

THE GOLDEN CHRONICLE

THE SOUTH HADLEY COUNCIL ON AGING

The Mission of 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.



April 2021

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UPCOMING EVENTS

Limited Onsite Activities

The Senior Center will hold specific activities that do not require close contact. The Center remains closed to the public. We will follow masked and distanced public health guidelines at all times. Activities will be held outside under the cover of an awning or indoors in the gymnasium, based on the weather. Numbers and activities will be limited, and some activities will be hybrid. **You must register by the day before an event. If you have not pre-registered for the event, you will not be able to attend.**

Pansies & Pastries

- Curbside & Delivery on April 15
- Curbside Pickup 10 a.m. to 11 a.m.
- Reserve by April 13

Get in the Spring spirit. Drive over to say hello, grab a pastry, and take home some starter pansy plants, potted by Girl Scout Troop #64614. Curbside pickup policy: Follow signs. Items will be placed in your back, passenger-side seat. Masks are required during curbside pickup and social distancing must be observed.

Temporary Location:

9 E. Parkview Dr., South Hadley

Mailing Address:

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South Hadley COA - South Hadley, MA 06-5294

Stay Home Stay Safe Bag

Tuesday, April 27 10 a.m. to 11 a.m.

Curbside Pick up & Delivery

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!!

Social Strollers

Wednesdays at 9:30 (In-person)

Get outside and get moving together. Whether you are just beginning to get moving or if you have been walking for a while, come be social and get some fresh air. Our UMass Nursing Interns will be joining in on the fun throughout April. They are looking forward to socializing with everyone. Reservation deadline: The day before the event.



Paint & Sip

Wednesday, April 21 at 1 p.m.

(In-person or Zoom)
Register by April 20. Christine Carbanaro is back for another Paint & Sip...minus

the Sip. We will celebrate the warming weather by painting a beach theme. A grant from the South Hadley Cultural Council helps fund our Paint & Sips in 2021. Reservation deadline: The day before the event.

Crafting with Kerry

- Weekly Craft (In-person)
- Tuesdays at 1 p.m.
- **Reservation Deadline: The day before the event**

Each Tuesday in April we will offer a different craft that can be completed within the hour. Sometimes crafts will have a seasonal theme.

Craft on the Go (and Grow)

Grow Your Own Herb Garden Kit

Grow your indoor, starter herb garden of fresh basil, cilantro, parsley, sage and thyme this spring with this mini herb garden kit. The kit includes seeds, starter pots, soil palettes, plant labels, 6 pots and detailed instructions for planting seeds, transplanting and care. Discounted Cost: \$15. Contact the COA to order by April 14 for curbside pick up or delivery.



Holyoke Medical Center Partnership

Channel 15 & Webinars

Holyoke Medical Center will be offering Zoom webinars and presentations on Channel 15 on topics pertaining to wellness & physical and mental health. Channel 15 Lung Cancer Screening. Presentations air on Tuesdays @ 7 a.m., Thursdays @ noon Saturdays @ 5 p.m.

Webinar: Tuesday April 6 @ 11 a.m.

Coping with Loss During a Pandemic

To register go to: www.HolyokeHealth.com/events

Masterclass Online Courses

Masterclass Pass Available to South Hadley Seniors Until June

The Council on Aging is bringing the worlds most celebrated online teaching program to our South Hadley seniors! This amazing offer includes online classes crafted for students of all skill levels and provides a NO-COST-ALL-ACCESS-PASS to the entire MasterClass platform. Call 538-5042 or email Kerry at kouimette@southhadleyma.gov

Understanding How Vaccines Work with Dr. Jamie Church

Watch on Channel 15 During the Following Times:

April 5 @ 11 a.m., 10 @ 10 a.m., 13 @ 1 p.m., 15 @ 3 p.m., 18 @ 11 a.m., 23 @ 2 p.m. & 28 @ 10 a.m.

Dr. Jamie Church, professor at Mount Holyoke College, has a PhD in neuroscience. She will explain the basics of how vaccinations work in a way we can all understand.

