

# 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.

🕒 9 a.m. - 3 p.m.

📍 45 Dayton Street  
South Hadley, MA 01075

☎️ 413-538-5030

✉️ Coa@southhadleyma.gov

🌐 SouthHadley.org

📱 @SouthHadleycoa



## July 2021

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## Upcoming Events

### Curbside Boxed Lunch with Smithsonian Catering

- Tuesday, July 27 from 11:30 a.m. to 12:30 p.m.
- To reserve your lunch, payment must be received by July 23
- Co-sponsored by the Friends of the South Hadley Seniors

We are excited to host our first curbside event at the new Senior Center. We are offering boxed lunches from Smithsonian Catering with a choice of turkey, ham, or vegetarian (hummus and vegetables) sandwiches, pasta salad, chips, bottled water, and freshly baked cupcakes. These boxed lunches are perfect for picnicking. Please follow signs and staff directions.

### Moving Forward in Pandemic Times Presentation with Holyoke Medical Center's Chief Nursing Officer, Colleen Desai, RN

- Wednesday, July 28 at 11:00 a.m.
- Reservation Required by July 27

Join Chief Nursing Officer, VP of Patient Care Services for a conversation about moving forward in pandemic times. Colleen will talk about how Holyoke Medical Center reacted as the pandemic was unfolding last year. She will share the lessons learned, thoughts on moving forward and answer questions of participants. Promotional items will be available. Wrapped take home cookies provided.



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06-5294

## In-Person Activity Protocols

**Please read before registering for 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](mailto:kouimette@southhadley.ma.gov)
- To register for in-person activities call 538-5030 or email [coa@southhadley.ma.gov](mailto:coa@southhadley.ma.gov)
- Please do not arrive more than 10 minutes before the scheduled activity.
- Due to COVID-19 Restrictions, please do not linger in groups after your activity.

## July Activities Registration is Required for all Programs

Monday	Tuesday	Wednesday	Thursday	Friday
<b>5</b> <b>Center closed in observance of Independence Day</b>	From July 1 to July 9 we are giving tours of the new building between the hours of 9 a.m. and 3 p.m. We will be open Tuesday, June 6 until 8 p.m. for evening tours. To book your tour you must call to register for a date and time. Tours are limited to six people.			
<b>12</b> 9 a.m. Cornhole 10 a.m. Tai Chi & Qigong 1 p.m. Color me Calm	<b>13</b> 8:45 a.m. Gentle Yoga & Mindfulness 9 a.m. Billiards 10 a.m. Low Vision Group 10:30 a.m. Crafting 12 p.m. Billiards 12 p.m. Tours	<b>14</b> 9 a.m. Dance with Loryn 9 a.m. Billiards 10:30 a.m. iPad Training 12 p.m. Billiards	<b>15</b> 9 a.m. Tours 9 a.m. Billiards 9:30 a.m. Watercolor 10 a.m. Seated and Standing Yoga 12 p.m. Billiards 1 p.m. Quilting	<b>16</b> 9 a.m. Cornhole 9 a.m. Billiards 12 p.m. Billiards 1 p.m. Knitting
<b>19</b> 9 a.m. Cornhole 10 a.m. Tai Chi & Qigong 1 p.m. Color me Calm	<b>20</b> 8:45 a.m. Gentle Yoga & Mindfulness 9 a.m. Billiards 10 a.m. Fitness Basics 11 a.m. Brown Bag 12 p.m. Billiards 12 p.m. Tours	<b>21</b> 9 a.m. Dance with Loryn 9 a.m. Billiards 9:30 a.m. Creative Collage 10 a.m. Veterans Social Hour 10:30 a.m. iPad Training 12 p.m. Billiards	<b>22</b> 9 a.m. Tours 9 a.m. Billiards 9:30 a.m. Watercolor 10 a.m. Seated and Standing Yoga 10 a.m. Fitness Basics 12 p.m. Billiards 1 p.m. Quilting	<b>23</b> 9 a.m. Cornhole 9 a.m. Billiards 12 p.m. Billiards 1 p.m. Knitting
<b>26</b> 9 a.m. Cornhole 10 a.m. Tai Chi & Qigong 1 p.m. Color me Calm	<b>27</b> 8:45 a.m. Gentle Yoga & Mindfulness 9 a.m. Billiards 10 a.m. Fitness Basics 11:30 a.m. Curbside Boxed Lunch 12 p.m. Billiards 12 p.m. Tours 1 p.m. Crafting	<b>28</b> 9 a.m. Dance with Loryn 9 a.m. Billiards 10:30 a.m. iPad Training 11 a.m. Holyoke Medical Presentation 12 p.m. Billiards 2 p.m. Book Club	<b>29</b> 9 a.m. Tours 9 a.m. Billiards 9:30 a.m. Watercolor 10 a.m. Seated and Standing Yoga 10 a.m. Fitness Basics 12 p.m. Billiards 1 p.m. Quilting	<b>30</b> 9 a.m. Cornhole 9 a.m. Billiards 12 p.m. Billiards 1 p.m. Knitting

