



THE GOLDEN CHRONICLE


THE SOUTH HADLEY COUNCIL ON AGING


Mission Statement


The South Hadley Senior Center provides a culturally responsive environment that promotes opportunities for learning, social interaction and recreational activities that foster a fulfilling and healthy lifestyle for all seniors. Our community is committed to advancing, cultivating, and preserving a culture of empowerment, diversity, inclusion and belonging.

 Monday - Friday
8:00 a.m. - 4:30 p.m.
Tuesdays until 7:00

 45 Dayton Street
South Hadley, MA

 413-538-5030, press 3

 coa@southhadleyma.gov

 southhadley.org

 @southhadleycoa

October 2022

Staff Directory

Leslie Hennessey, Exec. Dir.

Ext. 6204

Lisa Napiokowski, Asst. Dir.

Ext. 6203

Ann Andras, Soc. Serv. Coord.

Ext. 6206

Kathy Florence, Activity &

Volunteer Coord. Ext. 6207

Sandy Farnsworth, Program

Coord. Ext. 6205

Emily Joslin, Senior Ctr. Coord.

Ext. 6211

Billy Poe, Food Serv. Coord.

Donna Gonet, Kitchen & Café

Assistant

Rick Dufault, Minibus Driver

Sandy Cahillane, Technology

Instructor

Food Drive for Neighbors Helping Neighbors

October 3 - 25th from 8:00 a.m. to 4:30 p.m.

The COA will be collecting canned and shelf stable goods to support Neighbors Helping Neighbors. We are collecting items for the upcoming **Thanksgiving holidays**. Items can be dropped off at the Senior Center during hours of operation, The pantry will accept food items with unexpired dates, in cans and sealed plastic: Cranberry sauce, gravy, instant mashed potatoes, powdered milk, stuffing, pumpkin, & dessert mixes. The pantry is also in need of toothpaste, shampoo, deodorant and body wash/soap.



Hee Haw & Hoe Down

Country BBQ Lunch & Concert

Thurs., Oct. 6th 12:00- 2:00

Cost \$8.00 per person

Join us for a BBQ lunch with food from the **Whiskey Barrel** in South Hadley, and stay for vintage country and bluegrass music by the **Old Country Road Band!**

Old Country Road is dedicated to keeping the sound of traditional country music alive. Featured songs will include the Gold Age of Country Music, the 1950-1960's; with some bluegrass music thrown in.

Pre-register and pay at the reception desk.

Sponsored by the Friends of the South Hadley Seniors.



Increased Hours during Open Enrollment

Tuesdays and Fridays by appointment

Serving the Health Insurance Needs of Everyone!

SHINE counselor Sue LaMastro assists with SHINE from

8:30 a.m. to 12:30 p.m.

If you are soon turning 65 or new to Medicare and would like to have some clarity and feedback on navigating through the Medicare maze, we can help. Once your SHINE questionnaire is filled out, the Welcome Desk will give you an appointment. Forms are at the Welcome Desk or can be emailed upon your request.



Nonotuck: Rethinking the History & Present of Native South Hadley

Tuesday, October 18th 5:30pm

Dr Miller will lead an interactive session on the history and current presence of Native Americans in South Hadley and the region. The presentation will include a focus on the repatriation of cultural artifacts housed in area collections as well as the return of similar items to Native American tribes.

Dr. Aaron Miller, Assoc. Curator of Visual & Material Culture and NAGPRA* (Native American Graves Protection and Repatriation Act) Coordinator, MHC Art Museum

The Lifelong Learning Lecture Series is sponsored by the South Hadley COA Travel Club.

Registration for Healthy Bones & Balance Classes opens Tuesday, October 18th



BEERS & STORY

SOUTH HADLEY
FUNERAL HOME

Preplanning • Burial • Cremation

Serving families since 1919

413-533-4400

646 Newton Street • South Hadley
www.BeersAndStory.com

South Hadley Dental Associates, Inc.



Marjorie S. Block, D.M.D.

413-536-4455

15 DAYTON STREET, SOUTH HADLEY



O'BRIEN FAMILY

FUNERAL HOME & CREMATION SERVICES

T.J. O'BRIEN • MARTY O'BRIEN
Directors

33 Lamb Street, South Hadley, MA

413-538-4642 • www.curranobrien.com

Our services include:

- Long Term Care
- Short Term Care
- Physical Therapy
- Occupational Therapy
- Speech Therapy
- Skilled Nursing
- Med Management and much more...

Call: 413-378-3768 for more information



Scott
Monuments
Quality Monuments at
Guaranteed Lowest Prices

413-537-0197

scottmonuments@gmail.com
S. HADLEY, MA

www.scottmonuments.com

HEMOCARE HAIR SERVICES

Licensed for Men & Women

CALL BARBARA FOR
AN APPOINTMENT

413.538.9516 HOME

413.885.0371 CELL



MY GUARDIAN ANGEL

Locally Owned and Operated

Providing Medical Alerts and
Fall Detection since 2009

413.624.0200

56 Bridge Street
Shelburne Falls, MA 01370

www.MyGuardianAngelPrs.com



Estate Planning • Trusts • Elder Law • Estate Administration



Karen G. Jackson, Esq.
573 Northampton St. Holyoke • (413) 532-1200 • www.jlawma.com



Give Us
a Try!

Open Every Day 7am - 2pm
Friday Till 7pm

413-322-8753

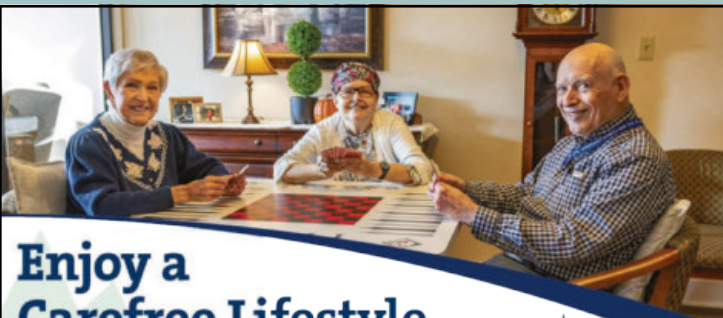
489 Newton Street, South Hadley
www.eggani.com

This is living.

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



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



Enjoy a Carefree Lifestyle

- Independent Living
- Supportive Services Available through Easy Living @ Day Brook Village
- Chef-prepared Menu Options
- Engaging Activities



A Member of Berkshire Healthcare
298 Jarvis Avenue
Holyoke, MA 01040
413-538-7551

www.daybrookvillage.org

We're Perfecting the Art of Superior Care.



FREE
AD DESIGN
WITH PURCHASE
OF THIS SPACE

CALL 800.477.4574



CENTER FOR EXTENDED
CARE & REHABILITATION
AT AMHERST
YOUR CENTER FOR SOLUTIONS

CALL FOR MORE INFORMATION
OR FOR A PERSONAL TOUR!
(413) 256-8185

A Family Tradition for Life's Transitions

Center for Extended Care & Rehabilitation

Pain Management • Cardiac Care • Dialysis • Wound Care Program & More!

