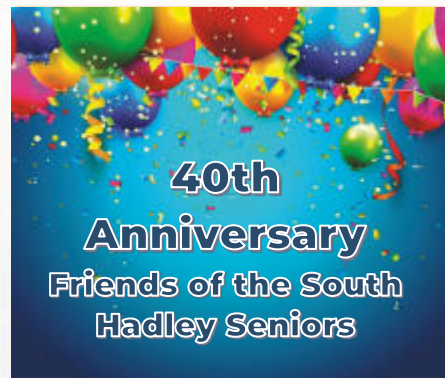



THE GOLDEN CHRONICLE


THE SOUTH HADLEY COUNCIL ON AGING




New Building New Phone Number

 45 Dayton Street
South Hadley, MA 01075

 413-538-5030

 Coa@southhadleyma.gov

 SouthHadley.org

 @SouthHadleycoa



June 2021

Inside This Issue

3 Highlights & Events

4 Virtual & Telephone Programs

5 Support & Assistance

6 iPad Loan Program

7 Covid-19 Resources

8 Transportation

9 Friends

10 Senior Safety Snippet

11 Donations

Grand Opening on June 30!!

Pick up your complimentary Celebration Gift Bag at 45 Dayton Street between 10 a.m. and 11:30 a.m. on Wednesday, June 30.

That same night you're invited to a very special celebration. Tune into South Hadley's Community Access Television Channel 15 at 7 p.m. to watch a live, grand opening of the new Senior Center, or stream the event at shctv15.com/watch-live/

This Grand Opening event will include a tour of the building, a video montage of celebratory sentiments and a "toast to the new Senior Center's success" at the end of the program. Our distinguished guests will speak about the New Senior center project and offer their best wishes for the future. Your curbside celebratory treats, tote, and gifts are sponsored by our Friends of the South Hadley Seniors and include sparkling juice and cookies to enjoy that night when we toast to the Senior Center's success.

Reserve your complimentary gift bag by calling the center's NEW PHONE NUMBER at 538-5030 or email at coa@southhadleyma.gov



BEERS & STORY

SOUTH HADLEY
FUNERAL HOME

Preplanning • Burial • Cremation

Serving families since 1919

413-533-4400

646 Newton Street • South Hadley
www.BeersAndStory.com

South Hadley Dental Associates, Inc.



Marjorie S. Block, D.M.D.

413-536-4455

15 DAYTON STREET, SOUTH HADLEY

Curran O'Brien

FUNERAL HOME

33 Lamb Street • South Hadley, MA 01075

JOSEPH D. CURRAN • T.J. O'BRIEN • MARTY O'BRIEN

413-538-4642

Directors

www.curranobrien.com



"For your Short Term Rehabilitation and Long Term Care needs!"

11 St. Anthony Street
Chicopee, MA 01013
413-315-4205

546 Chicopee Street
Chicopee, MA 01013
413-536-2540



413-537-0197

scottmonuments@gmail.com
S. HADLEY, MA

www.scottmonuments.com

HOMECARE HAIR SERVICES

Licensed for Men & Women

CALL BARBARA FOR
AN APPOINTMENT

413.538.9516 HOME

413.885.0371 CELL



The Arbors offers affordable
living apartments and a
memory support community.

Call: 413.593.0088

For more information or to
arrange for a guided tour.

929 Memorial Drive, Chicopee • www.arborsassistedliving.com

Estate Planning • Trusts • Elder Law • Estate Administration



Your Needs. Your Goals. Our Job.

Karen G. Jackson, Esq.

573 Northampton St. Holyoke • (413) 532-1200 • www.jlawma.com

This is living.

Enjoy a friendly, warm and active community
where you can live life on your terms.



413-588-5102 | LOOMIS VILLAGE | 20 BAYON DRIVE | SOUTH HADLEY, MA | LOOMISCOMMUNITIES.ORG



Life is Better at Day Brook Village

Discover the Best Value in Independent Living.



298 Jarvis Avenue
Holyoke, MA 01040
413-538-7551
www.daybrookvillage.org



We're Perfecting the Art of Superior Care.



AVAILABLE FOR A LIMITED TIME!

ADVERTISE HERE NOW!

Contact **Susanne Carpenter** to place an ad today!
scarpenter@4LPi.com or (800) 477-4574 x6348



Home, Auto, Business, Life

39 Lamb St., P.O. Box 789, South Hadley • 413-538-8293
www.jubenville.com • info@jubenville.com

Representing Fine Companies Such as
MAPFRE INSURANCE



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.lpicommunities.com

South Hadley COA - South Hadley, MA

06-5294

A Word From Leslie

We're moving...back in!

However, we have a few small hurdles to get over before we can welcome you into the building.

