



# 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.  
Tuesdays until 7 p.m.

 45 Dayton Street  
South Hadley, MA 01075

 413-538-5030

 [coa@southhadleyma.gov](mailto:coa@southhadleyma.gov)

 [southhadley.org](http://southhadley.org)

 @southhadleycoa

## October 2021

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## Autumn Fun Festival - October 21



**8:30 a.m.** - The café will be serving pumpkin flavored coffee, cider donuts and pumpkin soup.

**9 - 10:30 a.m. - Pumpkin Painting Group:** We will be painting/decorating pumpkins for the pumpkin decorating contest. Pumpkins and all supplies are provided.

**10:30 a.m. - Noon - Scarecrow Making:** Join us to make your own scarecrow! We provide the scarecrow frame, muslin head, clothes and hay - you bring your creativity!

**Pre-register by October 14. Limited to 25 crafters. Cost for scarecrow kit is \$20,** cost supplemented by the Friends of the South Hadley Seniors.

**Noon** - Join us for congregate lunch in the dining room. **Reservations must be made by Noon on October 20.**

**2 p.m. - Entertainment with Sarah the Fiddler:** Sarah is always a crowd pleaser and gets your feet tapping and hands clapping!

**3 p.m. - Winners of the Pumpkin Decorating Contest are Announced:** We will be selecting the "best" pumpkins from our "patch" of entrants. The two winners will receive gift certificates to Atkins.

**This event has been generously funded by the Friends of the South Hadley Seniors**

Due to the ever-changing Covid-19 conditions, all of our planned events, programs, and activities are subject to change.

## Memory Café 2nd & 4th Wednesday at 10:30 a.m.

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

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.

**October 13** - Dana Osterling, Music Therapist will be sharing music with the group

**October 27** - Amy Porchelli of Artsong will be guiding and inspiring us to create art.



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## Woodlawn Café is now Open!!

**Monday - Friday**  
**8 a.m. - 2 p.m.**  
Cash Only



Serving select breakfast and snack items, coffee and tea, juice and yogurts. Soup available after 11 a.m. for sit-down or take out. A bowl of Billy's homemade soup would be an easy and delicious dinner!

## Welcome our Newest Staff Member Kathy Florence - Volunteer and Activity Coordinator

The council on Aging is happy to announce that Kathy Florence is the center's new volunteer and activity coordinator. Kathy has worked in independent and assisted living communities for the past 20 years. Her office is located along the corridor in room 142. Stop in and say "Hi!". Kathy is eager to get to know the center's volunteers and the older adult community in South Hadley.



## WestMass ElderCare Congregate October Lunch Menu

For questions about meals, please call the Nutrition Department at 413-538-9020



Monday	Tuesday	Wednesday	Thursday	Friday
<b>Monday - Friday, 11 a.m. - 1 p.m. Lunch Served at Noon</b> <b>Reserve meals by noon the day before.</b> Anonymous, suggested donation is \$2.25 for 60 or older and guests under 60 are charged \$6.50 per Federal Regulations. Title III-C Congregate Meal Site program provided by WestMass ElderCare through funding from the Executive Office of Elder Affairs.				1
				Sweet & Sour Chicken Meatballs White Rice Oriental Blend Mixed Fruit
4	5	6	7	8
Mac & Cheese Stewed Tomatoes Butterscotch Pudding	Shepherd's Pie with Mashed Potatoes Steamed Peas Apple Crisp/ Spiced Apples	Pulled Pork Glazed Carrots Steamed Corn Tropical Fruit	Potato Pollack Tartar Sauce Brussel Sprouts Brown Rice Pilaf Chilled Peaches	Chicken Thigh Paprikash Steamed Spinach Egg Noodles Mandarin Oranges
11	12	13	14	15
<b>Center Closed for Columbus Day/ Indigenous People's Day</b>	Turkey Chili Mixed Vegetables 1/2 Baked Potato Sour Cream Fresh Pear	Pollock Fish Tacos Cilantro Coleslaw Flour Tortilla Butter Sugar Cookie	Lemon Picatta Tuscan Veg Blend Bowtie Pasta Brownie/ SF Cookie	Homemade Spinach Lasagna California Blend Veg Mixed Fruit
18	19	20	21	22
Turkey w/ Dijon Sauce Dill Carrots Parslied Rice Chilled Pineapple	Cod w/ Crumb Topping Parmesan Tomatoes Lemon Rice Chilled Pears	Broccoli Cheddar Stuffed Chicken Herbed Cauliflower Mashed Sweet Potatoes Spice Cake	Pork Stir Fry Rice Ginger Glazed Carrots Clementine	Meatloaf w/ Gravy Seasoned Zucchini Garlic Mashed Potatoes Blondie Brownie/ SF Butter Cookie
25	26	27	28	29
Crab Cake w/ Tartar Coleslaw Steamed Corn Fresh Applies	Chicken Pot Pie w/ Biscuit Topping Steamed Green Beans Pear Crisp/ Hot Spiced Pears	Broccoli Alfredo Over Penne Noodles Mixed Greens Salad w/ Cuke & Tomato LS Italian Dressing Warm Fruit Compote	Pot Roast w/ Gravy Spinach Roasted Root Veg Banana	Maple Glazed Turkey Brussel Sprouts Butternut Quinoa Mini Cheesecake/ SF Chocolate Pudding

