Center, provide a new building update, and introduce you to our new Senior Center Coordinator.

New! IPAD LOAN PROGRAM

We recognize that many low income South Hadley seniors are not able to access and enjoy our online 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. Please call the Center at 538-5042 to find out if you are eligible to receive a device on loan, internet service and training.



New! CRAFTS TO GO Curbside pick up or Delivered to your door. Order your kit by March 10th at 538-5042

Paint by Number Kit Get in touch with your inner painter with an easy-to-follow paint by number kit. The finished product is a beautiful rainbow owl. The kit comes with quality paint brushes in 3 sizes, acrylic paint set, art canvas, and easy-to-follow instructions. Finished size: 16x20". *Cost: \$10. Contact the COA by March 10th to order your kit (Important note: the guide numbers are small and may be challenging for some to read clearly.)



Build Your Own 3D Wooden Horse Kit Put your building skills to the test with this creative wooden 3D puzzle. Use it as decoration or give it as a gift to someone special. Kit includes: Laser-cut wooden board with pieces that are easy to pop-out and detailed instructions to follow. No glue required! Finished product: 5.5inches tall. *Cost: \$8 Contact the COA to order your kit. *Cost of the kits are supplemented by the Senior Center Activity Fund.

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. If you would like bi-monthly or periodic check-in phone calls, a COA staff member is available and happy to connect with you. Currently, we are contacting **130 South Hadley Seniors!** We would love to talk to you! . Please call 538-5042 or email lhennessey@southhadley.ma.gov

FOOT NURSE: Register Nurse, Sharon Beaulieu, a certified foot care specialists will make house calls. Call 413-552-9533 for 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 of 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.

SHINE—SERVING THE HEALTH INSURANCE NEEDS OF ELDERS SHINE volunteer counselors are available to answer questions about Medicare and other health insurance issues. Please call the Senior Center at 538-5042 and we will get your contact information to a SHINE counselor who will return your call.

ASSISTANCE WITH MEDICARE COSTS—MASS BUY-IN: DO YOU QUALIFY?
The MassHealth Medicare Savings (Buy-In) programs help pay some of the out-of-pocket costs of Medicare. The Buy-In programs can also help get Medicare Part B for people who only have Medicare Part A. If you are in a Buy-In program, you will also be automatically enrolled in the Medicare Part D Extra Help program, which can help with pharmacy costs. Here are the income and assets guidelines:

For Individuals: If your countable assets are less than or equal to \$15,720 AND your monthly income before taxes and deductibles is less than or equal to \$1,383 THEN you will be eligible for.....SENIOR BUY-IN. Or, \$1,755 THEN you will be eligible for.....BUY-IN.

For a Married Couple: If your countable assets are less than or equal to \$23,600 AND your monthly income before taxes and deductibles is less than or equal to \$1,868 THEN you will be eligible for ...SENIOR BUY-IN. Or, \$2,371 THEN you will be eligible for... BUY-IN.

MassHealth Senior Buy-In: MassHealth Senior Buy-In may pay for Part B Medicare Premiums (and for Part A premiums for those who have one) and for the deductibles and coinsurance under Part A and Part B.

MassHealth Buy-In: MassHealth Buy-In may pay for the Medicare Part B premium. For more information, please call Ann Andras at 538.5042

TRANSPORTATION, SENIOR SAFETY SNIPPET AND UPDATES



ON THE ROAD AGAIN.....The South Hadley Council on Aging Minibus has reopened with limited service.

The Council on Aging Transportation Department follows the CDC and State Standards for drivers, passengers and vehicle safety.

The following outlines those guidelines.

1. Non-contagious medical appointments and grocery shopping etc.
2. Only 1 passenger (with 1 companion) is allowed in the vehicle at a time.
3. Passenger MUST wear a mask and use hand sanitizer BEFORE entering the vehicle.
4. Driver will take passenger's temperature with a non-contact thermometer.
5. Passengers with a temperature of 100.4 degrees or higher will not be allowed to ride in the vehicle.
6. All vehicles are cleaned and disinfected before and after each passenger.

The COA minibus can provide transportation to COVID 19 Vaccination Sites on a limited basis.