For the month of June, all of our limited in person activities and programs will be held at St. Theresa's Parish Hall. This will include: Brown Bag program on June 15, Social Strollers, Knitting club, Bingo, Seated and Standing Yoga, Zoom, iPad Training, and our Senior Veterans Social Hour.

Classes and programs at St. Theresa's Church will end on Thursday, June 17 to allow the staff to move into the new building, settle in, and prepare to scale up programs and activities in the new building.

Then on the morning of June 30, we will hold our first curbside event at the new building. Join us at 45 Dayton Street between 10:00 a.m. and 11:30 a.m. for a Grand Opening Gift Bag Pickup. If you can't get out to pickup the bag, don't worry; the COA and volunteers from the Friends of the South Hadley Seniors will deliver! The celebratory treats and gifts are sponsored by our Friends of the South Hadley Seniors and include sparkling juice and cookies to enjoy later that night when we go live on Channel 15 at 7 p.m.!

On Channel 15 we will hold a live Grand Opening that includes a tour of the building, a video montage of celebratory sentiments, and a big "toast to the new Senior Center's success" at the end of the program. Honored guests will speak about the new Senior Center project and offer their best wishes for the future. To sign up for a Grand Opening Gift Bag, call the Center's NEW PHONE NUMBER at 538-5030 by Thursday, June 17 (New digs, new phone number).

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.

Jigsaw Puzzle Giveaway

The COA is grateful to all of you who donated puzzles for members to enjoy during a year when we could not be together. As we prepare to move to the new Senior Center, it's time to rehome our puzzles with our members. Members are invited to help themselves to our puzzles, curbside, at our puzzle table throughout the month of June. You may help yourself between the hours of 8:30 a.m. and 4 p.m. Monday through Friday. If it's raining or if you want to check to see if puzzles are still available, please call ahead.

Masterclass Online Courses

- **Masterclass Pass Available to South Hadley Seniors Until September!**

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 538-5030 or email Kerry at kouimette@southhadleyma.gov

Crafting with Kerry

There will be no crafting for the month of June. When Crafting returns in July, it will be offered twice a month on Tuesdays at 1:00 p.m. The 2nd week of the month, the craft will be free. The 4th week of the month, the craft will be more involved, and we will ask for a fee for materials. Details on each craft will be included in our newsletter.

COA Zoom Bingo

- **Fridays from 1 p.m. - 2 p.m. (Zoom & 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 538-5030 by the day before.

There will be no bingo Friday, June 18.



Stay Home Stay Safe Bag
We've concluded our curbside and delivery supplemental food bag program.

4 Weekly Virtual & Telephone Programs

In-Person Activity Protocols

Please read before joining any in-person activity.

- Registration is required for all programs
- You must register by the day before the scheduled program.
- You must register for each individual activity from week to week.
- To Zoom: email kouimette@southhadley.ma.gov
- To register for in-person events call 538-5030 or email coa@southhadley.ma.gov
- Masks are required at all times. Masks must cover your mouth and nose.
- Respect the 6-ft social distancing requirement when interacting with COA staff and other members.
- Follow the written guidelines for each activity.
- Please wait in your car until 5 minutes before the activity.
- Once the COA activity has ended, please leave the area.

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. (In-person & 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. (Zoom & Phone for June)

This month: *The Boston Girl*

By Anita Diamant

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.



Open HIP Locations

What Is HIP?



The Healthy Incentives Program (HIP) is a Massachusetts state program where SNAP recipients get at least \$40 of extra SNAP money every month to spend on local fruits and vegetables. That means if you have SNAP, you

automatically have HIP! Shop at these farm locations with your SNAP/EBT card, and get at least \$40 extra to spend through the HIP program. Note: you must have at least \$1 on your SNAP/EBT card when you go and shop; in other words, you need to have a balance on your EBT card in order to earn the HIP incentive.

How to find a HIP location near you:

Locations are organized by county. Addresses are listed for each location, including zip codes. To search by zip code and find the location closest to you, visit buylocalfood.org/hip-map to view their new map. Visit the delivery service websites to see if they offer delivery or pickup near your home.

For more information on SNAP or the Healthy Incentives Program, please call Ann.

Here are a few of the **Farm Stands** that are closest to South Hadley:

Hampshire County:

- Red Fire Farm
7 Carver St. Granby
Mon. - Fri: 12 p.m. - 6 p.m., Saturday 12 p.m.-4 p.m.
- Sapowsky Farm
436 East State St, Route 202 Granby
Daily 8 a.m. - 5 p.m.
- Phoenix Fruit Farm
401 Mill Valley Road Belchertown
Mon-Sat 8 a.m. - 6 p.m., Sunday 10 a.m.- 6 p.m.

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 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.