150 University Drive | Amherst, MA 01002
info@cecaa.com • www.cecaa.com



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.lpicommunities.com South Hadley COA - South Hadley, MA 06-5294

Birthday/Anniversary Celebration with entertainment by Pioneer Valley Performing Arts Charter School.

Thursday, October 27th 11:30am

Reserve by noon on Wed. Oct.26th

The meal will be Pot Roast with gravy, oven brown potatoes, carrots, and apple crisp. There will be entertainment by PVPA Acapella Group "Spectrum"
You must pre-register for this lunch and concert event. Free to Birthday and Anniversary recipients

Community Table: Monday - Friday, 11:00 a.m. - 1:00 p.m. Lunch Served at 12:00p.m. to 12:20 p.m.

Reserve meals by noon the day before.

A suggested, confidential, voluntary donation of \$2.25 for guests 60 or older, those under 60 are charged \$6.50 per Federal Regulations. The title III-C Meal Site program is provided by WestMass ElderCare through funding from the Executive Office of Elder Affairs. For questions about meals, please call the Nutrition Department at 413-538-9020.

Breakfast-To-Go-Menu: Monday - Friday, Pick-up from Noon - 12:30 p.m. **Reserve meals by noon the day before.** Breakfast meals are delivered cold and are meant to be heated the following morning. A suggested, confidential, voluntary donation of \$2.25 per meal for guests.

THE WOODLAWN CAFE NEW HOURS Monday-Friday 8:00am to 2:00pm Tuesday Evenings 3:30pm to 6:30pm	
<p><i>SWEETS</i></p> <p>SELECTION OF MUFFINS, SCONES, DANISH AND SWEETS.</p> <p><i>Changes Daily</i></p>	<p>w/ Chips \$5.00 or TO GO \$5.50</p> <p>SANDWICHES</p> <p>EGG & OLIVE HAM & PICKLE HAM & CHEESE TURKEY & CHEESE</p> <p><i>On your choice of bread with lettuce and tomato.</i></p>
<p>Cup: \$2.00 / TO GO \$2.50 Crock: \$3.00 / TO GO 3.50</p> <p>SOUP DU JOUR</p> <p><i>Stop by or call the center for daily selections.</i></p>	<p><i>BEVERAGES</i></p> <p>WATER JUICE COFFEE TEA</p>
<p>Monday mornings in October enjoy free Hot Mulled Cider and an Apple Cinnamon Donut. Compliments of the Friends of South Hadley Seniors.</p> <p>Cash Only</p>	

NEVER MISS A NEWSLETTER!

Sign up to have our newsletter emailed to you at www.mycommunityonline.com



4 Activities Schedule

OPEN REGISTRATION for **Weekly Activities - Call or email COA@southhadley.ma.gov for details

Monday		Tuesday		Wednesday	
8:00 a.m.	Billiards	8:00 a.m.	Billiards	8:00 a.m.	Billiards
9:00 a.m.	Cornhole	9:00 a.m.	Stretch and Go	9:00 a.m.	Dance with Loryn
9:00 a.m.	NIA	10:00 a.m.	Fitness Basics	*9:30 a.m.	Healthy Bones & Balance
9:30 a.m.	Academic Drawing & Painting	11:15 a.m.	Gentle Yoga	10:00 a.m.	Tech Time w/ Sandy
10:00 a.m.	Tai Chi & Qigong	1:00 p.m.	Bingo	10:00 a.m.	Circuit Training
1:00 p.m.	Zumba Gold	1:00 p.m.	Learn to play Pinochle	*10:45 a.m.	Healthy Bones & Balance
1:00 p.m.	Mah-Jongg	1:00 p.m.	Pinochle	11:00 a.m.	Gratitude Journal Group
1:00 p.m.	Color Me Calm	3:00p.m.	Trivia Club	1:00 p.m.	Mah-Jongg
1:00 p.m.	Monday Movies	5:30 p.m.	Yoga & Meditation	1:00 p.m.	Pitch
		5:00 p.m.	Learn to play Mahjongg	*Fitness room unavailable from 10:00am-11:45.	

Thursday		Friday	
8:00 a.m.	Billiards	8:00 a.m.	Billiards
9:00 a.m.	Stretch and Go	9:00 a.m.	Cornhole
1:00 p.m. - 4:00p.m.	Tech Time w/Sandy	9:30 a.m.	Coffee & Conversation
9:30 a.m.	Watercolors	9:30 a.m.	Healthy Bones & Balance
10:00 a.m.	Fitness Basics	10:45 a.m.	Healthy Bones & Balance
11:00 a.m.	Seated & Standing Yoga	10:30 a.m.	Learn to play Mahjongg
1:00 p.m.	Quilting	1:00 p.m.	Cribbage
1:00 p.m.	Chair Volleyball	1:00 p.m.	Bridge
		1:00 p.m.	Fiber Arts Club

****Registration for Healthy Bones and Balance Classes opens on the 3rd Tuesday of each month.**

November Class registration opens on Tuesday, Oct. 18th.

See "A Note from Leslie" on Page 12 for more information about registration changes.

All activities are subject to change



Groups & Wellness

Foot Nurse, Sharon Beaulieu, RN

Oct. 4th, 9:00 a.m. to 11:00 a.m.

Fee for services provided at the Senior Center is \$35.00 cash/check to provider. To schedule an appointment at the Senior Center, please call 413-538-5030. To book a house call with Sharon, call 413-552-9533. The fee for a home visit is \$50.00.

Hampshire Hearing & Speech Services Hearing Screenings & Hearing Aid Cleanings Oct. 11th, 9:00 a.m. to 12:00 p.m.

With Audiologists Allison Holmberg and Lisa Howard.

Low Vision Group

Tuesday, Oct. 11th at 10:00 a.m.

The group continues to welcome new members. Any senior who has received a medical diagnosis of legal blindness, visually impaired or low vision can join. Contact Ann Andras at 538-5030 x6206.

Veterans Social Hour

Wednesday, Oct. 12th, 9:00 a.m. to 11:00 a.m.

Complimentary pastry and coffee provided by VFW Post 3104 and American Legion Post 260. Visit with Mike Slater, the South Hadley Veteran Service Provider, and your fellow veterans.

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

Thursday, Oct. 13th 12:30 p.m. to 2:00 p.m.

Available for monthly drop-in visits at the Senior Center. Blood pressure checks, share a concern, or ask a question. Call Marge at 413-536-6688.

Council on Aging "Stay Well" Wellness Scholarship 2022 -2023

The Stay Well "wellness grants" are available to South Hadley residents 60-yrs and over. A maximum of \$150 yearly can be used to cover the cost of exercise classes, activities or programs. Interested individuals need to speak to Ann Andras.