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

## 4 Activities Schedule

Weekly Activities - Call or email [COA@southhadleyma.gov](mailto:COA@southhadleyma.gov) for activity details

Monday	Tuesday	Wednesday
8 a.m. - Billiards 9 a.m. - Cornhole 10 a.m. - Tai Chi & Qigong for Health and Relaxation 11 a.m. - Writing Group 1 p.m. - Zumba 1 p.m. - Mah Jongg	8 a.m. - Billiards 10 a.m. - Fitness Basics 1 p.m. - Bingo 1:30 p.m. - Pinochle 5:45 p.m. - Line Dancing for Beginners	8 a.m. - Billiards 9 a.m. - Dance with Loryn 9:30 a.m. - Circuit Training 10:30 a.m. - Fitness Room Orientation 10:30 a.m. - Healthy Bones & Balance 1 p.m. - Mah Jongg 1 p.m. - Pitch
Thursday	Friday	
8 a.m. - Billiards 9:30 a.m. - Watercolors 10 a.m. - Fitness Basics 11 a.m. - Seated & Standing Yoga 1 p.m. - Learn to Quilt 1 p.m. - Quilting	8 a.m. - Billiards 9 a.m. - Cornhole 10:30 a.m. - Healthy Bones & Balance 1 p.m. - Bridge 1 p.m. - Cribbage 1 p.m. - Learn to Knit 1:30 p.m. - Knitting	<p><b>Join us at the Senior Center on October 29 for Halloween fun! Wear a costume and receive a sweet treat!</b></p>

## Crafting

### 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 to share. Come and express yourself through art!

### Craft Club - 2nd and 4th Wednesdays At 10:30 a.m. - Pre-registration required

October 13 - Wooden Candy Corn Trio

Join us to paint and decorate these fun wooden candy corn pieces. They are a great addition to your October decor. **Must pre-register, limited to 12 crafters. Cost - \$10.00**



October 27 - Indian Corn Door Hanger

We will be making a beautiful fall door hanger with many different options for you to personalize your project. **Must pre-register, limited to 12 crafters. Cost - \$15.00**



### Seasonal Centerpiece Club

Tuesday, October 5 at 1 p.m.

Make a pumpkin centerpiece with artificial fall flowers for our dining room table and make another to take home for your own table! **Take your centerpiece home: \$2.00**

### Learn to Quilt - Seasonal Project Thursdays at 1 p.m.

Susan will teach a four week session on the basic skills of quilting, and you will complete a seasonal table runner or topper to dress up your holiday table, or give as a gift. Contact Susan Labonte at 413-519-3284 for a supply list and more information.

### Pumpkin Decorating Contest

Stop by and pick up a pumpkin to paint beginning Tuesday, October 12 and return it by Thursday, October 21 to be entered in our pumpkin decorating contest! The pumpkins will be put on display and the winner and runner-up will be chosen at our Autumn Fun Festival and will receive a gift certificate to Atkins Farm. We will be having a group pumpkin painting at 9 a.m. if you want to join us! No carving please!



## Learn to Play Bridge

**Friday 12:30 - 1:30 p.m., October 8 - November 20**

Jane and Gerry will teach you how to play bridge in this successive class. Previous card game experience is helpful. Pre-registration is encouraged.

## New! Learn to Play Pinoche

**Tuesdays at 1:30 p.m.**

Join the regular Pinoche club at 1:30 p.m. on Tuesdays for instruction on how to play Pinoche. All levels are welcome!

## New! Open Game Time

**Thursdays at 1 p.m.**

Bring your friends and come down to the Center to play together. We have a variety of games available: Chess, Checkers, Scrabble, Rummikub, Jenga. The Activity Room will be open for all.

## Book Club

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

**This month: *The Alice Network* by Kate Quinn**

South Hadley Public Library pickup available. Books for the upcoming month are selected at the end of our meeting. To zoom email [sgmeiner@southhadleyma.gov](mailto:sgmeiner@southhadleyma.gov) by day before.