Call Sarah at 538-5042 to book a ride.

COMPANION ESCORT MEDICAL TRANSPORTATION PROGRAM

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 FREE service, please call Ann Andras at 538.5042 or by email at aandras@southhadleyma.gov



PVTA AND COA 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. Trips can be booked up to one week in advance but must be booked at least one day in advance. Please call **413-739-7436 to book Dial-A-Ride with the PVTA.**

SENIOR SAFETY SNIPPET by Office Emily Teboe

Hello to all of you! I hope this month's newsletter finds you all well and in good spirits. I know that Winter

months are usually tough for most of us but this year, especially so. I hope that you are all taking care of yourselves and each other in a safe and meaningful way. That being said, if you or someone you know is struggling, please do not hesitate to reach out to our department. There are resources available to help you manage whatever you may be needing a little extra help with. That being said, I wanted to address a common scam that we see as police officers that specifically target our seniors. We refer to this scam as the "grandparent scam". What will happen is someone will call your phone and claim that your grandchild is sick, being arrested or something else that any grandparent would find scary. The person on the other end of the phone then tells you your grandchild needs money to either have medical treatment or get bailed out of custody. Please do me a favor, CALL your grandchild or other trusted loved one first to verify their safety. DO NOT send money to anyone. DO NOT buy gift cards at a convenience or grocery if they request you do so. Remember, it can be difficult to get your hard-earned money back to you if you send it to someone who you do not know. Please feel free to contact the South Hadley Police Department if you receive one of these or any other suspicious phone calls.

Until next time!

I can always be reached at the station, 413-538-8231 ext. 6403 or via email teboe@southhadleypolice.org



NEW SENIOR CENTER BUILDING UPDATE

Provided by Doug Goulet, Colliers International: The contractor is focusing on the building interior. The interior wall framing and in-wall blocking is complete. The installation of the sound insulation and sheetrock is well underway. The installation of the rough electrical is nearing completion, and the ductwork installation is in progress. The rough-in of the fire protection piping is substantially complete; the balance of the work will occur when the ceiling are installed. Ceramic wall and floor tile installation at the restrooms is in progress. (Pictures available at <https://www.southhadley.org/1042/NEW-SENIOR-CENTER-PHOTOS>)



An Update From AARP: Biggest Social Security Changes for 2021 The Social Security Administration (SSA) recently announced a 1.3 % annual cost-of-living adjustment (COLA). Retired and disabled beneficiaries will see a small increase beginning in January. Here are some of the biggest changes affecting SS recipients in 2021.

Larger Checks for Retired, Disabled workers (+difference from 2020). A **Retired worker:** \$1543 (+\$20), **Retired couple:** \$2596 (+\$33), **Disabled worker:** \$1277 (+\$16).

- **Tax Cap Goes Higher** As it does every year, the maximum amount of earnings subject to the payroll tax is going up. In 2020, the maximum amount of taxable earnings is capped at \$137,700; in 2021 the figure climbs to \$142,800.

- **Earnings Test Limits Climb** Social Security was designed for retirees. For those who work and choose to take retirement benefits before their full retirement age, get temporarily reduced benefits. In 2020, beneficiaries under full retirement age have \$1 in benefits held back for every \$2 they earn working above \$18,240 a year. In 2021 that rises to \$18,960 a year. The month you reach full retirement age, SS stops holding money back because of your work income and there are no longer earnings limits. *SS effectively returns the money it withheld by increasing your monthly payout when you reach full retirement age.

- **Accruing Work Credits** In most cases, workers need to accrue 40 work credits to become eligible for Social Security benefits. One work credit=three months' worth of qualifying work in a year. The amount of earnings required for a qualifying quarter will increase from \$1,410 to \$1,470.

- **A Break on Medicare Premiums** Many retirees have their Medicare Part B automatically deducted from their SS monthly payment. A "big jump" in premiums can easily wipe out the increase from a COLA. In 2021 the Part B premium will increase by \$3.90 to \$148.50, less than previously projected, thus preserving part of the COLA.