For questions or to register for events, email: [coa@southhadley.ma.gov](mailto:coa@southhadley.ma.gov) or 413-538-5030

## 4 Fitness Programs

The following complimentary fitness offerings are made possible thanks to the donations made to the Council on Aging Activity Fund.

### Tai Chi & Qigong for health & relaxation with Denise

**Mondays at 10 a.m. (In-person)**

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 are always welcome.

## A Word From Leslie

We are in!!

The new building is complete, and we can't wait to show you around! With the statewide lift on most COVID-19 restrictions, we are moving ahead with our reopening plan. We cannot limit access to vaccinated individuals only and we cannot ask people if they have been vaccinated. Therefore, in the best interest of everyone, we will proceed with caution. With support from the South Hadley Health Department, we have prepared a three-phase reopening plan. Please see our website for the most updated information: <https://www.southhadley.org/324/Council-on-Aging>.

From July 1 to July 9, we will schedule tours of the new building between the hours of 9 a.m. and 3 p.m. To book your tour, you must call to register for a date and time. Tours are limited to six people. Please note Monday, July 5 the COA will be closed in observance of Independence Day. We will be open on Tuesday, June 6 until 8 p.m. for evening tours. Tours will also be offered in July beginning July 12 Tuesdays from 12 p.m. - 3 p.m. and Thursday's from 9 a.m. - 12 p.m. Please call us to schedule a tour by calling our NEW number 538-5030.

Phase #1 of the reopening plan begins on Monday, July 12 when we open the center for limited programs and activities. You must register for programs and activities to enter the building (Please see the list continuing on page 5). We ask that anyone entering the new center who has not been vaccinated or is at risk for

### Fitness Basics with Lindsey

**Tuesdays and Thursdays at 10 a.m. (Hybrid)**

Get moving with Lindsey with a little bit of cardio, weight training, and stretching. All abilities welcome.

### Dance with Loryn

**Wednesdays at 9 a.m. (In-person)**

Have some fun and move to the beat with Loryn.

### Seated and Standing Yoga

**Thursdays at 10 a.m. (Hybrid)**

Grab a straight back chair, wear some comfy clothes and connect breath with movement.

illness to wear a face mask. Throughout the month of July, the building will be open to the public from 9:00am to 3:00pm. In celebration of our grand opening reopening, our exercise classes will remain free-of-charge through July, however, if you would like to make a \$2.00 suggested donation to the COA Activity fund, it would be appreciated.

Phase #2 will begin on Monday, August 2 and will include the reopening of all card and board games, in-person meetings for our Low Vision Support Group, and social service appointments with Ann Andras and our SHINE representative. Our new Health and Wellness Center will open for appointments with the foot nurse and Hampshire Hearing for hearing screenings and consultations. Drivers for our grant-funded Medical Transportation Program will resume one-on-one transportation trips to medical appointments.

