

THE GOLDEN CHRONICLE



THE SOUTH HADLEY COUNCIL ON AGING



May 2021

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UPCOMING EVENTS

Ice-Cream Sundae Moolicious Mooving Party

- Sponsored by Curran-O'Brien Funeral Home
 - Curbside pick up and delivery on Thursday, May 20 from 1 p.m. to 2 p.m.
- The COA is still at our interim space; however, we are looking forward to moving into the new Senior Center in the summer. In anticipation of this being our last curbside celebration at St. Theresa's, we invite you to celebrate with sundaes from Moolicious's ice cream truck, generously sponsored by Curran-O'Brien Funeral Home. Curbside pick up policy: Follow signs. Items placed in your back passenger-side seat. Masks are required. Social distancing observed.

Stay Home Stay Safe Bag

- Curbside pick up and delivery on Tuesday, May 25 from 10 a.m. to 11 a.m.
 - Contact the COA by May 14 for curbside or 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!!

Temporary Location:
9 E. Parkview Dr., South Hadley

Mailing Address:
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06-5294

Social Strollers

Wednesdays at 9:30 a.m. (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. Please call the center to reserve your place. This will be limited to 8 seniors.

Social Strollers: Walk Massachusetts Challenge

Wednesdays at 9:30 a.m. (In-person)
Starting May 1 to September 30

Lace up your sneakers - the Walk Massachusetts Challenge is back! This year features more walking options and more prizes! Ten lucky people will win a \$50 Visa gift card, 25 people a \$25 Amazon gift card, and 50 people a \$10 Dunkin' gift card. The first 500 people who participate will receive a handy reflective wrist band and sports pack, perfect for carrying your water bottle, keys and phone.

What's in it for you? For each person who completes the challenge, your COA gets entered into a drawing to win up to \$1,000 for future programming! So sign up and encourage them to walk!

Commit to the Challenge with the Social Strollers or you can join at home by registering at www.mcoaonline.com/walkma

Knitting Group

- **Thursdays at 1 p.m. (In-person and Zoom)**
 - **Reservation Deadline: The day before the event**
- Pull up a chair to knit and chat. Please bring your own supplies and projects.

COA Zoom Bingo!

Fridays from 1 p.m. - 2 p.m. (Zoom and Phone-in)

Join COA staff on Fridays for virtual Bingo. Bingo is free and prizes are awarded for games. To register for Zoom, please email kouimette@southhadleyma.gov or for phone-in, please call 538-5042.



Masterclass Online Courses

Masterclass Pass Available to South Hadley Seniors Until June

The Council on Aging is bringing the world's 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

Crafting with Kerry

- **Weekly Craft (In-person)**
 - **Tuesdays at 1 p.m.**
 - **Reservation Deadline: The day before the event**
- Each Tuesday in May we will offer a different craft that can be completed within the hour. Sometimes crafts will have a seasonal theme.

Crafts on the Go

- **Deadline to order is Friday, May 14.**
- **Make Checks payable to the Activity Fund at the Council on Aging.**

\$13.00 - Arrange pre-cut paper flowers and foliage to create a one-of-a-kind framed arrangement. Makes one decorative frame. 317 pieces.



\$11.00 - Build your own 3D wooden, puzzle bi-plane with this kit. This puzzle comes with pre-cut wood boards; no glue required.

Holyoke Medical Center Partnership

Channel 15 & Webinars

Holyoke Medical Center offers Zoom webinars and presentations on Channel 15 on topics pertaining to wellness & physical and mental health. Channel 15 presentations air on Tuesday at 7 a.m., Thursday at noon, and Saturday at 5 p.m. **Channel 15:** HMC's Urology Department will talk about urinary-tract system health.

Webinar: May 3 at 10 a.m. - Join Angela Smith, RN, Manager of Stroke Services at Holyoke Medical Center, and learn about the signs and symptoms of stroke, risk factors related to stroke and heart disease, calling 911 and why it is important to seek medical help as soon as possible. To register go to: www.HolyokeHealth.com/events

4 Weekly Virtual & Telephone Programs

In-Person Activity Protocols

Please read before joining all, in-person activities.

