




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](https://www.facebook.com/southhadleycoa)

September 2021

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Grand Opening of the Woodlawn Café Sponsored by PeoplesBank

September 15 at 10 a.m. at the café

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 coffee, 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.

Upcoming Events



Dementia Caregiver Information Session

Tuesday, September 28 at 5:30 p.m.
Pre-registration encouraged

Join Carol Constant and Rachel Tierney, PhD, RN for a conversation about some of the strategies and resources to consider when caring for a loved one living with dementia. Carol is co-facilitating the South Hadley Council on Aging's Memory Cafe in October (See page 3). The Memory Cafe is a safe place for those living with dementia and their caregivers to share in fun activities, socialization, and experiences.

Learn At 10:30: Mass EDP (Massachusetts Equipment Distribution Program)

Tuesday, September 17 at 10:30 a.m.

Marguerite Szczawinski from MassEDP will present a seminar free phones and cell phones available to residents of Massachusetts with permanent disabilities, including those with vision and hearing impairments.





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06-5294

September Lunch Menu



Monday, September 6

No meal service -

Center closed for Labor Day

Tuesday, September 7

Blackened chicken leg quarter

Wednesday, September 8

Labor Day Meal - Cheeseburger

Thursday, September 9

Potato pollock with tartar

Friday, September 10

Roast beef with gravy

Monday, September 13

Baked ravioli with spinach alfredo

Tuesday, September 14

American chop suey

Wednesday, September 15

Cold Plate - Tuna salad plate

Thursday, September 16

Pork chopette

Friday, September 17

Happy Birthday - Grilled chicken with Florentine sauce

Monday, September 20

Turkey with Dijon sauce

Tuesday, September 21

Vegetable lasagna roll up

Wednesday, September 22

Baked chicken leg quarter with gravy

Thursday, September 23

Meatloaf with gravy

Friday, September 24

Cod with dill sauce

Monday, September 27

Tilapia with honey soy sauce

Tuesday, September 28

Breaded chicken drumsticks

Wednesday, September 29

Cold Plate - Egg salad

Thursday, September 30

Chicken jambalaya

Congregate Lunch

Monday - Friday, 11 a.m. - 1 p.m.

Lunch Served at Noon

Reserve by Noon the day before (call Friday for Monday lunch and Tuesday lunch after a Monday holiday). Reservations MUST be made by calling the Senior Center. Anonymous, suggested donation is \$2.25 for 60 or older and guests under 60 are charged \$6.00 per Federal Regulations. Title III-C Congregate Meal Site program provided by WestMass ElderCare through funding from the Executive Office of Elder Affairs.

Woodlawn Café

Monday - Friday, 8 a.m. - 2 p.m.

Cash Only

A selection of breakfast items including muffins, danish, coffee and tea will be served. Lunch items, served after 11 a.m., include sandwiches and Billy's homemade soups.

Memory Café Opens in October

A program for those with dementia/memory loss and their caregivers

- 2nd & 4th Wednesday of the month at 10:30 a.m.
- Participants are invited to stay for a gratis lunch

Memory Café is an opportunity for people living with dementia and their caregivers to come together for shared experiences with an emphasis on socialization, friendship, and facilitated fun-centered activities in a safe and supportive environment. Activities include music, movement, crafts, seasonal and nature based projects, and more. Gratis lunch follows to take one less task off the plates of our participants, so you can focus on engagement and connection. Carol Constant co-facilitates Memory Café. Pre-registration is encouraged, but not expected.

Small Group & One on One iPad Training is suspended

Remote help is available

Due to the physical closeness that is required to assist participants, we are suspending in-person iPad training. If you would like some remote assistance with iPads or other technology, our volunteer instructor Donna invites you to email her at parkerdonnalynn@gmail.com Donna has also provided a handout, Helpful Hints for Getting the Most Out of Technology Assistance from Family and Friends, that you can pick up at the Front Desk.