Knitting Group

Fridays at 1 p.m. (In-person and Zoom)

Reservation deadline: The day before the event

Pull up a chair to knit and chat. People bring their own supplies and projects.

Puzzle Fun

Curbside Pick up and Delivery

The COA has a collection of 500 & 1000 piece puzzles to share with our South Hadley seniors.

Questions or to Register for Events: coa@southhadleyma.gov or 413-538-5042

4 Weekly Virtual & Telephone Programs

Registration is required for all programs

- You must register the day before the scheduled program.
- To Zoom: email kouimette@southhadleyma.gov
- To register for In-person events call 538-5042 or email Coa@southhadleyma.gov

Tai Chi with Denise

Monday at 10 a.m. (Zoom)

Gentle flowing movements combined with slow, natural breath are both energizing and relaxing. Tai Chi promotes health, balance, and well-being through repetition of movement. Newcomers always welcome. This complimentary offering is made possible thanks to the donations made to the Council on Aging Activity Fund.

Holyoke YMCA Fitness Partnership

Monday, Wednesday & Friday at 10 a.m. (Zoom)

Join Davi on Monday for Gently 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 complimentary offering is made possible thanks to the donations made to the Council on Aging Activity Fund.

Fitness Basics with Lindsey

Tuesday and Thursday at 10 a.m. (Zoom)

This is a 45 minute class. Grab a straight-back chair and light weights (soup cans work, too!)

Creative Collage

Wednesday at 9:30 a.m. to 11 a.m. (Zoom)

If you have some old magazines, books, or maps with color and pictures, scissors, glue or a glue stick, paper, something to draw with (markers, pens, colored pencils, crayons) and an open mind, you can unleash your inner artist with collage. The really wonderful thing about collage is that there is no right or wrong way. 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 and help you create art.

Seated and Standing Yoga

Thursday at 10:15 a.m. (Zoom)

Grab a straight back chair, wear some comfy clothes and connect breath with movement. This complimentary offering is made possible thanks to the donations made to the Council on Aging Activity Fund.

Zoom & iPad Training

Small group sessions scheduled on Wednesdays at 11 a.m. and by appointment (Zoom, In-person, and phone)

If you have been loaned an iPad or if you have one of your own, we can help you practice your skills and learn more about the how-to's of your device. We can also set up an appointment to sign-up for Zoom or teach you more about Zoom. For learning more about Zoom, please email Kerry at kouimette@southhadleyma.gov If you wish to register for a training session to learn more about your iPad or to learn how to get onto Zoom, please call the COA to schedule an appointment.

Morning Mindfulness with Kerry

Tuesday at 9 a.m. (In-person & Zoom)

Nighttime Nidra with Kerry

2nd Wednesday of the month (Zoom or Phone)

Grab a straight back chair and wear some comfy clothes. Learn some basics for stress management and calm during challenging times. Deep relaxation AKA "nidra" (traditionally done lying down) is heavy in the rotation of practices offered in the morning. We also do an evening nidra on the 2nd Wednesday of the month. Kerry is a certified & trauma informed yoga instructor.

Book Club

4th Wednesday of the month at 2 p.m. (In-person, Zoom & Phone)

This month: *Nine Perfect Strangers* By Liane Moriarty

South Hadley Public Library lobby and contactless pickup available. The library can provide large print, audio, and e-books in addition to regular copies of our book selection each month. Join us for a lively discussion. Books for the upcoming months are selected at the end of our meeting.



Low Vision Group

2nd Tuesday of the month at 10 a.m.

This group continues to welcome new members. Any senior who has received a medical diagnosis of blindness or is legally blind can join. Due to CDC guidelines during the COVID-19 pandemic, this group is meeting by phone (conference call) on the **The telephone number is 1-844-263-1619. The ID#: 538667631.** Please call Ann for more information.

Brown Bag Program for Seniors

The Food Bank of Western Mass

The 3rd Tuesday of the month

A monthly, supplemental food program for individuals 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. You may be eligible to receive a FREE bag of healthy groceries each month. Please call Ann for more information.