Halloween 50's Sock Hop Party w/ The Elderly Brothers
Tuesday, October 25th 5:30 p.m.
cost \$5.00

Get ready to dance the night away with long-time popular solo artists, T-Bone Stankus and Brian Gillie: the Elderly Brothers! They will be serving up mint-condition "oldies" rock 'n' roll with pitch-perfect harmonies and soulful improvisations as fresh as the originals. We will have ice cream sodas just like you remember, and lots of fun! You can dress up in your favorite 50's fashion if you want to. **Pre-register and pay at the reception desk.**

Springfield Cemetery Walk & picnic lunch trip
Monday Oct. 24th 10:30 a.m.- 1:00 p.m. Rain date Oct. 27th. Pre-registration is required

Don D'Amato, PhD and member of the Board of Directors for the Springfield Cemetery, is your tour guide through this 40 acre cemetery. Located 1 mile from City Hall, this cemetery is rich with history and contains a grave from the 17th century! Don has been giving these tours for 20 years. Free boxed lunch from our cafe.

Halloween fun on October 31st :

Join us at the center in costume and receive a sweet treat!

History of Halloween with Don D'Amato, PhD
Oct. 31st at 10:30 a.m

Join Don D'Amato, PhD for this look into Halloween, devils & demons, traditional monsters (vampires, werewolves, etc.), and ghosts. Don has taught this subject at STCC, AIC, HCC, and with local civic groups.



Young Frankenstein (1974) Oct. 31st. 1:00pm
Join us for this classic movie- free refreshments!

Director: Mel Brooks Writer: Gene Wilder, Mel Brooks, Mary Shelley Stars: Gene Wilder, Madeline Kahn, Marty Feldman Genre: Comedy.

An American grandson of the infamous scientist, struggling to prove that his grandfather was not insane as people believe, is invited to Transylvania, where he discovers the process that reanimates a dead body.

FREE Hot Mulled Cider and Apple Cinnamon Donuts in the Woodlawn Café!
 Monday Mornings in October 8am to 11am
 Courtesy of the Friends of the South Hadley Seniors

It's never too early to make the call, we are here for you.



Nurse Advocates, LLC
navigating healthcare

Maura Lessard RN, BSN, CCM, CDP
Nurse Advocate, Board Certified Case Manager, Aging Lifecare Advanced Profession & Certified Dementia Practitioner

cell/text: 413-237-5724

www.NurseAdvocatesLLC.com • Maura@NurseAdvocatesLLC.com

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

Quick Response Call Button

\$19.95 PER MONTH
 +TAX

No Gimmicks Everyday Low Price

**Sales &
 24 Hour Service
 413-535-3035**



539 South Canal Street, Holyoke

**GROW YOUR BUSINESS
 BY PLACING
 AN AD HERE!**

CONTACT US!

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

GeriatricNP
providing mental health treatment for older adults
 www.geriatricnp.com

Karen Buscemi
Psychiatric Nurse Practitioner
Psychopharmacologic treatment for elders.
Karen provides competent and empathic care to older adults struggling with depression, anxiety and dementia. Call or Email for further information
 413-531-7640 | geriatricnp@gmail.com

6 Fitness Programs

All Exercise Classes are \$2.00 and Circuit Training in the Fitness Center is \$4.00 per class
Remember, sneakers or comfortable shoes required!

"Nia" with Instructor Beth Foster Mondays 9:00 a.m.- 9:45 a.m.

The class fee is \$2.00 per class

Nia is a cardio-dance workout energizing and conditioning the whole body. Dancing and moving to soul stirring music, Nia blends the precision and strength of the martial arts, the creative joy of the dance arts and the restorative energy of the healing arts.

Tai Chi & Qigong for Health & Relaxation with Denise

Mondays at 10:00 a.m. (Hybrid)

All levels 10:00 a.m. - 10:45 a.m.

Advanced until 11:15 a.m.

The class fee is \$2.00 per class

Beginners: build strength, stamina, and learn sequencing.

For Advanced add additional 30 minutes to learn Part 2 of the form.

Zumba Gold

Mondays at 1:00 p.m. The class fee is \$2.00 per class

This class introduces easy-to-follow Zumba choreography that focuses on balance, range of motion and coordination.

Stretch and Go with Lindsey

Tuesday & Thursday at 9:00 a.m.

The class fee is \$2.00 per class

This class will get you up and ready for the day.

Fitness Basics with Lindsey

Tuesdays & Thursdays

at 10:00 a.m. (Hybrid) The class fee is \$2.00 per class

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

Gentle Yoga

Tuesdays at 11:15 a.m. (Hybrid) The class fee is \$2.00 per class

Heidi leads this Yoga class which is open to all levels.

Evening Yoga and Meditation with Michaela Driscoll

Tuesdays at 5:30 p.m. The class fee is \$2.00 per class

Michaela leads this Hatha Yoga class with extended guided meditation and relaxation.

Dance with Loryn

Wednesdays at 9:00 a.m. The class fee is \$2.00 per class

Join Loryn for a joyful, all-abilities dance class. Learn a variety of dance moves set to fun music spanning the decades. Loryn has over a decade of experience working with dancers and has a "come as you are" approach to dance!

Circuit Training in the Fitness Center

Wednesdays at 10:00 a.m.

The class fee is \$4.00 per class

Heidi provides a routine that includes all pieces of fitness equipment and additional exercise stations. **You must fill out your application packet and complete the fitness room orientation with Heidi to participate.**

Fitness Room Orientation

Wednesday, August 3rd and 17th at 11:15 a.m. Mandatory - No Cost

You must complete your application and your fitness room orientation before using the Fitness Center. Applications are available at the front desk. Once your application is approved, a staff member will contact you to schedule an orientation.

Seated & Standing Yoga

Thursdays at 11:00 a.m. (Hybrid)

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

Chair Volleyball

Thursdays at 1:00 p.m.

Build core muscle strength and flexibility in this fun and social activity!

RSVP Healthy Bones & Balance Class

Wednesdays & Fridays

9:30 & 10:45 a.m. classes - 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. Sneakers or comfortable shoes required.

Learn to Play Pickleball for Seniors

Tuesday, Oct. 4th and Thurs. Oct. 6th from 10:00 a.m to 11:00 a.m.

Learn the basics of Pickleball at Buttery Brook Park on South Hadley's Pickleball courts. Wear comfortable clothing and tennis or soft soled shoes. Bring a water bottle. Paddles will be provided. Clinics will be postponed if it is raining or the courts are wet. We will try to reschedule to another date. If you are uncertain if the courts are dry or not, please drive to the courts at Buttery Brook Park.

The clinics are free and sign up will be through the Senior Center.

Limit of 16 per class.