## Groups & Wellness

### Nail Care

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

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 October, 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.

## Learning Events

### An Investigation of Superstitions

**Thursdays at 10:30 a.m. beginning October 7**

Join Don D'Amato, PhD for this 4 week series. Topics include Halloween, Devils & Demons, Traditional Monsters (vampires, werewolves, etc.), and Ghosts. Don has taught this subject at STCC, AIC, HCC, and with local civic groups.

### Astronomy Class: Mythology of the Fall Constellations

**Tuesday, October 12 at 5:45 p.m.**

The fall constellations are here! Learn how to find them and the legends behind them, why constellations change with the seasons, and why we have constellations in the first place. Your guide is Meg Thacher, Senior Laboratory Instructor at the Smith College Astronomy Department. Meg will be available to sign copies of *Sky Gazing*, her astronomy book for children ages 9-14.



### 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. 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 register for in-person or zoom activities call 538-5030 or email [coa@southhadley.ma.gov](mailto:coa@southhadley.ma.gov)
- Wellness Scholarships are available and confidential for those who have a limited income. Please see Ann.

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

- Cash and Checks accepted. Must have exact amount as 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.

### 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**

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.

## Learning Events

### Don't be a Victim: How to Prevent Financial Exploitation



**Tuesday, October 5 at 5:30 p.m.**

Elder financial exploitation is the theft of money, property or belongings. Anyone can be the victim of financial exploitation. Elder exploitation crosses all social, educational, and economic boundaries. Karen Volpe, Assistant Vice President of PeoplesBank in South Hadley, offers an informative presentation on this important topic.

### Powerful Tools to Save the Home from the Nursing Home Bill



**Tuesday, October 19 at 5:30 p.m.**

Attorney Jackson will discuss three techniques to save the home from the nursing home bill: Long Term Care Insurance; Life Estate Deeds; and, the Caregiver Child Exception. Throughout the presentation, Attorney Jackson will take questions.

### Depression in the Older Adult with Karen Sander-Buscemi, Nurse Practitioner



**Monday, October 25 at 10:30 a.m. &**

**Tuesday, October 26 at 5:30 p.m.**

Depression is not a normal part of growing older, but prevalence studies suggest rates as high as 14% in community dwelling elders, and an astounding 40% in nursing home residents. This presentation will include identification of symptoms, and current nonpharmacologic and pharmacologic strategies.

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

## Fiscal Year 2022 Fuel Assistance Guidelines

The Fuel Assistance season officially begins November 1st. Many of you who use “deliverable fuels”, such as oil, propane and wood might have received your recertification packet for the 2021~2022 heating season. PLEASE do not just sign your application and send it back to Community Action! You must provide collaborating documents also. Mailing your recert application without these necessary documents could result in a delay. I am available by appointment, or if you prefer to use a “drop off” option, we now have a secure, lock mailbox attached to the building. I will work on your application, telephone you with any questions and contact you when it is ready to be picked up. This option is available to recertifications ONLY. All first time applicants must have a face-to-face appointment with a trained counselor. To make an appointment or for additional information, call Ann Andras or email her at [aandras@southhadleyma.gov](mailto:aandras@southhadleyma.gov)

PEOPLE IN HOUSEHOLD	INCOME LIMITS
1	\$40,951
2	\$53,551

PEOPLE IN HOUSEHOLD	INCOME LIMITS
3	\$66,151
4	\$78,751

## Medicare Annual Open Enrollment -October 15 through December 7

Attention all Medicare recipients! Now is the time to review your Medicare Insurance plan, whether a Supplement plan, Advantage plan or just your Part D prescription drug plan, this time is set aside especially for you to determine if your current plan is working for you. **If you are satisfied with your current plan, you do NOT need to do anything.** Due to Covid restrictions **all** appointments will be done by telephone. The Senior Center has two certified SHINE counselors who can provide you with the current health insurance changes and premiums. For help with your Medicare questions, an appointment is required. These appointments are for South Hadley residents only. Please call 538-5030 to make your appointment with a SHINE counselor.

## 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

- \$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 3 p.m.

For more information and to schedule transportation, 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.

Per CDC order (January 29, 2021)  
all passengers must wear a mask that covers your nose and mouth while using our transportation program.

### Local help with your Medicare questions.

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## 8 Support & Assistance

### **South Hadley Flu Clinic**

**October 7 - 10 a.m. - 2 p.m.**

Drive-up at Beers and Story Funeral Home -  
Rain or Shine

**You must pre-register online** for a time block with Walgreens at <http://wagsoutreach.com/ss/SOU771140> If you need assistance scheduling an appointment, please call us at the Senior Center.