SHINE

Serving the Health Insurance Needs of Elders

SHINE volunteer counselors are available to answer questions about Medicare and other health insurance issues. We will get your contact information to a SHINE counselor who will return your call.

Senior Veterans Social Hour

3rd Wednesday of the Month at 10 a.m.

South Hadley Veteran Service Agent Mike Slater facilitates this in person group. Call 538-5042 or email Kerry at kouimette@southhadley.ma.gov for information.

Foot Nurse

413-552-9533 to schedule an appointment

Registered Nurse, Sharon Beaulieu, certified foot care specialist will make house calls.

Hampshire elder law program H.E.L.P. Providing Civil Legal Services Hampshire county seniors

If you think you are in need of legal assistance and cannot afford to hire an attorney, contact H.E.L.P. at 413-586-8729. If you meet the eligibility requirements, you will be referred to one of our attorneys for assistance. The H.E.L.P volunteer attorneys are members of the Hampshire County Bar Association and are experienced in the legal services to be provided.

Eligibility Requirements:

- ◆ Must be 60 years of age or older
- ◆ A Hampshire County resident

- ◆ Low income
- ◆ In need of Legal Assistance
- ◆ Unable to hire an attorney

Civil Legal Services Provided

- ◆ Bankruptcy~Powers of Attorney
- ◆ Consumer Protection~ Probate of Estates
- ◆ Divorce~Wills
- ◆ Guardianship ~Other Elder Matters

The Hampshire Elder Law Program can be reached by telephone at 413-586-8729 or by email at heba@crocker.com. Their website is www.hampshirebar.org The Hampshire County Bar Association is located at 15 Gothic Street, Suite 10, Northampton, MA 01060-3084.

Last Chance to Apply for Fuel Assistance

Fuel Assistance Applications can be Taken Through April 30

Never applied before? Call Ann Andras for details and financial guidelines.

HELLO!

Check-in Phone Support and Note Card Program

If you would like a bi-monthly phone call from a senior center staff member, please let us know. Currently we are calling over 130 seniors to stay connected during the pandemic. Would you like a notecard instead of a call? We would be happy to put you on our "Hello Friends" all volunteer, notecard program and you will receive a monthly note just to say "Hello".

6 Support & Assistance

Companion Transportation Program

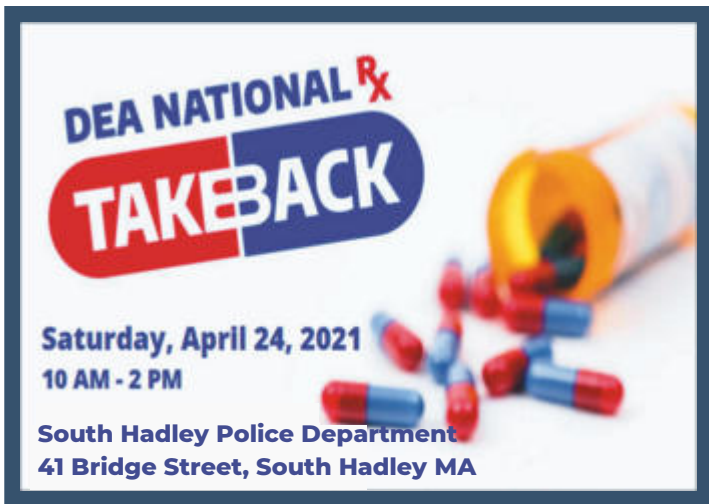
Grant Funded

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

Caring for the Caregiver

Every other Monday/month at 3 p.m.

Join WestMass ElderCare and fellow caregivers for a free Caring for the Caregiver virtual support group. This online meeting features supportive conversation focusing on caregiver needs, support resources and self-care strategies facilitated by Caregiver Specialist, Sarah Peterson MSW, LCSW. Call 413-538-9020, ext. 310 to register or email gmontero@wmeldercare.org



iPad Loan Program

Do you qualify?

We recognize that many low income South Hadley seniors are not able to access and enjoy our online programming or to use technology for other everyday, practical reasons.

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. You may qualify for internet connection as well. Please call the Senior Center to find out if you are eligible to receive a device loan, internet service and training.