4 Activity Schedule

Daily and Monthly Activities at the Senior Center

Day	Time	Price	Activity
Monday	8 a.m.	No charge	Billiards Room - open until 4 p.m.
	9 a.m.	No charge	Cornhole
	10 a.m.	\$3.00 - Registration required	Tai Chi & Qigong for Health and Relaxation
	11 a.m.	No charge - Registration required	Writing Group
	1 p.m.	No charge	Color Me Calm
	1 p.m.	\$3.00 - Registration required	Zumba
	1:30 p.m.	No charge	Canasta
	1:30 p.m.	No charge	Mah Jongg
Tuesday	8 a.m.	No charge	Billiards Room - open until 6:45 p.m.
	10 a.m.	\$3.00 - Registration required	Fitness Basics
	10:30 a.m.	No charge	Free Craft - 2nd Tuesday of the month
	12:30 p.m.	No charge	Learn to Play Pitch - 1st Wednesday of the month
	1 p.m.	\$3.00 - Registration required	Gentle Yoga & Mindfulness
	1 p.m.	\$5.00 - Registration required	Paid Craft - 4th Tuesday of the month
	1:30 p.m.	No charge	Bingo
	1:30 p.m.	No charge	Pinochle
5:45 p.m.	\$3.00 - Registration required	Line Dancing for Beginners - starts September 14	
Wednesday	8 a.m.	No charge	Billiards Room - open until 4 p.m.
	9 a.m.	\$3.00 - Registration required	Dance with Loryn
	9:30 a.m.	\$5.00 - Registration required	Circuit Training
	9:30 a.m.	No charge	Creative Collage - 1st & 3rd Tuesday of the month
	10:30 a.m.	No charge - Appointment required	Fitness Room Orientation
	10:30 a.m.	No charge - Registration required	RSVP Healthy Bones & Balance
	Noon	No charge	Travel Club
	1:30 p.m.	No charge	Mah Jongg
	1:30 p.m.	No charge	Pitch
	2 p.m.	No charge	Book Club - 4th Wednesday of the month
Thursday	8 a.m.	No charge	Billiards Room - open until 4 p.m.
	9:30 a.m.	\$5.00 - Paid to Instructor	Watercolor
	10 a.m.	\$3.00 - Registration required	Fitness Basics
	10 a.m.	No charge	Travel Club
	11 a.m.	\$3.00 - Registration required	Seated & Standing Yoga
	1 p.m.	No charge	Learn to Quilt
	1 p.m.	No charge	Quilting
	1:30 p.m.	No charge	Chip Poker
Friday	8 a.m.	No charge	Billiards Room - open until 4 p.m.
	9 a.m.	No charge	Cornhole
	10:30 a.m.	No charge - Registration required	RSVP Healthy Bones & Balance
	12:30 p.m.	No charge	Learn to Play Cribbage
	1 p.m.	No charge	Knitting
	1 p.m.	No charge	Learn to Knit
	1:30 p.m.	No charge	Bridge
	1:30 p.m.	No charge	Canasta
1:30 p.m.	No charge	Cribbage	

Wellness scholarships are available and confidential for those who have a limited income. Please see Ann.

Writing Group

Mondays at 11 a.m. - registration required

Open to any writer of any ability. Spend 40 minutes 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.

Crafting

2nd Tuesday of the month, free craft at 10:30 a.m.

Cardstock 3D hot air balloons decorative hanger

4th Tuesday of the month, paid craft at 1 p.m.

\$5.00, register by September 10

Birdhouse: assemble, paint and decorate!

Creative Collage

Wednesday, August 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.

Groups & Wellness

Nail Care

Twice Monthly on Mondays, 9 a.m. - Noon

Monday, September 20 (only one date this month)

Basic manicure - 15 minutes for \$10.00

Manicure with polish - 30 minutes for \$20.00

Foot beautification - 30 minutes for \$30.00

Foot Nurse, Sharon Beaulieu, RN

1st Tuesday of the month, 9 a.m. - 10:30 a.m.

Sharon, a certified foot care specialist, 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 Senior Center in September, please call 413-538-5030. To book a house call (ongoing), please call 413-552-9533.

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

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.

Book Club

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

This month: *The Great Alone* By Kristin Hannah

South Hadley Public Library 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. To zoom email kouimette@southhadley.ma.gov by day before.

Watercolors

Thursdays at 9:30 a.m.

\$5 per class. Pay instructor.

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

Learn to Quilt

Thursdays at 1 p.m.

Call for more information.

Learn to Knit

Fridays at 1 p.m.

Call for more information.

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. Please see page 7 or call Ann for more information.

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

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 at the Senior Center. 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

4th Wednesday of the Month at 10 a.m.

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

6 Fitness Programs

In-Person Fitness Programs with some hybrid classes

- Registration is required for all fitness classes. You may register for a class a month at a time. Please register at least the day before the scheduled class. Please call 24 hours in advance if you will miss a class, so someone on the wait list can take the class.
- To Zoom: for any hybrid offerings: email kouimette@southhadleyma.gov
- To register for in-person activities call 538-5030 or email coa@southhadleyma.gov

Fitness class payments: \$3.00 per class (unless specified otherwise)

- Cash and Checks accepted. Must have exact amount, no exceptions. There is no change at the front desk.

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

Tai Chi & Qigong for Health & Relaxation

Mondays at 10 a.m.

All levels 10 a.m. - 10:45 a.m.

Advancing/Intermediate 10 a.m. - 11:15 a.m.