Social Strollers

• Wednesdays at 9:30 a.m. (In-Person)

Get outside and get moving together. Whether you are just beginning or if you have been walking for a while, come be social and get some fresh air.

Please call the center to reserve your place each week. Huguette Supinski volunteers to lead this group. This will be limited to 8 seniors. Must check in masked. May walk unmasked and distanced.

Social Strollers: Walk Massachusetts Challenge

• Wednesdays at 9:30 a.m. (In-Person)

• Continuing 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 today!

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

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.

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 or email her 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@wmelder-care.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 or email her at 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: Lhennessey@southhadleyma.gov or call 538-5030 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.

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.

Find a Covid-19 Testing Site

www.mass.gov/info-details/find-a-covid-19-test

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
- To search for vaccine locations go to vaxfinder.mass.gov

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.

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.

SUPPORT OUR ADVERTISERS!



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 413-538-5030 or email coa@southhadleyma.gov

SENIOR CENTER TRAVEL CLUB NEWS

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. 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.

Openings on The COA's Board of Directors

Currently, we have 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

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 538-5030 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

Questions or to Register for Events: coa@southhadleyma.gov or 413-538-5030

SOUTH HADLEY SENIOR CONNECTIONS

The Friends are building a team of volunteers to reach out to seniors who may feel isolated or lonely. Volunteers are needed to make fun, weekly social phone calls to these seniors who would benefit from a friendly phone call. We will match interests, hobbies and favorite things to talk about so senior participants and volunteers automatically share much in common.



If you have some time each week, you can volunteer from the comfort of home to connect weekly via a phone call with your senior. These calls will make a big difference in someone else's life. And, by participating in these social calls, you can increase your own sense of purpose.

An orientation training will be provided to all volunteers who are ready to become part of the South Hadley Senior Connections ("SHSC") social calls program. This social calls program was provided to us by the Motion Picture and Television fund and is being used in over 150 communities throughout the United States. This outstanding program won a Humanitarian Award at this year's Oscars.

We appreciate that you have taken the time to read this and we hope you are ready to take the first step and call or email to volunteer for this incredibly meaningful program. To join other volunteers who are sharing their time for this program or to ask additional questions, please call Karen at 531-7640 or email Gretta at grettatucker43@gmail.com.

JUNETEENTH



The Senior Center is closed Friday, June 18 in observance of Juneteenth.

FRIENDS OF THE SOUTH HADLEY SENIORS

Support the Friends of the South Hadley Seniors and the new Senior Center

Membership: \$10 Individual / \$20 Joint

Additional Donation Amount : _____

In memory of: _____

Name: _____

Address: _____

Email: _____

Phone: _____

Mail checks, payable to the Friends of the SH Seniors to P.O. Box 55, South Hadley, MA 01075
The Friends is a 501(c)(3) non-profit organization.

Your support is greatly appreciated!

Calendar Raffle

Don't forget to send in your calendar raffle by June 1 to be eligible for all 40 days of prizes. Winners are reentered for all prizes. There are 40 days of prizes (valued at over \$1500 to celebration of the Friends 40th year in service to the community of South Hadley. Winners will be notified by phone as well as listed on our Facebook page so be sure to "like" Friends of the South Hadley Seniors on Facebook.

Save the Date for a Special Friends Celebration!

The Friends will be hosting an anniversary celebration event on July 13 at McCray's Farm. We'll have free ice cream sundaes and some special entertainment. Details to follow in next month's newsletter.

Stay Connected with the Friends

Website: <https://www.southhadleyseniors.org/>

Facebook: <https://www.facebook.com/FriendsofSouthHadleySeniors>

FriendsofSouthHadleySeniors

Email: southhadleyseniors@gmail.com

10 Senior Safety Snippet by Officer Emily Tebo



Hello to you all! I wanted to first take a moment to thank those of you who participated in the National Drug Takeback Day. We collected over 350 lbs of unwanted or expired

medications in 5 hours! Also, as a reminder, there is a kiosk in the Police Department lobby that is open 24/7 where unwanted medications can be dropped off at any time. Next, I wanted to share another frequent scam we encounter so that you all can recognize it right away and not give away any of your hard earned money.

We frequently get calls from people who say they were told by an unknown person that they won a lottery or contest. The only thing that the "winner" needs to do is send money to the "lottery" to cover shipping and taxes. The "lottery" will either ask for the "winner" to get gift cards or send a check/money order. The "lottery" will ask the "winner" to read off the code on the back of the gift cards. Once the code is in the hands of the "lottery", that money is gone. It then becomes very difficult to get that

money back. The same goes for when you send a check or money order.

Important take away: if it sounds too good to be true, it probably is! I highly encourage EVERYONE not to send money to people they do not know. As I said before, once the money leaves, it becomes very difficult to get it back.

