

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.

🕒 8 a.m. - 4:30 p.m.

📍 45 Dayton Street
South Hadley, MA 01075

☎ 413-538-5030

✉ Coa@southhadleyma.gov

🌐 SouthHadley.org

📘 @SouthHadleycoa

August 2021

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Upcoming Events

Estate Planning with Karen Jackson, Esq. of Jackson Law

Tuesday, August 10 at 11:00 a.m.

Join Karen Jackson, Esq. for an informative presentation about the process of preparing for the inevitable, and handling the unexpected in a way that is mindful and respectful of each person's goals and needs. Questions are welcomed after the presentation.

Save the Date: Grand Opening of the Woodlawn Café

Sponsored by PeoplesBank

September 15th at 10 a.m. at the cafe

PeoplesBank generously donated \$150,000 to the new Senior Center project. Join us as we celebrate the grand opening of the Woodlawn Café with a ribbon cutting ceremony. Everyone will be invited to enjoy a piece of cake and sample some of the menu items that will be offered at the Woodlawn Café. Co-sponsored by the Friends of the South Hadley Seniors.



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06-5294

In-Person Activities with some hybrid activities resume in August

- Registration may be required for some activities and events by the day before the scheduled activities/events
- To Zoom: for any hybrid offerings: email kouimette@southhadleyma.gov
- To register for in-person activities call 538-5030 or email coa@southhadleyma.gov

Congregate Lunches, Maurice & Margaret Fitzgerald Memorial Fitness Center with orientations and circuit training with Heidi, Healthy Bones & Balance, and Memory Café are scheduled to resume in September

Are you interested in joining in, but maybe you are new to an activity?



Please note that "Learn to" volunteers will be available for guidance for selected activities.

August Activities

Registration is required to Zoom hybrid activities & for some activities and events.

Please bring a clean pair for sneakers for fitness classes; no street shoes.

Billiards

Drop-in Daily: **Monday - Friday**, 8 a.m. - 4 p.m.

Cornhole

Mondays & **Fridays** at 9 a.m.

Outdoors, weather permitting & Indoors otherwise

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

Tai Chi & Qigong for health & relaxation with Denise

Mondays at 10 a.m. - Pre-register

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.

Writing Group

Mondays at 11 a.m. - Pre-register

Open to any writer, of any ability. Spend 40 min. writing followed by the option of sharing your fresh work; positive comments are welcome. Prompts will be offered to help those who would like a jumpstart. South Hadley Public Library Gatehouse Writers group coordinator Linda Rowland-Buckley facilitates the group and holds space to get your creativity flowing. Please bring a pen and paper or a laptop.

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.

Mah Jongg

Mondays & **Wednesdays** at 1:30 p.m.



Learn to Play Mah Jongg

6 Week Series: Aug. 11 - Sept. 15 Wednesdays at 1:30 p.m.

Liz will teach you all you need to know. Successive class.

Canasta

Mondays & **Fridays** at 1:30 p.m.

One on One iPad Tutoring (\$10 or scholarship)

Tuesdays 9:30 a.m. - 10:30 a.m.

By appointment with Louise: One person per hour

Fitness Basics with Lindsey

Tuesdays & **Thursdays** at 10 a.m. (Hybrid) - Pre-register

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

Crafting

Free Craft: Collage Bookmark

MONTHLY: 2nd Tuesday of month, Free Craft at 10:30 a.m., pre-register

Create a unique bookmark using a variety materials.

Pre-register by August 9th to ensure enough materials are included.

Special Craft: Jewelry Making w/ Print Shop Inc. hybrid: in-person or Zoom & pick up kit curbside

•Thursday, August 26th at 2:00 p.m.

•South Hadley Cultural Grant Funded: suggested donation \$5 Spaces are limited for this special jewelry making class with Clarissa from Print Shop Inc. You can join in-person or live via Zoom (pick up your kit by 8/25 if you are Zooming). Register by August 25.