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. Beginners will build strength, stamina, and learn sequencing for 45 minutes. Intermediate students will start at 10 a.m., but will stay an additional 30 minutes to learn Part 2 of the form.

Zumba Gold

Mondays at 1 p.m.

Lower impact than Zumba, but just as fun.

Fitness Basics with Lindsey

Tuesdays & Thursdays at 10 a.m. (Hybrid)

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

Gentle Yoga & Mindfulness

Tuesdays at 1 p.m. (Hybrid)

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 that are able to get up and down from the floor are welcome. Seated and Standing Yoga is offered for those who do not wish to do floor work and reclined relaxation. **No class on September 7.**

Line Dancing for Beginners

Tuesday evenings, 5:45 p.m. - 6:45 p.m.

It's not just country music anymore. Genres include cha cha, night club, swing, and more.



Dance with Loryn

Wednesdays at 9 a.m.

Have some fun and move to the beat with Loryn.

Circuit Training in the Fitness Center

Wednesdays at 9:30 a.m. - \$5.00

Heidi provides a routine that includes all pieces of fitness equipment and additional exercise stations. You must fill out your application packet, including physician sign-off, and complete the fitness room orientation with Heidi (Wednesdays at 10:30 a.m. - pre-register) to participate.

Fitness Room Orientation

Wednesdays at 10:30 a.m.

Mandatory - No Cost

If you would like to become a member of the Fitzgerald Memorial Fitness Center, you must complete your fitness room orientation and complete your application before using the gym. Applications are available at the front desk. Once your application is approved a staff member will contact you to schedule an orientation.

RSVP Healthy Bones & Balance Program

Wednesdays & Fridays at 10:30 a.m. - No Cost Begins September 8

This free class is made possible by RSVP. It is designed to increase strength, mobility, flexibility, and balance while having fun and socializing.

Seated & Standing Yoga

Thursdays at 11 a.m. (Hybrid)

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

For questions or to register for events, email: coa@southhadleyma.gov or 413-538-5030

SHINE - Serving the Health Insurance Needs of Everyone - by appointment

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's next?"

Counselors are located at your 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. Call for an appointment.

Fuel Assistance 2021 - 2022

The fuel assistance season begins November 1, 2021. Some residents began to receive their recertification paperwork in late August (those who heat with oil). As in years past, "new" applicants must wait to apply until Ann receives the official 2021/2022 applications. Ann will be adding updates and new financial guidelines each month in the newsletter. If you have received your recertification packet from Community Action! and need assistance, please call Ann Andras. Appointments are required.

Low Vision Group

The South Hadley Low Vision group will resume in-person on Tuesday, September 14 at 10 a.m. Seniors who have a medical diagnosis of blindness or low vision are welcome to join. The group meets monthly on the second Tuesday from 10 to 11:30 a.m. Members are encouraged to stay for lunch after the meeting. Reservation for lunch is required. Free transportation is provided to South Hadley members. For more information, please call Ann Andras.

Companion Transportation Program The South Hadley Council on Aging has once again received funding from WestMass ElderCare, Inc. and the Executive Office of Elder Affairs for the Companion Medical Transportation Program. Income eligible South Hadley seniors can receive rides to and from medical appointments in surrounding towns like Chicopee, Springfield, Holyoke and Northampton at no charge. Private drivers are paid through the grant to provide rides in their own car. For additional information and to see if you qualify, please call Ann Andras.

Walk Massachusetts Challenge

Walk Massachusetts Challenge is ending on September 30. 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. 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! Those who did not register at www.mcoaonline.com/walkma can send their paper log, by September 30, to MCOA, Attn. Lynn Wolf, 116 Pleasant Street, Suite 306, Easthampton, MA 01027.

Transportation

Council on Aging Transportation Program

We are 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

Weekly Scheduled Trips

Grocery shopping at Big Y

- Every Tuesday & Friday
- 3 bag maximum, please

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8 Support & Assistance

A Word From Leslie

Dear Friends,

Please think about the health and wellness of everyone in our South Hadley community and do your part to keep everyone safe from the COVID-19 virus and variants. The South Hadley Council on Aging requests fully vaccinated individuals, individuals with weakened immune systems, and individuals who are unvaccinated, to wear a mask covering your nose and mouth while you are in the Senior Center. Masks are still mandatory for all individuals on public and private transportation systems (including the COA minibuses, rideshares, livery, taxi, ferries, MBTA, Commuter Rail and transportation stations).

September 1 is the start date for phase #3 of the COA Reopening Plan. We will resume operation of the Title III-C Congregate Meal Site program with daily lunches starting on Tuesday, September 7; please make your reservations for Tuesday's lunch by noon on Friday the 3rd. The Fitness Center will reopen on September 8 and we will hold the grand opening of the Woodlawn Café, sponsored by PeoplesBank, on the morning of September 15. Other openings include birthdays and anniversary lunches, "Learn At", Low Vision Group and appointments with the foot nurse.