Phase #3 begins on Wednesday, September 2. We expect to be open at 100%. This includes the return of our Congregate Meal Site Program, the Woodlawn Café, the Fitzgerald Memorial Fitness Center, and the return of evening programming on Tuesday nights.

We hope you're getting excited about the new building because there is a lot to be excited about. The staff and I are looking forward to welcoming you into the new center and showing you around. Give us a call to book a tour. We hope to see you soon. ~ Leslie

\*The three - phase reopening plan is subject to change.

### Cornhole

- Mondays & Fridays at 9 a.m.
- Outdoors and weather permitting

A fun lawn game that is similar to horseshoes that uses corn filled bean bags and wooden targets.

### Color Me Calm

**Mondays at 1 p.m.**

We supply some adult coloring books and some colored pencils and markers. You are also welcome to bring your own supplies.

### Gentle Yoga & Mindfulness

**Tuesdays at 8:45 a.m. (Hybrid)**

Join Kerry for at least a half an hour of gentle yoga, connecting breath with movement. The rest of the class will focus on mindfulness practices such as meditation, breathing strategies, and deep relaxation (aka yoga nidra or yogic sleep). All abilities are welcome.

### Billiards Room

**Closed Mondays**

Reserve your slots for Tuesday - Friday, 9 a.m. to 11 a.m. or Noon to 2 p.m. For July, reservations are required for the Billiards Room.

### Crafting - The New Senior Center Rocks!!!

- Tuesday, July 13 at 10:30 a.m.
- Tuesday, July 27 at 1 p.m.

In July paint a rock to leave in the new Senior Center. Have fun spotting your creations as we place them throughout the building. Crafting in August will be offered twice a month on Tuesdays. 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.

### Creative Collage

**Wednesday, July 21 at 9:30 a.m.**

Linda is there to guide you as little, or as much as you need. She has techniques, prompts, materials and an encouraging spirit to share with you. Everybody is an artist.

### Zoom & iPad Training

**Wednesdays at 10:30 a.m.**

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.

### Book Club

**Fourth Wednesday of the month at 2 p.m. (Hybrid)**

**This month: *A Gentleman in Moscow: A Novel***

**By Amor Towles**

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.

### Watercolors with Tina

- Thursdays at 9:30 a.m.
- \$5 per class. Pay instructor.

Tina provides the know how and guidance. You bring the supplies.

### Quilting

- Thursdays at 1 p.m.

There is plenty of spaces and tables to quilt away. Please bring your own supplies and projects.

### Knitting

- Fridays at 1 p.m.

Pull up a chair to knit and chat. Please bring your own supplies and projects.

### “Hello” Phone Support Program

**Check-in Phone Support and Note Card Program**

Now that the new senior center is open to the public, we will no longer be able to continue our bi-monthly phone calls to members as of August 1. We hope you found comfort and camaraderie in the calls during the State of Emergency – I know we did. If you would like to receive calls on a regular basis, please consider joining a new pilot program offered by our Friends of the South Hadley Seniors. Please see information on the Senior Companion Program on page 9 of the newsletter. Our “Hello” Note Program will continue through August.

### Senior Center Travel Club News

Great News! We anticipate to resume ‘tripping’ in early 2022. Stay tuned for more announcements in the coming months. We look forward to having you travel with us. Your Travel Planners: Susan Canedy & Huguette Supinski.

## 6 Support & Assistance

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### SHINE - Serving the Health Insurance Needs of Everyone

If you have Medicare and are considering a change in the coverage you currently have, or you will be eligible for Medicare within a few months, contact your community's SHINE Counselor to talk about "What next?"

A SHINE Counselor can walk you through the processes of:

- applying for Medicare if you currently do not have it
- evaluating what health plans are available to you once you have Medicare
- enrolling you as a newly eligible Medicare beneficiary in the plan(s) you choose
- explaining plan options during open enrollment periods for Medicare beneficiaries
- determining if there are any public benefit programs that may help you pay for your health insurance and/or drug coverage.