Registration for Healthy Bones & Balance Classes Begins Tuesday, October 18th

October Special Event Calendar **7**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3 Free Cider & Donuts</p> <p>1:00p.m. Culinary Club Mtg. Neighbors Helping Neighbors October Food Drive Begins!!</p>	<p>4 10:00a.m. Learn to Play Pickleball</p> <p>4:00pm: Dinner and a Movie</p> <p>5:00 p.m. to 7:00p.m. Drop-in Blood Pressure Clinic.</p> <p>5:30pm: Drop-in with Dir. Of Veteran Services, Mike Slater</p>	<p>5 2:00 p.m. Diabetes Health Workshop</p>	<p>6 10:00a.m. to 11:00 a.m. Learn to Play Pickleball</p> <p>12:00 p.m.—2:00 p.m. Hee Haw & Hoe Down BBQ lunch and concert.</p>	<p>7 9:30 a.m. Coffee & Conversation with John Howard. Environmental Activist</p> <p>1:00 p.m. Ann's Outreach to Newton Manor Residents in the community room.</p>
<p>10 SENIOR CENTER IS CLOSED</p>	<p>11 10:00 a.m. to 12:00 p.m. Powerful Tools for the Caregiver</p> <p>1:00 p.m. to 3:00 p.m. Farmers' Market Trip</p> <p>5:30 p.m. Information on Fuel Assistance. Do you qualify?</p>	<p>12 1:00 p.m. German Culture, History & Conversation</p> <p>2:00 p.m. Diabetes Health Workshop</p>	<p>13 1:00 p.m. Curious About Dementia?</p> <p>2:30 p.m. Toot Your Own Horn with Ira Brezinsky</p>	<p>14 9:30 a.m. Coffee & Conversation with Brianna Zimmerman, Systems Change Advocate at Stavros</p> <p>1:00 p.m. Ann's Outreach to Lathrop Village Residents in the community room.</p>
<p>17 Free Cider & Donuts</p> <p>8:30 a.m. Men's Breakfast Club Kick-off</p>	<p>18 10:00 a.m. to 12:00 p.m. Powerful Tools for the Caregiver</p> <p>5:00 p.m. Supper Club Dinner</p> <p>5:30 p.m. LLL Series: Nonotuck: Rethinking the History & Present of Native South Hadley.</p>	<p>19 2:00 p.m. Diabetes Health Workshop</p> <p>2:30 p.m. to 3:30 p.m. Ice Cream Social with MacDuffie Students</p>	<p>20 1:00 p.m. Planning for the Unexpected.</p> <p>2:30 p.m. Mountain Park Book Discussion</p>	<p>21 9:30 a.m. Coffee & Conversation with Mike Browsky from Community Action Pioneer Valley</p>
<p>24 Free Cider & Donuts</p> <p>10:30 a.m. to 1:00 a.m. Springfield Cemetery Walk & Picnic lunch trip</p>	<p>25 10:00 to 12:00 Powerful Tools for the Caregiver</p> <p>5:30p.m. -7:00 p.m. Halloween 50's Sock Hop Party with the Elderly Brothers</p>	<p>26 1:00p.m. German Culture, History and Conversation</p> <p>2:00p.m. Diabetes Health Workshop</p>	<p>27 2:30 p.m. Toot Your Own Horn with Ira Brezinsky</p>	<p>28 9:30 a.m. Coffee & Conversation with Jay Wiengarten, LGBTQ+ Outreach Coor.</p> <p>1:30 p. m. Ann's Outreach to Hubert Place Residents in the community room.</p>
<p>31 Free Cider & Donuts</p> <p>10:30 a.m. History of Halloween</p> <p>1:00 p.m. Monday Movie Classic: Young Frankenstein (1974)</p>	<p>Transportation</p> <p>The COA provides free in town transportation for residents 60-yrns and older. Our minibus is equipped with a wheelchair lift.</p> <p>Rides must be scheduled 24 hours in advance.</p> <p>Monday - Friday from 9:00 a.m. to 3:30 p.m.</p> <p>Grocery shopping at Big Y Every Tuesday & Friday: 3 bag maximum.</p> <p>Neighbors Helping Neighbors Food Pantry: Every Wed. between noon and 2:00p.m.</p>			

Local help with your Medicare questions.

Luzelenia Casanova
Licensed Sales Agent
28 Main St #392
Chicopee, MA, MA, 01021
(413) 315-9001 TTY 711
Luz.wellnessqueen@gmail.com
www.MyUHCagent.com/Luz.Casanova




Home, Auto, Business, Life

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



Representing Fine Companies Such as







Programs and services to support caregivers, family members and friends who are caring for a loved one with memory loss, dementia or Alzheimer's Disease.

Memory Café

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

Please register for lunch 24 hours in advance or by noon the day before.

Oct. 12th Activity Pumpkin craft made from wine corks, twine and leaves.

Oct. 26th Activity: - Sing-along with Nancy Howard with songs you know and love.

Caregiver Respite Grant

A partnership between the South Hadley Council on Aging and WestMass ElderCare

If you need respite services for a loved one with memory loss, please consider applying for our Caregiver Respite Grant. The grant provides financial assistance for 16-20 hours of paid, respite support for families who are caring for a South Hadley older adult with Alzheimer's Disease or Dementia. Please call Ann Andras for more information.

Alzheimer's Caregiver Support Group

Oct. 5th and 19th at 10:00 a.m.

Facilitated by Sara Colegrove, MS, Home Care Manager and Caregiver Specialist at WestMass ElderCare, Inc., this group is open to all caregivers of those suffering from Alzheimer's Disease, a related dementia, or memory loss. Call Ann Andras for more information.

It's Fuel Assistance time!

The Fuel Assistance season officially opens November 1st. By now, some of you may have received your **recertification** packet from Community Action of Greenfield. If you need help in completing your recertification packet, call Ann Andras. Please **DO NOT** just sign your application and return it to Greenfield. You must supply additional documentation. Doing this will result in an unnecessary **delay** in processing your application.

For those South Hadley seniors who would like to apply for Fuel Assistance for the first time, a face to face meeting with Ann is required. You can make an appointment by calling Ann or emailing her at aandras@southhadleyma.gov. Appointments are required.

The 2022/2023 Financial Guidelines are:

Number in Household	Annual Income Limit
1	\$42,411
2	\$55,461
3	\$68,511

Few Words from Ann.....The Senior Center has once again been approved for funding from the Executive Office of Elder Affairs, and the Administration for Community Living, through WestMass ElderCare, Inc. to offer the **Companion Medical Transportation Grant**.

This transportation service is a need-based program offered to South Hadley seniors who have medical appointments outside of South Hadley.

The Senior Center currently employs 4 drivers who use their own vehicle to provide round-trip, door-to-door transport to a medical appointment in the surrounding towns, including Chicopee, Springfield, Northampton, Belchertown and Holyoke.

Our drivers are compensated by the grant and there is no charge to the senior for the program. However, donations are welcomed and strengthen the grant budget. Monies from the COA Services Account supplement this program as needed.

The Holyoke Medical Center offers FREE transportation to South Hadley seniors who have an appointment at any of the medical buildings on their campus? They can be reached at **534.2607**.

While we cannot guarantee to satisfy every request for a ride, this program can certainly support a South Hadley senior's transportation needs! If you are a senior living in South Hadley and would like to request a ride to a medical appointment, please call Ann Andras at 538.5030 ext. 6206.

POWERFUL TOOLS FOR CAREGIVERS

Tuesday, Oct. 11th to Nov. 15th from 10:00 a.m. to 12:00 p.m. Powerful Tools for Caregivers is a **FREE** educational program designed to help family caregivers take care of themselves while caring for a relative or friend.

This series meets once a week for six weeks. contact Ginger Cruickshank 538.9020 ext. 337 or by calling the Senior Center at 413.538.5030

Brown Bag Program for Seniors

3rd Tuesday of the Month: Oct. 18th Pickup between 10:00 a.m. - 11:00 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. Provided by the Food Bank of Western Mass. The financial guidelines have been updated by the Food Bank of Western Mass.