- **SSI Recipients Also Get a Raise** Those who receive

SSI (Supplemental Security Income), a SS program to help certain individuals with little or no income to meet basic living needs, will also see a 1.3% increase in their monthly benefits. For the average individual that translates to \$11 more a month to \$794 and \$16 more to \$1,191 for an average couple. SSI is funded by general tax revenue, not Social Security payroll taxes.

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

AARP Tax Aide Assistance Call 538-5042 :

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.

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.

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 . You will then be called 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 available for 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. 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 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. **Thank you!**

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COVID 19 VACCINATION SITES

A Message from Leslie

The South Hadley Council on Aging is committed to assisting seniors with scheduling COVID 19 vaccine appointments. We are working very closely with the State, the South Hadley Emergency Management Director and with the Board of Health to respond to the most up-to-date information available and to share that information with our senior community.

Currently, most vaccine sites require an email address to book an appointment. If you are comfortable with online scheduling, please use the links below and make an appointment. The process is fairly easy and takes about 15 minutes. You can also ask a family member to book your appointment. All they need is a computer to do so. Remember: one person's challenge is another person's skillset. Those who use computers/technology every day can help you with relative ease.

If you need assistance to book a COVID 19 vaccine, please call the COA VACCINE HOTLINE at 650-1021. Leave a message on this voicemail at anytime and a staff member will return your call as soon as possible. Remember to leave your name and phone number.

We are able to book appointments for seniors, who do not have a computer, at the Northampton Council on Aging vaccine site and the Amherst Regional High School vaccine site. Both sites have prepared a generic email address to use in the booking process. (Those 2 email addresses are in RED on the list below). Please let us if you need assistance with transportation.

The process will get easier as more vaccine doses are made available. It's been a long year, but there is a light at the end of the tunnel. Leslie

COVID-19 VACCINATION LOCATION SITES AND SCHEDULING LINKS

STATEWIDE: Appointments will be made at the 4 Regional Massachusetts Vaccine Site; Eastfield Mall is the Western Mass Regional Site. Individuals 75 and older who are unable to use or have difficulty accessing the internet to schedule an appointment online may use: the Massachusetts Vaccine

Scheduling Resource Line: Call 2-1-1 (1-877-211-6277) follow prompts for assistance booking an appointment
Hours of Operation: Monday through Friday 8:30 AM to 5:00 PM .

The Massachusetts Vaccine Scheduling Resource Line is currently only for individuals **who cannot use or have difficulty accessing the internet and therefore are unable to schedule an appointment through the online platforms.**

HAMPDEN COUNTY SHERIFFS DEPARTMENT

Call from 8 a.m. to 3 p.m. at (413) 278-5584. If the call goes to voicemail, clearly leave your name and a phone number to reach you and we will return the call. Although it is preferred to set up your meeting via phone, we will also accept walk-ins properly wearing masks at its facility inside the WW Johnson Life Center, located at 736 State Street, in Springfield.

The following list are all of the locations for COVID-19 Vaccinations within a 10 mile radius of the 01075 zip code.

Location Name: Springfield: Eastfield Mall

Serves: Eligible populations statewide

Location Type: Mass Vaccination Sites (high volume, large venue sites)

Full Address: 1655 Boston Rd, Springfield, MA 01129: Site Type: Indoor

<https://bit.ly/3ogOAqQ>

Instructions at site: Parking can be found on the north end of the mall complex. Both entry and exit can be found on the north end of the facility (Macy's). Ramp accessibility is available. Additional accommodations for entry and exit are available.: Days of week open: Daily: Distance in miles: 8

If people need assistance booking and appointment and they have an email, they can call 413 787-6785

Location Name: South Hadley: Big Y

Serves: Eligible populations statewide: Location Type: General Vaccination Sites (pharmacy/grocery locations)

Full Address: 44 Willimansett Street, South Hadley, MA 01075: Site Type: Indoor

<https://www.bigy.com/Pharmacy/covid19-vaccine-faq>

COVID 19 VACCINATION SITES

Open: Daily: Distance in miles: 1

*Use same link for Big Y to make an appointment at Ludlow (7 miles away), Wilbraham (8 miles away), and Northampton (8 miles away) Big Ys: Longmeadow, Cooley St. Springfield : East Longmeadow Big Y is set up like a clinic