Gentle Yoga & Mindfulness

Tuesdays at 1:00 p.m. (Hybrid) - Pre-register

Join Kerry for at least 30 minutes of gentle yoga, connecting breath with movement. The rest of the class will focus on mindfulness practices such as mediation, breathing strategies, and deep relaxation (aka yoga nidra). All abilities are welcome.

4 Programs & Activities

Pinochle

Tuesdays at 1:30 p.m.

Bingo

Tuesdays at 1:30 p.m.

➡ Alternate Bingo Caller Needed

We want to keep the Bingo fun going! We have one Bingo caller, but they need an alternate to be able to continue. If you would like to volunteer, please call us.

Dance with Loryn

Wednesdays at 9 a.m. - Pre-register

Have some fun and move to the beat with Loryn.

Creative Collage

TWICE A MONTH: 1st & 3rd Wednesday of the month 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.

Social Strollers

Wednesdays at 9:30 a.m.

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.

iPad Training (small group)

Wednesdays at 10:30 a.m.

Space is limited: You must pre-register

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.

Travel Club

Wednesdays, 12:00 p.m. - 1:30 p.m.

Thursdays, 10:00 a.m. - 11:30 a.m.

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.

➡ Learn to Play Pitch

MONTHLY: 1st Wednesday of the Month at 12:30 a.m.

Pitch

Wednesdays at 1:30 p.m.

Book Club

MONTHLY: 4th Wednesday of the month at 2 p.m. (Hybrid)

This month: *The Woman in the Window*

By A.J. Flynn

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 month are selected at the end of our meeting.

Watercolors

Thursdays at 9:30 a.m.

\$5 per class. Pay instructor.

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

Seated & Standing Yoga

Thursdays at 11 a.m. (Hybrid) - Pre-register

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

Quilting

Thursdays at 1 p.m.

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

➡ **Learn to Quilt:** Susan will be there every week to teach a seasonal project suitable for beginners as well as all levels. *Please call for more information to learn what materials you will need to bring.*

Knitting

Fridays at 1 p.m.

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

➡ **Learn to Knit:** Liz will be there to teach you how to make a scarf. Please bring size 8 short or circular needles (wood or bamboo preferred), worsted weight yarn and a pen and notebook.

➡ Learn to Play Cribbage

MONTHLY: 1st Friday of the Month at 12:30 p.m.

Cribbage

Fridays at 1:30 p.m.

Bridge

Fridays at 1:30 p.m.

➡ Learn to Play Bridge

8 week series will begin in September

Puzzle Table Open in August!

Drop-in Daily: **Monday - Friday**, 8 a.m. - 4 p.m.

A great way to socialize with other members.

For the month of August, fitness classes are complimentary thanks to the donations made to the Council on Aging Activity Fund.

The Fitzgerald Memorial Fitness Center

Reopens in September

Now is the time to renew your membership to the Fitness Center. All Fitness Center participants must fill out an application packet and physician sign-off paperwork. South Hadley residents can use the fitness center free of charge. Non-residents pay \$10.00 per month; due at the 1st of the month.

Hampshire Hearing & Speech Services: Hearing Screenings & Hearing Aid Cleanings

MONTHLY: 2nd Tuesday of the Month, 9 a.m. - 12 p.m.

Call to make an appointment

Audiologists Allison Holmberg and Lisa Howard will meet your needs. When you call to book your appointment, please specify whether you would like a screening or a cleaning.

Visit with Board of Health Community Nurse, Marge Bernard, RN

MONTHLY: 2nd Thursday of the Month, 12:30 p.m. - 2:00 p.m.

Drop-in visits

Marge Bernard is available for monthly drop-in visits with seniors. Have your blood pressure checked, share a concern, ask a question, and more. Drop in, or you can always call Marge at 413-536-6688

Veterans Social Hour with regional Director of Veterans Services, Mike Slater

MONTHLY: 3rd Wednesday of the Month, 10 a.m.