#of Household Members	Annual	Monthly	Weekly
1	25,142	2,096	484
2	33,974	2,823	652
3	42,606	3,551	820

9 Arts & Language



Craft Club - Friday, Oct. 14th & 28th at 10:30 a.m.

**Pre-registration is required
Friday Oct. 14th Fall Farmhouse wreath**

Cost \$8.00 Limit 10 crafters

This smaller sized wreath is a perfect fit anywhere you want a little decorative touch of fall!



**Friday Oct. 28th Fall Birdhouse
Cost \$5.00 Limit 10 crafters**

Paint and decoupage transform wooden birdhouses into a unique craft. Make it spooky or just fall fun!

Watercolors

Thursdays at 9:30 a.m. Fee: \$4.00 Tina provides the know-how and guidance. You bring the supplies.

Creative Collage

1st & 3rd Wednesday of the month at 1:00 p.m.

Linda has techniques, prompts, materials to share. Come and express yourself through art!

Color Me Calm

Mondays at 1:00 p.m.

Enjoy the company of friends while you create beautiful coloring pages. Supplies provided.

Tuesday Trivia Club

Tuesdays at 3:00 p.m.

Test your trivia knowledge. We will have weekly competitions and prizes!

Academic Drawing and Painting

Mondays 9:30 a.m. to Noon Fee: \$4.00

Learn from classically trained artist Anne Mueller on how to produce fine works of art. Choose any medium. Bring your own supplies and subject matter



Mystery Book Club

Tuesday Oct. 4th at 3:00 p.m.

We will meet to discuss *The Guest List* by Lucy Folley. *Ordinary Grace* by William Kent Krueger for the November mystery book club selection. Books are available at South Hadley and Gaylord Public Libraries.



Book Club Hybrid

Wednesday Oct. 26th at 2:00 p.m.

This month's book club selection is *News of the World* by Paulette Jiles. Contact the Center for zoom link. Books are available at the South Hadley and Gaylord Public Libraries.



Gratitude Journal Writing

Wednesdays at 11:00 a.m.

Linda Rowland-Buckley facilitates this group. Open to all abilities.



Toot your own Horn with Ira Brezinsky and friends

Thursday, Oct. 13th and 27th at 2:30 p.m.

Everything you wanted to know about brass instruments, including how to play them! Listen to professional brass players and try out an instrument in this hands-on class. Already know how to play? Join us and we'll make music together!



German culture, history and conversation with Professor Donna Van Handle

Wednesday, Oct. 12th and 26th at 1:00 p.m.

Retired Mt. Holyoke professor of German, Donna Van Handle shares her knowledge of German culture, history, politics, and language. She'll discuss German customs, history, and culture in English, and also practice basic phrases in German.

Coffee & Conversations on Friday mornings at 9:30 a.m.

Oct. 7th : Our guest is John Howard, Environmental Activist John has always had his heart in line with the environment. He will discuss how he transformed his home and property to be eco-friendly. John raises awareness for climate preservation on Friday afternoons at the Commons

Oct. 14th: Our guest is Brianna Zimmerman, Systems Change Advocate at Stavros Center. Brianna will speak about the work she does at Stavros as well as information about people's voting rights, voter registration forms, and applications to vote by mail/accessible voting applications for older adults and people with disabilities.

Oct. 21st: Our guest is Mike Browsky Mike is from Community Action Pioneer Valley. Mike will discuss all aspects of the program and everything Community Action has to offer.

Oct. 28th : Our guest is Jay Weingarten, LGBTQ+ Outreach Coordinator. The Rainbow Social Club (RSC), is a monthly event that provides social connection, information sharing, and general support for LGBTQ+ seniors in local area. The program fosters outreach and provides a venue for understanding the needs and concerns of LGBTQ+ older adults in our community. The RSC is now venturing out to other Council on Aging's to start new groups and coffee hours, most notably the Belchertown coffee hour, which has shown much success.

10 Special Programs

Focus on Health

This month's Focus on Health: Diabetes

Join us for a 4-part series Wednesdays at 2:30pm.
Oct. 5, 12, 19 and 26

Corina Valvo RN BSN CDCES, Diabetes Program Coord. for Endocrinology at the Endocrinology and Diabetes Center in Holyoke will facilitate these classes. Whether you're living with diabetes or are newly diagnosed, the path to understanding it starts here. Throughout this series, topics discussed will be better managing your diabetes, the importance of a plan of engaging in a supportive network with the care team; healthy eating - identifying your feelings about food; monitoring your blood glucose levels and monitoring your A1c. This class will support you on your journey reducing the risk of long-term complications.

NEW! Culinary Club Meeting

Monday, Oct. 3rd at 1:00 p.m.

Want to know how to get a great hand-crafted meal for a great deal? This informational session is free and open to all. For all those who think they may want to be on the kitchen team - that's the crew that has been training, learning, and sweating for months - or if you are already on the kitchen team, you should attend this meeting if you can. After the general session, there will be a place to sign up to be contacted for opportunities in the future. All skill levels are welcome.

Farmers' Market Trip

Tuesday, October 11th and 25th 1:00 p.m. -3:00 p.m.

This month we will be going to Trafton Rd.- Forest Park Cyr Arena, Springfield, Ma. Minimum of 5 participants for this trip to take place.

Curious About Dementia

Thursday, Oct. 13th at 1:00 p.m.

This is a class that explores what dementia is, how to recognize the signs, what it's like to live with it and some tips for communicating with people who have dementia. Facilitated by Rachel Tierney, PhD RN and Carol Constant, Savvy Caregiver Instructor and Alzheimer's Association Family Support Volunteer

Free! Men's Breakfast Club

Monday, Oct. 17 at 8:30 a.m. pre-registration required to determine purchasing needs.

Join us for a kick-off sit-down breakfast to celebrate the start of a monthly men's sit down breakfast. Each month's breakfast will be hosted by a surprise guest from the community. This will be a monthly event with timely topics, speakers and good food.

Free! Ice Cream Social with MacDuffie students

Wednesday Oct. 19th 2:30 p.m. -3:30 p.m.

Ice cream is not just for the summer! Get to know students from the MacDuffie school in Granby, and enjoy a free ice cream sundae!

Mountain Park Book Discussion

Thursday, Oct. 20th at 2:30 p.m.

Jay Ducharme is the author of "Mountain Park" published by Arcadia Publishing responsible for the *Images of America* series.

Jay worked at Mountain Park for over a decade, just as his father before him and has spent much of his life preserving and sharing the history of the park. Join John as he shares his story, and the history gathered from the collection of the Holyoke Public Library, Wistariahurst Museum, Local newspapers and the resident.

Planning for the Unexpected

Thursday, Oct. 20th at 1:00 p.m.

Robin Putnam, Events & Outreach Manager from the Office of Consumer Affairs and Business Regulation, will lead a discussion on how to plan for the passing of a loved one and what information you will need to make the process less stressful. The presentation will cover such topics as who to contact for assistance on benefits, burial, or discharge papers, what documents of your loved one you will need to bring with you to the RMV, who to get vital records such as birth, death, or marriage certificates, what to do with the Green Card of the loved one, and much more.