Location Name: West Springfield: Stop & Shop

Serves: Eligible populations statewide

Location Type: General Vaccination Sites (pharmacy/grocery locations)

Full Address: 935 Riverdale Street, W. Springfield MA 01089 Site Type: Indoor

<https://www.stopandshop.com/covid-vaccine>

Days of week open: Daily: Distance in miles: 8

Location Name: Holyoke: Baystate Health Whitney Avenue Vaccine Center

Serves: Eligible populations statewide

Location Type: General Vaccination Sites (healthcare locations)

Full Address: 361 Whitney Avenue, Holyoke MA 1040: Site Type: Indoor

<https://bit.ly/3pINpI9>

What you need to know: Please do not use Internet Explorer; use another browser, such as Safari, Chrome, Firefox, etc. Vaccine center entrance is at top of the parking lot (upper level) on the backside of the building.

Days of week Open: Daily: Distance in miles: 6

Location Name: Northampton Senior Center

Serves: Eligible populations in Hampshire County

Location Type: Local Vaccination Sites (open to select cities/towns)

Full Address: 67 Conz Street, Northampton, MA 01060

Site Type: Indoor

<https://www.northamptonma.gov/.../COVID-19-Vaccination...>

If you DO NOT have an email address, you can enter this generic email address to make your appointment: jmeyers@northamptonma.gov

Instructions: Wait in your car until your appointment time

Days of week open: Will vary, please click link to see available appointments: Distance in miles: 6

Location Name: Springfield: Mercy Medical Center

Serves: Eligible populations statewide

Location Type: General Vaccination Sites (healthcare locations)

Full Address: 271 Carew Street, Springfield, MA 01104

Site Type: Indoor

<https://www.trinityhealthofne.org/mercy-vaccine>

Instructions at site: Please park in Visitor Parking and enter the Main Entrance of the hospital. Let the screener know you are arriving for a COVID Vaccine appointment, and take the elevators immediately to your left down to the Ground Floor. The Vaccine Clinic entrance will be straight ahead in the Deliso Conference Center.

Days of week open: Monday-Friday: Distance in miles: 8

Location Name: Amherst Regional High School

Please check out the Town of Amherst's link below to get further information and to book appointments. Use this link for the most up to date information.

<https://www.amherstcovid19.org/vaccine>

If you DO NOT have an email address, you can enter this generic email address to make your appointment: vaccine@amherstma.gov UMass also has their own Vaccination Clinic

Please check out the UMass Vaccination Clinic link below to get further information and to book appointments. Use this link for the most up to date information.

<https://www.umass.edu/coronavirus/vaccine>

YOU MUST HAVE AN EMAIL ADDRESS TO BOOK an appointment. If you do not have one, ask a family member or friend to use theirs.

For updates go to: <http://www.mass.gov/covidvaccine75>

COMMUNITY PROGRAMS

JOIN THE COA'S BOARD OF DIRECTORS: We have three vacancies on the COA's BOD. Please consider joining us. The South Hadley Senior Center is not just a building - although a new building is under construction—the senior center is a vibrant 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.

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.

PARTNERSHIP FOR SAFETY : 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 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: Lhennessey@southhadleyma.gov. or call 538-5042 and let us know how many you could use. This product is also available at stores for purchase.

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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Marjorie S. Block, D.M.D.

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SNAP ONLINE OPTIONS



Expanded online ordering option for SNAP Recipients:

Options include ALDI, Amazon & Walmart

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.

Some retailers have a delivery fee, and all Instacart orders have a service fee. For more information about online ordering and SNAP, Mass.gov/snap-online-purchasing-program

MARCH 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

TOM TETLOW

Irene Tetlow

DANNY STRAIN

Rita Patruno

ADELE MOSKAL

Jennie Cwieka

WE ARE VERY GRATEFUL FOR THE FOLLOWING DONATIONS

FROM:

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RiverMillsAL.com | RiverMills@hallkeen.com

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

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 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

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

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 Caregivers Gift Account
 Newsletter Account
 Services Gift Fund
 Holiday Gift Card/ Lights On