Partnership for Safety South Hadley Drug & Alcohol Prevention



The South Hadley Drug and Alcohol Prevention is concerned about youth accessing medications from the homes of our elders. You can help prevent this

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 Disposerx.com. If you are interested in receiving up to 3 "Dispose Rx" packets for FREE please email your name and address to: Lhennessy@southhadleyma.gov or call 538-5042 and let us know how many you could use. This product is also available at stores for purchase.

Questions or to Register for Events: coa@southhadleyma.gov or 413-538-5042

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 p.m. to 5:30 p.m. and Saturdays: 10 a.m. to 12 p.m.

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: 8 a.m. to 7 p.m. and Saturday: 10 a.m. to 2 p.m.. The FoodSource hotline connects people struggling to put food on the table with SNAP benefits and other food resources in their communities.

South Hadley Council on Aging Vaccination Assistance Hotline

Call (413) 650-1021 we will call you back to assist you Leave only your name and phone number.

Free Covid-19 Testing

Holyoke: Holyoke Community College is a drive-through free COVID-19 testing site: Monday, Wednesday, Friday, and Saturday: 7 a.m. – 11 a.m. Tuesday and Thursday: 2 p.m. – 7 p.m.
Holyoke Veterans Benefits Department on 323 Appleton Street is a walk-up free COVID-19 testing site: Monday, Wednesday, and Friday: 2 p.m. – 6 p.m.
Springfield Eastfield Mall is a drive-through free COVID-19 testing site. Daily: 9 a.m. – 3 p.m.

COVID-19 Vaccination Sites and Information

- If you do not have an email address and would like to book at an appointment at the Eastfield Mall, call 2-1-1
- If you do not have an email address and want to book an appointment at the Bangs Community Center in Amherst call 413-259-2425
- If you do not have an email address and want to book an appointment at the Northampton Council on Aging call 413-587-1219.
- If you do not have an email address and would like assistance from the South Hadley Council on Aging, please call 413-650-1021

Search for vaccine locations vaxfinder.mass.gov

This website helps you find vaccine locations. Enter your zip code in the search box and view locations in order of proximity to your zip code.

Eastfield Mall Preregistration Website vaccinesignup.mass.gov

How It Works: After you preregister, you will receive weekly status updates on your preferred contact method. If you get an appointment somewhere else, please remove your name from the preregistration list by replying to these updates. The State will contact you when there are appointments available for you and provide you with a link to use to select and book your appointment.

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8 Transportation

Council on Aging Transportation Program

Open for limited Service

In-town transportation is available for limited services and transportation to and from local vaccination sites. Please note there is limited capacity and the schedule will be staggered to safely accommodate all transportation requests. Several new protocols are required for staff and riders to minimize the transmission of the COVID-19 virus.

- Drivers will wear masks and follow proper hand hygiene.
- All passengers must wear a mask.
- All passengers maintain social distancing.
- To maintain social distancing, seating capacity is limited and may be assigned.
- Additional protocols are in place and will be communicated to passengers prior to the use of transportation services.

Minibus pricing: \$0.75 one way to the Senior Center \$1.25 one way to places within South Hadley

For more information and to reserve your transportation needs, please call the South Hadley Council on Aging main number 413-538-5042 or email coa@southhadleyma.gov



WestMass ElderCare South Hadley Senior Resource Network

WestMass ElderCare (WMEC) is designated by the Mass Executive Office of Elder Affairs as an Aging Services Access Point for South Hadley Seniors. WMEC offer a variety of services for elders, their families and caregivers, and persons with disabilities, so that they can remain in their homes. The agency offers a full range of information and services. Call 538-9020 for information.

Gaylord Library Homebound Delivery

Books, Audio Books, Magazines,
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Homebound delivery is available to South Hadley residents who have health or transportation issues that keep them from the library. You must also have an active library card, if you need one or aren't sure of the account number, the staff can help you. Please call Wed-Fri from 1 p.m. to 5 p.m. at 413-538-5047.