If you have any questions about whether a phone call, email, or notice in the mail is the real deal or not, please do not hesitate to call the Police Department. It never hurts to get a second opinion!

Until next time, take care of yourselves and one another.

Officer Emily Tebo

413-538-8231 ext. 6403

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.



Nurse Advocates, LLC
navigating healthcare
Maura Lessard RN, BSN, CCM
Nurse Advocate & Board Certified Case Manager

ph: 413-596-9393 • cell/text: 413-237-5724
email: Maura@NurseAdvocatesLLC.com
www.NurseAdvocatesLLC.com

MEDICAL EMERGENCY?
"HELP IS ONLY A PUSH OF
A BUTTON AWAY!"

Quick Response Call Button

\$19.95 PER MONTH
+TAX

No Gimmicks Everyday Low Price



Sales &
24 Hour Service
413-535-3035

Locally
Owned
Reidy
home medical alarms, llc.

539 South Canal Street, Holyoke



**DON'T LOSE THEM!
SECURE THEM!**

WITH **ADENT** ON-4

**NEWTON STREET
DENTAL**

SCHEDULE A FREE CONSULTATION TO FIND OUT IF YOU'RE A CANDIDATE

413-538-9604 • www.newtonstreetdental.com

Douglas Leigh DDS • 488 Newton Street • South Hadley, Ma 01075



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.

EDNA COX

- Renee Orzechowski & Diane McCarthy
- Cecile Comeau
- JenRohwedder & Consolidated Sunshine Committee
- Russell & Vickie Lauffer
- Deborah & Kevin Baldini
- Paula Moyer
- James & Wendi Bombard
- Sandra Calkins
- John & Heidi Adams
- Sandra LaCaresse & Jeri Koske

ADELE MOSKAL

Ron & Nancy Moskal

TODD ANTHONY ROSA

Kay Rosa

Correction: In the May newsletter Ruby Bosinske's last name was incorrectly spelled as Bosinski. We apologize for the mistake.



WE ARE VERY GRATEFUL FOR THE FOLLOWING DONATIONS FROM:

- Belinda Heckman
- Estate of Les Dickinson
- Curran & O'Brien Funeral Home
- Runa Wassermann
- Julie D'astous & Gail Chadwick

THANK YOU!

- Thank you to Friends of the South Hadley Seniors for their generous donation of our Senior Center Grand Opening Gift bags and all the fabulous contents that you will find inside of them.
- Thank you to Saint Theresa of Lisieux Parish Community for sharing their space with us for over a year and half. We appreciate your consistent understanding and support.
- Thank you to each and every person who has volunteered their time and talents during this unprecedented and challenging year.

River Mills Assisted Living

at Chicopee Falls
Assisted Living & Memory Support

Experience what it's like to live carefree in a beautiful, brand new community.

- Bright and Airy Assisted Living and Memory Care Apartments
- High-Quality Senior Living with the Historic Charm of Chicopee
- Expansive Outdoor Patio and Spacious Indoor Areas for Social Engagement, Theater, Pub/Cafe, Gardening Room, Piano Room, and more!

Contact Anne Frank to Learn More!
413.531.0995
Afrank@Hallkeen.com

7 River Mills Drive | Chicopee, MA 01020
(across from the Post Office on West Main Street)
www.RiverMillsAL.com

Get In On The Conversation



Allison Holmberg,
MS, Audiologist/SLP

Amy Catanzaro,
AuD., Doctor of Audiology

Joni Skinner,
AuD., Doctor of Audiology



243 King St., Ste. 105 (Potpourri Plaza), Northampton
 413-586-9572 • www.hamphearing.com



M. Connie Laplante
 REAL ESTATE

Marcia C. Petri-Fleming®
 Broker | Notary Public

mobile: 413-531-6460
 email: marshomes@comcast.net

NOTRE DAME MONUMENTS, INC.
 MONUMENTS, MARKERS & CEMETERY LETTERING

65 LYMAN ST., SOUTH HADLEY, MA 01075

DAVE MONTOVANI
 KATHERINE MONTOVANI
 TEL: 413-532-7513
 FAX: 413-532-2223
 CONTACT@NOTREDAMEMONUMENTS.COM
 NOTREDAMEMONUMENTS.COM



NONPROFIT ORG
 US POSTAGE
PAID
 Springfield MA
 3085

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

In Honor or Appreciation of: _____

In Memory of: _____

Donated by _____

Address _____

If you would like an acknowledgment sent to the family:
 (Required: Name, address & relationship to the deceased)
 Name: _____ Address: _____

Relationship to deceased: _____

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

South Hadley Council on Aging Gift Fund

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

___ Wherever Needed Most	___ Activities Account	___ Caregivers Gift Account
___ Newsletter Account	___ Services Gift Fund	___ Holiday Gift Card/Lights On