- Masks are required at all times. Masks must cover your mouth and nose.
- Respect the 6-ft of social distancing requirement when interacting with COA staff, Parish Hall staff and other members.
- Follow the written guidelines for each activity.
- Please wait in your car until the start of the activity.
- Once the COA activity has ended, please leave the area.

Registration is required for all programs

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

Tai Chi with Denise

Mondays 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.

Fitness Basics with Lindsey

Tuesdays and Thursdays 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

Wednesdays 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, and an open mind, you can unleash your inner artist with collage. The 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.

Seated and Standing Yoga

Thursdays 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@southhadley.ma.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

Tuesdays 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: *Turn of the Key*

By Ruth Ware

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 **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.

2021 Summer Farm Share

Farm Shares through Community Involved in Sustaining Agriculture (CISA)

South Hadley Senior Center is offering farm shares through Community Involved in Sustaining Agriculture (CISA). The cost is \$10 for 10 weeks. You must be 60 years old or older to qualify. In addition, you must be able to answer yes to at least one of the following four criteria:

- I receive SNAP benefits (food stamps), Medicaid, SSI, AFDC, welfare, or veteran's aid.
- participate in the Food Bank's Brown Bag Program.
- I live alone and my income is below \$25,760
- The total income of my household is below \$34,840 (only one share per household please).

Application deadline is June 1. If interested, please call Ann Andras at 538-5042 x6206.

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.

Puzzle Fun

Curbside Pick up and Delivery

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

What is a File of Life?

The **File of Life** is a voluntary program designed to help your local first responders to quickly obtain in an emergency your necessary medical history, your support needs, and your emergency contact information. It could help save your **life**.



Why everyone should have their own File of Life:

Medical emergencies can happen anytime. When they do, there is confusion, panic and urgency. Paramedics arrive on the scene with no information about the person in need. Seconds count – they can make the difference between life and death. Does the patient have prior medical conditions? Allergies? What medications are they taking? Who do they want us to call? How do we contact their family or friends? File of Life puts these answers at their fingertips. It allows first responders to immediately begin the best possible treatment, notify loved ones, and pass this vital data on to awaiting physicians at the emergency room. File of Life has already saved thousands of lives. It is an absolute asset to emergency preparedness, and peace of mind, for every household and community across the nation. File of Life is available at the Senior Center. For information, call Ann Andras at 538-5042.

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@southhadleyma.gov for information.

Foot Nurse

413-552-9533 to schedule an appointment

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

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 PVRTA 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



Caregiver Respite Grant

A partnership between the South Hadley Council on Aging and WestMass ElderCare

This grant will provide financial assistance for 16-20 hours of paid, respite support to families in south Hadley who are caring for older adult who has been diagnosed with Alzheimer's Disease or Dementia.

If you are a caregiver of a senior in South Hadley, please call the Center to find out more about this supportive grant opportunity.

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: aandras@southhadleyma.gov

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

A partnership between the South Hadley Drug and Alcohol Prevention Coalition and the South Hadley Council on Aging.



The South Hadley Drug and Alcohol Prevention is concerned about youth accessing medications from the homes of our elders. You can help prevent this by using a lockbox to lock up your medications, counting your pills so you know if any go missing and taking leftover medicine to the drug collection box at the South Hadley Police Department lobby.

Do not flush them!

Use "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 FREE email your name and address to: Lhennessy@southhadleyma.gov. or call 538-5042 This product is also available at stores for purchase.

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".

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. 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.

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

If you are a Veteran

Contact the Edward P. Boland Department of Veterans Affairs Medical Center
421 North Main Street. Leeds, MA 01055
Main Number 413-584-4040
website: centralwesternmass.va.gov

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

After you preregister, you will receive weekly status updates on your preferred contact method. 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.

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.

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8 Transportation

Council on Aging Transportation Program

Open for limited Service

Limited, in-town transportation is available for grocery shopping and medical appointments. The minibus will provide transportation to and from local vaccination sites. Please adhere to the new protocols for riding on the COA minibus.