Important Phone Numbers

Council on Aging Vaccine

Hotline: 413-650-1021

**Statewide Vaccine Call
Center:** 211

**Elder Abuse Hotline in
Mass:** (800) 922-2275

Veteran's Crisis Line:
1-800-273-8255

**National Elder Fraud
Hotline:**

1-833-372-8311

Mass Social Security:

1-800-772-1213

(TTY 1-800-325-0778).

Medicare: 1-800-633-4227

Senior Center Travel Club News

Are you planning any trips this year? This is the most common question we are getting from our travelers. The answer is yes, but not quite yet. We miss you and we realize that you so look forward to the monthly fun trips that we offer. Your safety and well-being are our first priority. Once we get the green-light to proceed, we will keep you informed. Your Travel Planners: Susan Canedy & Huguette Supinski

Questions or to Register for Events: coa@southhadleyma.gov or 413-538-5042

The Friends couldn't do what we do without Volunteers who generously donate their time. We would like to thank Rita Starzyk, Drewey Darnell, Lisa Andras, Joyce Gay and Denise Blanchette for their gift of time to the Friends.



Interested in Volunteering?

With the opening of the new Senior Center around the corner and vaccinations on the rise, the Friends are looking for volunteers to help us in the coming months ahead.

Whether it's helping with our outdoor Mother's Day Plant Sale or helping to plan events in town and at the Senior Center, we invite you to connect with us.

If you're interested in finding out more about volunteering for the Friends, please call or email Janet at rasjms7@gmail.com or 534-5886.



FRIENDS OF THE SOUTH HADLEY SENIORS

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Your support is greatly appreciated!

SOUTH HADLEY SENIOR CONNECTIONS

RECRUITMENT FOR VOLUNTEERS TO HELP MAKE A DIFFERENCE



The Friends of the South Hadley Seniors are currently in search of volunteers who are interested in helping to plan and launch the "SOUTH HADLEY SENIOR CONNECTIONS" program. This program will address the mounting evidence that suggests that older adults are disproportionately impacted by loneliness and isolation by implementing a "social calls" program.

SOUTH HADLEY SENIOR CONNECTIONS will seek to alleviate chronic loneliness through fun, social phone calls.

Regular interactions with seniors have proven to foster a sense of well-being, improve physical and emotional health, and even avoid emergency room and hospital visits.

Are you interested in helping to plan this program or are you someone who would you like to commit to making a regular "social call" to a senior? If so, please volunteer today and BE THE ONE to MAKE A DIFFERENCE. Please call Karen at 531-7640 or geriatricnp@gmail.com

10 Community Engagement

Senior Safety Snippet by Office Emily Tebo



Hello to you all! By the time you are reading this, we will be one step closer to warmer weather and hopefully a sense of normalcy. Do not be afraid to reach out to your family, friends,

COA staff, or me if you or someone you know is struggling. This pandemic has gone on longer than I think anyone expected and it is OK to not feel OK all the time. Just know there are resources available to help you through to the better times.

I wanted to take a moment to reach out to all those caretakers of loved ones to those with dementia. The South Hadley Police Department has a form that will help first responders should your loved one wander and no one knows where they are. The form is called the "Persons at Risk" form and includes several vital bits of information about your loved one (name, picture, description, etc.) as well as emergency contact information for someone who can be reached in an emergency. Even if you think that your loved one will NEVER wander, I can tell you from experience it can happen to anyone. It is

better to prepare for something we all hope never happens, than to be playing catch up in a time sensitive situation.

If you or someone you know might be interested in having your loved one's information on file at the police department, please contact me either by phone or email. I will be happy to speak with you and answer any questions you might have.

Additionally, WestMass ElderCare has services specifically geared towards caretakers. I would be happy to put anyone in touch with those services if interested.


As always, take care of yourselves and each other.

Phone: 413-538-8231 ext 6403

Email: teboe@southhadleypolice.org

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. for the following programs Alzheimer's Caregivers Support Group, and Companion/Escort transportation, the Caregiver Respite Grant. Call 538-5042 for information. The South Hadley Council on Aging Transportation Department is funded, in part, by the Formula Grant.

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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. Please make checks payable to "South Hadley Council on Aging." 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

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