Visit with Mike Slater and your fellow veterans. Chat, reminisce, share concerns, or inquire about benefits and services.

Low Vision Group

RETURNING IN SEPTEMBER, MONTHLY, IN-PERSON

The Low Vision Group will return, in-person, in September. The group will meet at 10 a.m. on the 2nd Tuesday of the month. This group continues to welcome new members. Any senior who has received a medical diagnosis of blindness or is legally blind can join. Please call Ann for more information.

Foot Nurse, Sharon Beaulieu, RN

RETURNING IN SEPTEMBER, MONTHLY, IN-PERSON

Home Visits are ongoing

MONTHLY, STARTS IN SEPTEMBER: 1st Tuesday of the Month, 9 a.m. - 10:30 a.m.

Sharon, certified foot care specialist will return, in-person, in September. Sharon will be at the Senior Center on the 1st Tuesday of the month from 9 a.m. to 10:30 a.m. for those who wish to see her at the COA. Sharon will continue her house calls. To book your visit at the COA in September, please call 538-5030. To book a house call (ongoing), please call 413-552-9533.

A Word From Leslie

Hello all,

As I write this, I hope the weather has finally changed from the near daily thunderstorm and rain pattern of July to brighter, dryer days that we can all enjoy in August.

We are open, and what a joy it has been to see all of you again. I know I speak for the entire staff when I say how great it has been to welcome you all into the new building; the isolation during the pandemic generated a lonely void that is being replenished with new and familiar faces. The overwhelming feedback about the new building from our visitors and tour groups has been positive. Visitors use words like spacious, bright, and modern to describe the building, and we have heard from many of you that you 'love the colors!'

As planned, August 1st begins phase #2 of our reopening plan. The following changes have been added for August:

- Card and board games
- Drop in: Common areas, library, puzzle table open daily
- In-person SHINE appointments resume
- In-person visits with audiologist resume

- Volunteers will return for newsletter collating and Brown Bag assembly
- The 2nd Thursday of the month between 12:30pm and 2pm, Marge Bernard, RN from the Dept. of Health will start up Blood Pressure Clinics and "Ask a Nurse" drop-in visits.
- Ann's Community Outreach Days at Newton Manor, Lathrop Village and Hubert Place will resume on Wednesdays from 2:00pm to 3:30pm. (Newton Manor on 8/11; Hubert Place on 8/18 and Lathrop Village on 8/25.
- Tours will be offered through August on 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.

Welcome back, everyone.

6 Support & Assistance

SHINE – Serving the Health Insurance Needs of Everyone - by appointment, ask for Ann

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 August 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

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

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 minibus riders and workers.

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 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

Find a Covid-19 Testing Site

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

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.

COVID-19 Vaccination Sites and Information

- To search for vaccine locations go to 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

Did you receive a Sand for Seniors bucket last year? If so, we need your bucket!

If you received a bucket of sand from the COA's Sand for Seniors Program, we ask you to contact Dave Fenton, the Coordinator of the Sand For Seniors Program, to schedule a bucket pickup. The recycled buckets will be filled with sand and reused for the program in November. Look in the October newsletter for details on how to reserve your Sand for Seniors Bucket for the 2021 winter season.

Please call Dave at 413-582-7787; please leave a message.

Walk Massachusetts Challenge

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

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8 Support & Assistance

Companion Transportation Program

Grant Funded

The South Hadley Council on Aging will resume Companion Medical Transportation beginning August 1st. This WestMass ElderCare, Inc. funded program is designed to assist low to moderate income South Hadley seniors who need transportation to out of town 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@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



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.

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.

Triad Programs

Monthly meetings: last Tuesday of the month at 9:00am at the South Hadley Police Station

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.