- The minibus driver will wear a mask and follow proper hand hygiene.
- All passengers must wear a mask properly: over the nose and covering the mouth.
- To maintain social distancing, seating capacity is limited and will be assigned.
- Additional protocols are in place and will be communicated to passengers prior to booking transportation services.

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@southhadley.ma.gov

New Senior Center Project

Updates and pictures

The project is getting closer to completion and the staff and I are eager to get into the new building.

We do not have a reopening date at this time, but we looking forward to that day as much as you are. Please find the latest photos, slideshows and updates on our website at



www.southhadley.org/918/New-Senior-Center

Mini Bus Pricing

Door to door service

- \$0.75 one way to the Senior Center
- \$1.25 one way to locations within South Hadley

Transportation Hours

- Monday - Friday 9 a.m. to 2 p.m.

You must schedule rides at least 24 hours in advance. Call 538-5042 to make a reservation.

Neighbors Helping Neighbors Food Pantry Transportation



- Every Wednesday between Noon - 2 p.m.
- Must reserve ride by 4:30 p.m. each Monday

Grocery shopping at Big Y

- Every Tuesday & Friday
- Must reserve ride at least 24 hours in advance
- 3 bag maximum, please



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

FoodSource Hotline: 1-800-645-8333

Openings on The COA's Board of Directors

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

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



**Mother's Day
Hanging Flower
Basket Sale**

\$22 per basket

Friday, May 7, 10am-4pm
Sat, May 8, 9am-12pm

St. Theresa's Church (9 E. Parkview Dr)
Rain or shine

THANK YOU!

Dave's Natural Garden in Granby

For your generous sponsorship of the pansies, pots and soil for our April event.

South Hadley Girl Scout Troop 64614

For beautifully decorating the brown bags for our April event.

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

SENIOR CENTER TRAVEL CLUB

Are you planning any trips this year?

This is the question we are getting from our travelers. The answer is yes, but not quite yet. 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.

FRIENDS OF THE SOUTH HADLEY SENIORS

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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." South Hadley Senior Connections program 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 513-7640 or email Gretta at grettatucker43@gmail.com

Funding from the **Older Americans Act**, through the Executive Office of Elder Affairs, and the Administration for Community Living provide grant funding for the following programs; the Alzheimer's Caregiver Support Group, the Companion/Escort transportation program and the Caregiver Respite Grant . The South Hadley Council on Aging Transportation Department is funded, in part, by the Formula Grant.

10 Senior Safety Snippet by Officer Emily Tebo



Hello to you all!
The weather is finally getting warmer, and the sun is shining brighter. I hope that we are even closer than before to returning to normal.

I write to you today to talk about preparing for a situation we all hope will not happen, fearing a loved one is missing. Recently, the South Hadley Police Department was called because a person was worried their loved one had not come home from a doctor's appointment. The unfortunate thing was that the person who called SHPD, did not know any information about their loved one that would have been helpful in locating them safely.

Please, have important information written down in a place that is easily accessible to you. Know where this place is so that you may access it in a stressful time if needed. Important information SHPD might want to know about your loved one include: cell phone number, cell phone carrier and vehicle make and model (license plate if possible). Having this information written down and accessible (on the refrigerator, possibly next to your file of life) will be


helpful in a stressful situation. If you know where the information is located, that is one less thing you must think about when your brain might be in overdrive when worried about a loved one.

***A little side note, if you do not know what a **File of Life** is, please let me know. I carry them in my cruiser and have plenty to spare. I would be happy to help explain it. They are a huge help for first responders in the event of an emergency.** (Also, see Ann's article on page 5)*

Remember, there are resources out there for you to utilize and they can be very helpful. We all recognize that this pandemic has thrown all of us for a loop. If you or someone you know need a little extra help, or have questions about the resources, please reach out. I look forward to meeting you all in person, sooner, rather than later. Until then, please keep your heads up, continue to take care of yourselves and each other and know you can always get in touch with me with any questions or concerns you might have; Or if you just need to talk. I am here for that too.

Officer Emily Tebo, South Hadley Police Department, 413-538-8231 ext 6403

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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.



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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.
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