In honor of Falls Prevention Day on September 22, we will have a table with handouts and information for you to take and read. You may want to stop into our Seated and Standing Yoga class to work on balance to help prevent a fall. Please see a listing of all our exercise and fitness classes on page 6.

As we move into September and the fall months, please check the whiteboard at the entrance of the building to see updates to our mask policy or any other safety precautions we may need to take against spreading COVID-19 and its variants.

Have a wonderful Labor Day weekend!
-Leslie

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

Brown Bag Program for

Seniors - The Food Bank of Western Mass

Monthly: 3rd Tuesday at 11 a.m.

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.

Triad Shredding Event

Saturday, Sept. 25 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.

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, 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



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Yes! I'd like to reserve ___ tickets (\$35)
 Yes! I'd like to reserve ___ table (\$280)
 Yes! I'd like to reserve ___ turkey sandwich meals (\$5)
 Yes! I'd like to reserve ___ ham sandwich meals (\$5)
**Sandwiches can be picked up upon arrival
 and must be preordered**

Name _____
 Address _____
 Email _____
 Phone _____

No physical tickets will be distributed but an email confirmation will be sent upon receipt of order.

Mail to: Friends, PO Box 55, South Hadley or drop off at the COA. Please make checks payable to Friends of the South Hadley Seniors.



Handbag Bingo - October 22

Handbag Bingo returns to St. Theresa's Church on Friday, October 22. Doors will open at 5 p.m. and Bingo will begin at 6:30 p.m. Tickets are \$35 each and include a set of 10 Bingo cards, dauber and ticket for a door prize raffle. Tables of 8 can be reserved and will receive an extra set of Bingo cards for the table. Bring your own snacks and/or reserve a delicious bagged sandwich meal (\$5) to be picked up at the event. Bagged sandwich meal includes a croissant sandwich (stuffed with either baked ham or turkey breast, cheese, lettuce, granny smith apple slices and an herb aioli spread), bag of chips and an apple. Beer, wine and soda will be available for purchase. Coffee and water are complimentary. No outside drinks permitted. Reserve tickets by mail (P.O. Box 55, SH), in person at the Senior Center (45 Dayton St) or order online at <https://handbagbingosouthhadley.eventbrite.com>. Only a limited number of tickets will be available. This event was sold out the last time it was held, so reserve your tickets early. Please contact Kim with any questions: 781-864-0468 or southhadleyseniors@gmail.com

Mum Sale

**September 17,
9 a.m. - 4 p.m.**



The Friends' mum sale will be held on the sidewalk in front of the Senior Center on Friday, September 17 from 9 a.m. - 4p.m. We'll have beautiful 8" mums in a variety of colors for \$7 each. Volunteers will be available to help load the plants. Come early for best selection. Mums cannot be reserved ahead of time. Cash or check. Rain or shine. Any questions, please call Janet at 534-5886.

iPad Loan Program

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 our 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 and internet service.

Important Phone Numbers

- Elder Abuse Hotline in Mass:** 1-800-922-2275
- 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
- WestMass ElderCare:** 413-538-9020
- Neighbors Helping Neighbors:** 413-437-7593
- Weekend Meals: Take & Eat Inc.:** 413-664-1041

Covid-19 Resources

- Senior Center Hotline:** 413-650-1021.
- Vaccination sites and information:** 2-1-1 or vaxfinder.mass.gov
- Find a testing site:** mass.gov/covid-19-testing

10 Senior Safety Snippet by Officer Emily Tebo



Hello again everyone! I hope you are all enjoying the last bit of Summer and are settling in for Fall.

I wanted to briefly address a topic that we here at the Police Department deal with on a fairly regular basis – driving. Addressing a loved one’s ability (or lack thereof) to operate a vehicle safely is an uncomfortable topic. Driving means independence and having that independence taken away is difficult for some to comprehend.

While the topic itself is uncomfortable, it is a discussion that sometimes has to happen. Not only for the safety of your loved one, but for the safety of the hundreds of people on the roadway at any one given time.

If you have concerns regarding someone you care about and their ability to drive themselves, please reach out to either myself or to someone at the Council on Aging to find out how you could best begin the conversation with your friends and/or

family members. Should it seem appropriate that your loved one should not drive any longer, there are several resources available through the Council on Aging as well as other area agencies to help that person not to feel isolated.

I hope the article this month makes some of you think about someone in your life who you’ve been concerned with their driving for a while now. Please see this as your sign to help us keep the roadways as safe as possible. Please reach out if you have any questions or concerns.

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

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.



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