Triad Shredding Event

Save the Date:

Saturday, Sept. 25th from 10 a.m. to 12 p.m. at the Second Baptist Church in South Hadley.

Medical Equipment Loan

Medical Equipment contact for delivery or pick up: Dave Fenton of the Hampshire County Sheriff's Dept. Please call 413-582-7787; please leave a message.

"Hello" Note Card Support Program

Check-in Note Card Program

This program ends August 31st. We hope this program has brightened your days.



Save the Date:
October 22nd

Handbag Bingo is returning in October.

Tickets will be available on the Friends' website starting in August (www.southhadleyseniors.org).

Additional details will be forthcoming in September's Golden Chronicle.

Make a Senior Smile!



Make a Social Call to a Senior

WHY? There are lonely and isolated older adults in our own community.

WHEN? At your convenience, for an hour or less per week.

HOW? The Friends will train you. We will match your interests, hobbies and favorite things to talk about with a senior.

Please join South Hadley Senior Connections to make a difference in someone's life.

Call Karen @ 531-7640, geriatricnp@gmail.com, or
Call Gretta @ 887-716, grettatucker43@gmail.com

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. Alternate formats may be requested by contacting Tay Silveira at 413-210-3947 or Larry Dubois at 413-531-9561.

FRIENDS OF THE SOUTH HADLEY SENIORS

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

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The Friends is a 501(c)(3) non-profit organization.

Your support is greatly appreciated!

If you have not yet joined the Friends in 2021 please consider joining today as all memberships received by September 15 will be entered in to a drawing to win a lottery tree topped with a \$100 bill (guaranteed \$100 plus whatever winnings from the lottery tickets). The drawing will be held on September 15 and the winner will be notified.

“Beat the Heat” Summer Free 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.

10 Senior Safety Snippet by Officer Emily Tebo



Hello to you all! It is that time again where I talk to you about a very important topic: SCAMS. During our first TRIAD meeting since COVID, one of the last topics we covered was scams. We spoke about new ones we've see and old ones that don't seem to go away.

Most recently, I dealt with a resident in town who was asked to send money to a "friend" they "met" online. This "friend" asked the resident to send money and in return, the "friend" would send a larger amount of money back. Unfortunately, our town resident is now out a substantial amount of money because they did as the "friend" asked. As one of my Lieutenants said quite simply, you don't send money to get money. This is especially true if someone asks you to send them money in gift card or Bitcoin form.

Please do not trust a random person who messages you on Facebook wanting to strike up a friendship, then asks you for money. I know it can feel strange or rude to say NO to someone or to hang up on them. In my experience, it is better to feel like you did something wrong (even though you absolutely did not), than to have hundreds if not thousands of dollars taken from

you. As I have said before once you have given your money away, it is incredibly difficult to get it back.

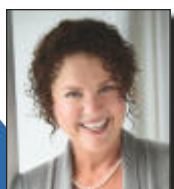
I have no issues with speaking with someone on your behalf to make sure they are legitimate and are who they say they are. Please do not hesitate to reach out with any questions or concerns you might have.

As always, stay safe and take care of each other.

Phone: 413-538-8231 ext 6403

Email: teboe@southhadley.police.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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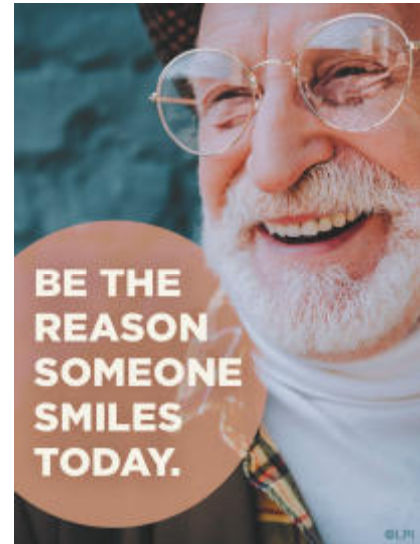
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