Tech Time With Sandy - How She Can Help

Wednesdays 10:00 a.m. to 12:00 p.m.

Thursdays 1:00 p.m. to 4:00 p.m.

She can help you setup your iphone, ipad, PC Laptop She can help you use a Mac Book. She can help you: Find a lost file or photo, attach documents to an email or text and print documents from an email or text.



Monday Movie Matinee at 1:00 p.m.

10/3 Only the Brave (2017) Genre: Action, Based on the true story of the Granite Mountain Hotshots, a group of elite firefighters who risk everything to protect a town from a historic wildfire.

10/10 Holiday: No movie

10/17 Tolkien (2019) Genre: Biography, Drama, Romance. The formative years of the orphaned author J.R.R. Tolkien as he finds friendship, love and artistic inspiration among a group of fellow outcasts at school.

10/24 Father Stu (2022) Father Stu is a 2022 drama film written and directed by Rosalind Ross. The film stars Mark Wahlberg, who also produces, as Stuart Long, a boxer-turned-Catholic priest suffering from inclusion body myositis.

For questions or to register for events, email coa@southhadley.ma.gov or Call 413-538-5030

Evening Yoga and Meditation with Michaela Driscoll
Tuesdays at 5:30 p.m. Cost is \$2.00

NEW! 1st. Tuesday of the Month: 5:00p.m. to 7:00 p.m.Blood Pressure Clinic with RN, Marsha Chappel.

Drop In: Evening Hours with Mike Slater, South Hadley Veterans Service Coordinator
Tuesday, Oct. 4th at 5:30 p.m.

Fuel Assistance Workshop w/Ann Andras "Do I Qualify and How Do I Apply"?
Tuesday, Oct. 11th at 5:30 p.m.

Join Ann Andras, Social Service Coordinator to learn the ins and out of all things fuel assistance. You will learn the financial guidelines and what documents are necessary to apply. Please join her on Tuesday, October 6th at 5:30 p.m.

Lifelong Learning Lecture Series: Nonotuck: rethinking the History and Present of Native South Hadley Tuesday, October 18th 5:30pm
See front page for details.



Dinner prepared by the Supper Club with Chef Maggie

Tuesday, October 18th Cost \$5:00 per person. Dinner guests please arrive at 5:00 p.m. You must register by October 10th. Limit of 30 dinner guests.

Take the autumn chill off with our hand crafted Stone Soup and Hearty Bread Inspired by the classic tale of weary travelers in a strange new place, our culinary team will put together a hearty and satisfying soup using local, seasonal ingredients, and bake off a variety of rustic breads. Save room for a mouth watering dessert! Enjoy and evening with friends.



Town Administrator, Lisa Wong, addresses the community at the Woodlawn Park Designation.

NOTRE DAME MONUMENTS, INC.

MONUMENTS, MARKERS & CEMETERY LETTERING

65 LYMAN ST., SOUTH HADLEY, MA 01075

DAVE MONTOVANI
KATHERINE MONTOVANI

TEL: 413-532-7513
FAX: 413-532-2223

CONTACT@NOTREDAMEMONUMENTS.COM
NOTREDAMEMONUMENTS.COM



DR. MELISSA MORIN
OPTOMETRIST



Village Eye Care

Local and Independent

village-eye-care.com | 413-536-6100
7 HADLEY STREET, SOUTH HADLEY, MA 01075

Place Your Ad Here and Support our Community!

Instantly create and purchase an ad with

AD CREATOR STUDIO



lpicomunities.com/adcreator

Get In On The Conversation



Allison Holmberg,
MS, Audiologist/SLP

Amy Catanzaro,
AuD., Doctor of Audiology

Joni Skinner,
AuD., Doctor of Audiology



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



Wayne Petri

Call Wayne Today, Start Packing Tomorrow!

413-575-9313

waynepetri@comcast.net



GALLAGHER
REAL ESTATE

12 Donations and Memorials

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.

BARBARA HATCH

Nancy Holmes
Lucy Cincotta
Bob & Marge Valenti
Diane Warnock-Graper
Bob & Susan LeBlanc
June Monroe
Barbara Ayers
Lynne Bertran
Pauline Casey
David & Cynthia Morrell
Nancy Towne

RICHARD "BUD" ANDRAS

Barbara Corrigan
DONALD PIQUETTE
Kathleen Kulig
Donna & William Moran
Mr. & Mrs. Donald Isabelle & Family
Jean Sullivan
Cathy MacKenzie
Barbara Bausano
JACK JOHNSTON
Ann Andras

RICHARD LACOSTE

Marguerite Lacoste
We are grateful for the donations from:
Edward & Kathleen Kopec
Gisele Bourgault-Corriveau
Josephine Brunelle
Judith Dorsett
Mary Curylo
Marcia & David Sloan
Steve & Debbie Rainaud

A NOTE FROM LESLIE

Registration changes for all activities and programs (excluding Healthy Bones and Balance Classes)

You can sign up any time in the current month for the following month's activities. You cannot sign up for multiple months at a time. Ex.: You can sign up ANY TIME in October for activity, classes and programs in November. Please check page 12 for the monthly SAVE THE DATE for upcoming events.

The September 10th Woodlawn Celebration was a huge success and I'd like to thank the following people:

The Woodlawn Park Committee: Ira Brezinsky, Carol Constant, Kim Prough, Andy Rogers, Chris Bouchard, and Bill Simard.

Lisa Wong, South Hadley Town Administrator.

The Friends of the South Hadley Seniors, the South Hadley Cultural Committee and the Bad News Jazz and Blues Orchestra.

Area Restaurants: The Boathouse, Ebenezer's, IYA, Johnny's Bar and Grill, Master Chef, SOKS, Whiskey Barrel, the Yarde Tavern, Log Rolling Catering, Hanger of South Hadley, The Ledges, and Chef Ezra Bleau, from the SHHS Culinary Dept. Thank you to COA staff members Billy Poe, Kathy Florence and Sandy Farnsworth!

Our Amazing Volunteers: Barbara Merchant, Gerry Bouselle, Carol Reznik, Judy Dorsett, and Roberta Fitzpatrick.

The Friends of South Hadley Seniors for the delicious desserts: Jean Lamber, Amy Carey, and Kathleen Kennedy. The South Hadley High School students for helping set up, serve the food and assisted with clean up. Billy, Ibrahim, Lily, Rachel, Kayden, Katie, Colby, Leah, and Mallory.

Bob & Liane Pueschel, Didier Voisin, Rachel Tierney, Linda and Douglas Young, Michelle Parent, Dave Gardener, Jim Bosman, Pam Peck, Gretta Tucker, Kathy Gallivan, Rick Constant, Douglas Young and Joel Prough.

Girl Scout Troop 12948!! My apologies to any one I missed.

– With deep appreciation, Leslie

NOVEMBER SAVE THE DATES!!

Tuesday Evenings

Nov. 1st: Make new friends and keep the old...Calling all Girl Scouts of any age. The present-day Girl Scouts will be here to help us celebrate Juliet Low's Birthday, founder of the Girl Scouts. There will be ceremonies, songs, stories, along with a "campfire dinner". Bring, or wear, your uniform, badges, sit-a-pons, etc.