### **Volunteer Corner**

A special thank you to volunteer Kenny Rogers for taking pictures at the Cafe's grand opening! Thank you to all our volunteers; you make a difference every day! I look forward to meeting and working with all of you! We do have some new volunteer opportunities. We are looking for volunteers to assist with our Woodlawn cafe and we are also looking for volunteers to assist on Tuesday evenings at the front desk until about 7pm. To become a volunteer, pick up an application at the reception desk or contact Kathy Florence.

### **AARP Tax-Aide Program Volunteer Opportunity**

AARP Foundation Tax-Aide is the nation's largest volunteer-run tax preparation and assistance service. And we want you to join us. Please volunteer as a Tax Counselor and work with area residents in preparing their tax returns on the computer. Basic computer skills and some experience in filing your own tax returns are helpful, along with a willingness to make a one day per week time commitment during our 10-week tax season. Hands-on training is provided in the classroom, and we have experienced Counselors to assist at all sites. Please fill out an application to become a part of this invaluable team at: [www.aarpfoundation.orgTaxaideVolunteer](http://www.aarpfoundation.orgTaxaideVolunteer). Training will be done this Fall. For questions please contact: [D5Taxaide@comcast.net](mailto:D5Taxaide@comcast.net).

### **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.

### **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)

### **Brown Bag Program for Seniors - The Food Bank of Western Mass**

**Monthly: 3rd Tuesday. Pickup between 10 - 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. Volunteers, please arrive at 9:45 a.m..

### **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@southhadley.ma.gov](mailto:aandras@southhadley.ma.gov)

### **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](mailto: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.

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

## LUNCH, MINI GOLF & ICE CREAM AT MCCRAY'S FARM



Join us for a fun outdoor activity where you can make new friends and/or join the fun with a friend.

**Date: October 13 (Rain date Oct 14)**  
**Time: 12-3PM Cost: \$7**

We'll meet at the white tent outside of the McCray's ice cream window where we'll start off having lunch together with your choice of a grilled cheese sandwich or a hot dog, chips and a drink. Following lunch, we'll have some fun playing minigolf together. If you're signing up as a single, we'll pair you with a partner. Following golf, we'll end the event by gathering together for an ice cream cone. Sign up by completing the attached form and mailing or dropping it off with your \$7 to the COA at 45 Dayton St. Checks should be made payable to the Friends of the SH Seniors.

**YES, I/we would like to sign up for the McCray's mini-golf activity on 10/13.**

*(Included is \$7 per person – checks payable to the Friends of the SH Seniors.)*

Name/s: \_\_\_\_\_

Ph# \_\_\_\_\_

Email: \_\_\_\_\_

Drop off at the COA or mail to the Friends at 45 Dayton St by Oct 12.

## 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.



We regret to announce we've had to postpone Handbag Bingo due to the current Covid environment. Join the COA for Bingo in November where the Friends will be sponsoring the prizes. We look forward to seeing you!



**Would you enjoy getting calls from someone who shares your interests?**

Join our fun, friendly telephone connection program!

### CONNECT

When you sign up, you will receive regular social calls. This is a great opportunity to get to know someone in your community, share stores and enjoy a friendly chat.

### THRIVE

Social connections make us stronger.

**We hope you'll join us!**

**For more information call or email:**

**Karen 531-7640, geriatricnp@gmail.com**

**Gretta 887-7716, grettatucker43@gmail.com**

## 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 to you all! I hope this month finds you enjoying fall weather and foliage. I wanted to take this opportunity to speak to you about medical equipment.

We have all either known or been someone who needs a piece of medical equipment to help them recover from a recent surgery or injury. These pieces of equipment (crutches, shower chair, hospital/adjustable bed, etc) are not usually things friends or family members have laying around the house for us to borrow. They are also expensive to buy for a potentially short amount of time.

TRIAD and its Medical Equipment Lending Program, which provides needed equipment to seniors in need at no charge, can help. If you or someone you know is in need of some medical equipment, please reach out to either the Northwestern District Attorney's Office (TRIAD) 413-586-9225, Hampshire County Sheriff's office (Dave Fenton) 413-584-5911, or myself and we can get you

or your loved one squared away with the equipment needed to safely recover in their home. As always, take care of yourselves and each other. Phone: 413-538-8231 ext 6403 Email: [teboe@southhadleypolice.org](mailto:teboe@southhadleypolice.org)

## Photos from the Café Opening



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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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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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