Counselors are usually located at your community's Council on Aging/Senior Center. They offer unbiased counseling at no cost and are not affiliated with any of the companies whose products they discuss with you. The Hampden County SHINE organization offers bilingual assistance. If you need assistance locating a counselor near you, call the Senior Center or call 1-800-243-4636.

### Partnership with The Food Bank of Western Mass and DoorDash

Beginning July 20, the Senior Center will take part in a pilot program with our Brown Bag sponsors. Those South Hadley seniors who are currently having their Brown Bag delivered by Ken or a volunteer will have their bag delivered by DoorDash. Most of us are familiar with the DoorDash restaurant meal delivery service that has become especially popular during the pandemic. DoorDash also gives back to the community by volunteering for non-profit agencies like the Food Bank of Western Mass. We at the Senior Center are very excited to have been asked to take part in this partnership. Ann Andras will reach out directly to our seniors on the delivery list at this time. If you have any questions or would like more information, contact Ann Andras.

## Transportation

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### Council on Aging Transportation Program

#### Ready to drive you around South Hadley

We are happy to announce that our transportation program is operating without restrictions and is able to transport you to locations **within** South Hadley. **You must schedule rides at least 24 hours in advance.**

Transportation 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 from 9 a.m. to 2 p.m.

For more information and to schedule your transportation needs, please call the South Hadley Council on Aging at 413-538-5030 or email [coa@southhadleyma.gov](mailto:coa@southhadleyma.gov)

### Weekly Scheduled Trips

#### Grocery shopping at Big Y

- Every Tuesday & Friday
- 3 bag maximum, please

#### Neighbors Helping Neighbors Food Pantry

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

### All passengers must wear a mask that covers your nose and mouth.

Effective May 29, 2021, masks continue to be required for both vaccinated and unvaccinated individuals at all times on public and private transportation, including on the MBTA, commuter rail, buses, ferries, and airplanes, and while in rideshares (Uber and Lyft), taxis, and livery vehicles, as required by the [Centers for Disease Control January 29, 2021 Order](#). Face coverings are also required at all times in transportation hubs, including train stations, bus stops, and airports. The requirement applies to riders and workers.

For questions or to register for events, email: [coa@southhadleyma.gov](mailto:coa@southhadleyma.gov) or 413-538-5030

## 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](mailto:info@nhnfoodpantry.org). Curbside pickup & delivery. Pantry hours are Wednesdays 12:30 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 South Hadley and Granby each weekend. 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 at 413-664-1041 or [takeandeat@verizon.net](mailto:takeandeat@verizon.net)

## 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](http://www.mass.gov/info-details/find-a-covid-19-test)

## COVID-19 Vaccination Sites and Information

- To search for vaccine locations go to [vaxfinder.mass.gov](http://vaxfinder.mass.gov)
- To schedule an appointment over the phone call 2-1-1

## 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

## 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.

## 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.mcoonline.com/walkma](http://www.mcoonline.com/walkma)**

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## 8 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](mailto: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](mailto: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 an 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](mailto:aandras@southhadleyma.gov)

### Senior Veterans Social Hour

#### Third 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](mailto:kouimette@southhadleyma.gov) for information.

### 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 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.

### Low Vision Group

#### Second 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 Third 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 may be eligible to receive a FREE bag of healthy groceries each month. Please call Ann for more information.

### Foot Nurse

#### 413-552-9533 to schedule an appointment

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

### 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.

For questions or to register for events, email: [coa@southhadleyma.gov](mailto:coa@southhadleyma.gov) or 413-538-5030

## Join the Friends for a FREE 40<sup>th</sup> Anniversary Celebration!

**Date:** Tuesday, July 13  
**Time:** 4:30-7pm  
**Location:** McCray's Farm & Creamery  
**Ice Cream:** Free Ice Cream Sundaes  
**Music:** Sarah the Fiddler  
**Raffles:** Free giveaways  
**RSVP:** **RSVP on the Friends website (southhadleyseniors.org) or call the COA at 538-5030 (leave a message if no one answers right away as the big move is taking place).**

Join us as we celebrate 40 years of service to South Hadley's senior community. All registered seniors will be treated to a free McCray's ice cream sundae. You can relax and enjoy your sundae while being entertained by the uplifting and energetic music of Sarah the Fiddler. And finally, all seniors who come to the event will be entered into a raffle to win one of several free raffle prizes. Picnic tables will be set up under a tent and will be available on a first-come basis. There is also a large grassy area where you can bring your lawn chairs and relax for the evening. Rain date will be July 14.