Nov. 8th: Heart Healthy Presentation

Nov. 11th: Super Club with Richie Mitnik
"Stigma of Mental Illness" presentation

Nov. 29th: Lifelong Learning Lecture Series :
Peaceful Progress or Violent Regression?
International Relations in 2022 and Beyond

Nov 10th Veterans Day Luncheon

Nov. 1st, 8th and 15th – Powerful Tools for the Caregiver continues. Ann Andras at 538-5030,x6206

Nov. 14th: Shopping Rights Robin Putnam, Events & Outreach Manager from the Office of Consumer Affairs and Business Regulation.

Nov. 17th: Effective Communication Strategies for those with Alzheimer's Disease or dementia.

Nov. 17: WMEC Thanksgiving Luncheon.

Entertainment by Patrick Tobin

Nov- Beeyonder Live Tours begin!!

Nov- Senior Safety Program from SHELd:

Dec. 6th: Lifelong Learning Lecture Series.

Dec. 13th: Wassail! A Victorian Holiday

Dec. 20th: Holiday Cookie Swap

Dec. 22: Ray of Elvis Holiday Concert

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

We are extremely grateful for the donations, honorariums and memorials that are made to the Senior Center gift funds. **Thanks to your support, we are able to partially, or completely fund our fitness programs and our arts and activity classes.** Additionally, the funds support our Medical Transportation Program and our Memory Café.

We strive to meet the physical, social, wellness and educational needs of our members and we hope you enjoy all that the Senior Center has to offer. Please consider making a monetary donation to one of the Senior Center Gift Funds. *Thank you for your support.*

In Honor or Appreciation of: _____

In Memory of: _____

Donated by: _____

Address: _____

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

**If you would like an acknowledgment sent to the family, you must provide the following: Name, address & relationship to the deceased.* Name: _____

Address: _____ Relationship to deceased _____

Senior Center Gift Funds

Make Check Payable To: South Hadley Council on Aging, 45 Dayton Street, South Hadley, MA 01075

- | | | |
|---|---|--|
| <input type="checkbox"/> Wherever Needed Most | <input type="checkbox"/> Activities Account | <input type="checkbox"/> Caregivers Gift Account |
| <input type="checkbox"/> Newsletter Account | <input type="checkbox"/> Services Gift Fund | <input type="checkbox"/> Holiday Gift Card/Lights On |

SUPPORT OUR ADVERTISERS!



CONSIDER BECOMING A VOLUNTEER OMBUDSMAN



Contact **Greater Springfield Senior Services** for more information!

413-781-8800

anna.randall@gsssi.org

- Provide an essential voice for residents of nursing homes and assisted living facilities
- Help residents understand their rights and resolve issues
- Offer support & encouragement
- Receive ongoing training
- Create their own schedules

WE'RE HIRING

AD SALES EXECUTIVES

BE YOURSELF. BRING YOUR PASSION.
WORK WITH PURPOSE.

- Paid Training
- Some Travel
- Work-Life Balance
- Full-Time with Benefits
- Serve Your Community



Contact us at careers@4lpi.com
www.4lpi.com/careers

Thank you to the following individuals for their generous donation to the Friends of the South Hadley Seniors:

Anna Adamczyk	Sandra DeLonga	Carol Kayi	Susan Newton & Nate Therien
Joanie Allard	Albert & Sheila DeRosier	Kay Klausewitz	Douglas Rainaud
Ann Andras	Elizabeth Dillon	Marguerite Lacoste	Lilian Randall
Linda Delone Best	Amy Driver	Betty Lam	Steve & Karen Schlachter
Walter & Cynthia Bishop	Rick Dufault	Elaine LeFrancois	Madeline Slade
Gerard & Denise Boisselle	Jeanne & Barbara Erwin	John Leonard	Patricia Szewczyk
Debbie Bombard	Lucia Foley	Linda Lukasik	Jane Tardif
Jacqueline Bourque	Laura & Donald Gauthier	Carlene Marcotte	Vanessa Valery
Miretta Campbell	Madeline Gazaille	Joanne Marcotte	Nancy & Barry Waite
Chevy	Rick & Helen Gibbs	Samuel & Michelle Mazza	Clark & Maureen Wall
Stanley Czerwiec	Jean & Robert Hazen	Wayne Monat	Chriss, Wayne & Corey Walton
Katherine Coscia & Melanie Dambeck	Ronald & Gail Jackson	Peggy Moriarty	Helen Willemain
	Barbara Kapinos	Andrew Moskovitz	Kenneth Williams

Thank you for the gifts given to the Friends in memory:

Marlene Gagne	Barbara Hatch	Donald Piquette	Tom Tetlow	Edward Wytrych
Donald Gagne	Pauline Casey	Chriss, Wayne & Cory Walton	Irene Tetlow	Helen Wytrych
Leo Hajdamowicz	Ola Herbert	400 Circle Club:		
Casey Hajdamowicz	Kathryn Gallivan	(Peggy Cadieux, Cecile Clark, Eric & Jan Girard, Donna & Judy Van Handle, Sue Perkins, John & Sue Fortin, Ben Groves, Michael & Teri Gauthier, Tom & Louise Cavanaugh, Dave & Rose Helman, Anna Wood, Joyce Mahoney, Jen Blackburn, Robert & Josie Rehmes)		
	Melide Normand			

South Hadley Travel Club

Wednesday from 10:00 a.m. to 11:30 a.m. in the Common Area.

Thursdays from 10:00 a.m. to 11:30 a.m. in the Small Conference Room

Travel Rewards Program: Once you have travelled with us 6 times, a 10% discount will be applied towards your 7th day trip. Your Travel Reward Card can be picked up at the Senior Center during our scheduled Travel Club hours or on your trip's travel day. Your rewards never expire.

October 11, 2022: Inn at East Hill Farm, Troy, NH. and Cathedral of the Pines. Travel into the Monadnock Region through quaint New England villages. Package includes: transportation, tour, luncheon, entertainment and winery tour. Cost \$95. Call Huguette Supinski at 413-530-6162.

November 10, 2022: Grand Bellevue Murder Mystery Dinner Train, Portsmouth, RI. All aboard for an interactive murder mystery train ride. Package includes: Transportation, luncheon, show & shopping stop. Cost \$130. Call Susan Canedy at 413-536-2106.

December 15, 2022: Historic Red Lion Inn in Stockbridge, MA, Ventfort Hall in Lenox, then Bright Nights in Springfield. Package includes transportation, luncheon, and entertainment. Cost \$120. Call Huguette Supinski at 413-530-6162.

August 22nd to 25th, 2023: Quebec City, Canada. (SOLD OUT/WAIT LIST ONLY) This 4 day / 3 night / 8 meal trip is packed with fun and adventure. We will be staying at the classic Victorian hotel "The Manoir Victoria" located in the heart of Old Quebec. Cost: \$940 pp (double); \$1,343 pp (single); \$840 pp (triple). \$200 deposit/reservation. Call Huguette Supinski @ 413-530-6162.

A \$20.00 non-refundable deposit is required to hold your reservation and final payment is due 45 days prior to departure date.

The Travel Club proudly funds the Lifelong Learning Lecture Series held at the South Hadley Senior Center

October 18th, at 5:30 p.m. Nonotuck: Rethinking the History & Present of Native South Hadley with Dr. Aaron Miller

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

Ann's Community Outreach

**Newton Manor on Friday, October 7th at 1:00 p.m.,
Lathrop Village on Friday, October 14th at 1:00 p.m.
Hubert Place on Friday, October 28th at 1:30 p.m.**
Ann's outreach hours will resume in October.

AARP Tax-Aide Program Volunteer

Opportunity AARP Foundation Tax-Aide is the nation's largest volunteer-run tax preparation and assistance service. 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. Applications available at www.aarpfoundation.org/taxaideVolunteer. Training will be done this Fall. For questions or information, contact: D5Taxaide@comcast.net

Walgreens Drive-thru Flu Clinic

**Tuesday, Oct 4th between 2:00 p.m. and 6:00 p.m.
at Beers and Story Funeral Home in South Hadley**

Available vaccines include:

- ◆ The Flu vaccine and the high dose/senior vaccine.
- ◆ Prevnar and Pneumovax pneumonia vaccines.
- ◆ The Tdap and the Shingrix shingles vaccine
- ◆ The Pfizer Covid Vaccine for anyone that may need their 1st or 2nd doses.

To sign up for the Flu Clinic go to:

Appointment Scheduling link to share:
wagsoutreach.com/ss/SOU771140



Rainbow Social Club Monthly Events

The first Wednesday of the month, 5:00 p.m. to 7:00 p.m. Holyoke Council on Aging on 291 Pine St.

Monthly Coffee Hour: Belchertown Council on Aging on 60 State Street, Belchertown.

Virtual Gathering—Monthly guided discussion
For more information, please call WestMass ElderCare at 538-9020, or RainbowSocialClub@wmeldercare.org



TRIAD

Triad is a community policing initiative between seniors, law enforcement, and service providers to increase safety through education and crime prevention.

Lock box: A lockbox is a small box, containing a key to your home, which is installed on the outside of your house by the South Hadley Fire Department. Call the Senior Center for an application. 538-5030

Reflective House Numbering : The South Hadley TRIAD will install a house number for a small donation. Call the Fire District 1 or 2 and ask for the Fire Prevention Officer to get yours today.

FILE OF LIFE: At the South Hadley Senior Center. The File of Life is a card kept in a red plastic pocket on your refrigerator or a small wallet size to keep on your person. It lists the patients name, emergency medical contacts, Doctor, medications, insurance information and other pertinent medical information.

There is still time to join the Walk Massachusetts Challenge

The Walk Massachusetts Challenge runs from May 1 to October 21, 2022.


By completing the challenge, the South Hadley Council on Aging gets a chance to win up to **\$1,000** for fitness programming.

Here is the link: www.walkmachallenge.com to add your steps!! Call Sandy Farnsworth at x6205 to let her know you're joining the challenge. South Hadley participants will be entered into an additional South Hadley Senior Center raffle!

Timna Tarr Quilt Raffle

On display at the Senior Center

Timna Tarr comes from a long line of quilters but did not begin quilting until after studying art history in college. Timna's own nationally award-winning quilts are in private and corporate collections. They have also been seen in numerous exhibits, magazines, and books as well as on The Quilt Show and Quilting Arts TV. Timna is a designer for Studio e Fabrics and is an in-demand teacher and speaker. She works out of her studio in South Hadley, MA.

	<p style="text-align: center;">Timna Tarr Quilt Raffle</p> <p>Take a chance to win this beautiful quilt made by South Hadley's award-winning quilter, Timna Tarr, on display at the Senior Center. All proceeds to benefit the Woodlawn Park celebration and activities. Raffle tickets will be on sale through November 23, 2022. Raffle tickets available at the Senior Center.</p> <p>NAME: _____ PH#: _____</p> <p style="font-size: small;">Cut out this ticket, make copies and/or pick up more at the Senior Center. Return raffle tickets and payment to the Senior Center or mail to the Friends at PO Box 55, South Hadley. Make check payable to the Friends of the SH Seniors.</p>	<p>Tickets: 1 for \$3 4 for \$10 10 for \$20</p>
---	---	---

The South Hadley Senior Center
reserves the right to utilize
photos or videos of participants

Resource Directory

NEIGHBORS HELPING NEIGHBORS FOOD PANTRY IN SOUTH HADLEY, MA

Call the pantry at: **413-437-7593**.

Online: info@nhnfoodpantry.org Curbside pickup & delivery:

Pantry hours are: Wednesdays: 12:30 p.m. to 5:30 p.m. and

Saturdays: 10:00 a.m. to 12:00 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.**

The meals are provided free of charge to those 60-years of age and up, are homebound, and unable to shop, drive, prepare meals, or have low mobility. Contact: Kathleen Ryan **413-664-1041**, or takeandeat@verizon.net

FOOD SOURCE HOTLINE: 1-800-645-8333

Food Source Hours: Monday –Friday: 8:00 a.m. to 7:00 p.m. and Saturday: 10:00 a.m. to 2:00 p.m. The Food Source hotline connects people struggling to put food on the table with SNAP benefits and other food resources in their communities.

MEDICAL EQUIPMENT

Hampshire County Sheriff's Dept. Call Dave Fenton at **413-582-7787**

THE ALZHEIMER'S ASSOCIATION 24/7 HELPLINE

(800-272-3900) is available around the clock, 365 days a year.

WESTERN MA ELDER ABUSE HOTLINE:

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 HOTLINE: 1-800-633-4227

NATIONAL SUICIDE PREVENTION AND CRISIS LIFELINE 988 (NEW 3-DIGIT DIALING CODE)

THE MASSACHUSETTS SENIOR LEGAL

HOTLINE 1-800-342-5297 Assistance is provided in Spanish, Portuguese and Haitian Creole.

HAMPSHIRE ELDER LAW PROGRAM

Legal Assistance Hampshire Elder Law Program (H.E.L.P) Civil & legal needs of low income elders in Hampshire County. Call **413-586-8729**

SAGE LGBTQ+ Elder HOTLINE: 1-877-360-LGBT (5428)

or www.sageusa.org

PVTA TRANSPORTATION OPTIONS FOR SENIORS 413-781-7882

Senior Fare Free Tuesdays

Seniors ride PVTA's fixed routes buses for free every Tuesday. Must show valid PVTA Senior ID

WESTMASS ELDERCARE

(WMEC) is South Hadley's Area Agency on Aging (AAA). WMEC provides information and services on a range of assistance for older adults and those who care for them. By contacting your local agency you get access to critical information including, home care & benefits counseling, mobility assistance, programs, housing and referrals, individual benefits counseling, support groups, caregiver training, respite care and Home Meals on Wheels Program. Call **413-538-9020**. Ask for Information & Referral.

THE STATE-FUNDED HOME MODIFICATION LOAN PROGRAM (HMLP)

Call the Pioneer Valley Planning Commission at **413-781-6045**, or www.pvpc.org TTY/TDD: **413-781-7168**