### "Beat the Heat" Free Summer Movies

Looking for a cool way to beat the summer heat? The Friends will again be offering free tickets to two movies in the month of August at Tower Theaters:

August 10 at 10 a.m. – Steel Magnolias  
 August 24 at 10 a.m. – Witness for the Prosecution

Choose one of the two movies listed. Reserve tickets online at the Friends' website (southhadleyseniors.org) or by calling Ola at 536-3187. Tickets will be available on a first come, first served basis. Johnny's will again be offering a 10% meal discount to attendees on the day of the movie.

**FRIENDS OF THE SOUTH HADLEY SENIORS**

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

Membership: \$10 Individual / \$20 Joint

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In memory of: \_\_\_\_\_

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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!**

*An invitation*

You are cordially invited to help make a senior SMILE by making a fun social call to an older adult in our community.

**Where:** From the comfort of your home.  
**Why:** There are lonely and isolated older adults in the community.  
**How:** The Friends provide all the training you need and will match you with a senior who shared your interest, hobbies and favorite things to talk about.  
**Requirements:** Only 1-2 hour each week.  
**Contact:** For more information contact Karen (531-7640, geriatricnp@gmail.com) Gretta (887-grettatucker43@gmail.com)

Come join the South Hadley Connections and make a positive impact on someone's life today.

### Community Survey

**From the South Hadley Commission on Disabilities**

The Commission on Disabilities is conducting a survey to better understand the needs of community members with disabilities. The survey can be found on the Commission's webpage at [www.southhadley.org/1016/Commission-on-Disabilities](http://www.southhadley.org/1016/Commission-on-Disabilities). Alternate formats may be requested by contacting Tay Silveira at 413-210-3947 or Larry Dubois at 413-531-9561.

# 10 Senior Safety Snippet by Officer Emily Tebo



Hello to you all! With the weather warming up, all of us are starting to get outside more. This is great and a welcome change of pace from the long, hard winter we had this year. This also means there are increased chances for wildlife encounters. More specifically, bears.

We have seen a large increase of 911 calls for bears in residential neighborhoods this spring. While it is great to notify the police department if you see a bear in your area, it usually is not an emergency when you see one.

Remember, we built houses where the bears have been living long before we got here. We are in their house. If you see a bear wandering through your neighborhood, not being aggressive, please feel free to call the South Hadley Police business line at 538-5050. The Massachusetts Environmental Police or Massachusetts Fish and Wildlife are both great resources for bear or any other wildlife sighting or question you might have. If a bear is aggressive and

posing a danger to the public, that is the time to call 911.

If you see a bear outside, give it space and do not approach. If you see your neighbors outside, let them know what you have seen. Take in your bird feeders or other food sources the bears are looking for. And remember to appreciate bears when you see them. They are awesome creatures!

As always, take care of yourselves and each other.

MA Environmental Police: (800) 632-8075

MA Fish & Wildlife: (413) 253-8200

Phone: 413-538-8231 ext 6403

Email: [teboe@southhadleypolice.org](mailto:teboe@southhadleypolice.org)

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.



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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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**We are Very Grateful for the Following Donations From:**

- Venita Redding
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- Joyce Mahoney
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- Patricia Clayton
- Rosemary Chicorka
- Runa Wassermann

**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 the South Hadley - Granby Chamber of Commerce for their assistance with the grand opening event.

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\*\*Acknowledgements can only be sent to the address provided\*\*

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