

# The Golden Chronicle

*The South Hadley Council on Aging*

45 Dayton Street South Hadley, Massachusetts 01075

Tel. (413) 538-5042 • Fax (413) 532-8206

FEBRUARY 2017

## Valentine's Day & Marilyn Monroe



FEBRUARY 14TH  
Call for reservations!!

Lunch will be served at 11:45am with entertainment immediately following.

Lunch is a confidential donation of \$2.25 for seniors over 60

& a \$3.00 charge for those under 60.

### First Annual South Hadley Veterans' Recognition Breakfast

Thursday, February 16th

In the South Hadley High School Library

8:30 Ceremony begins

8:45 Breakfast

R.S.V.P. by Feb. 9th to 538-5060

We wish to extend this invitation to all Veterans, their families, designated guests, and local and state officials, to honor our veterans past and present .

Presented in partnership: S. Hadley Public Schools, Veterans of Foreign Wars, S. Hadley Council on Aging & S. Hadley Public Library

Lawrence Batley, a distinguished WWII Army (95th Infantry Division) Veteran and Purple Heart Recipient, will be our guest of honor for this ceremony.



Coffee &

Conversation

Friday, February 3rd

10:00- 11:00

Chief Steve Parentella

will be your host.

Birthday &  
Anniversary  
Luncheon



Tuesday, Feb. 7th.

The Berkshire Hills Music Academy will perform.

Please make reservations with the office 538-5042



Snow, Sleet, Freezing Rain...a few of my *least* favorite things....

The winter season is here and there is always a chance the Senior Center may be closed.

Watch Channel 22 or 40 for cancellations



## A Note from Leslie

Happy February Everyone,

I want to thank everyone who attended my January, Coffee & Conversation. It was wonderful to have so many familiar and new faces. Thank you to Gerri Bennett, Peg Denault and Maeve Mullen-Moller for representing the Memories Care. (Which will open on April 11th)

February may be “short” month, but we have some exciting events planned.

Make your reservations early for our Feb. 14th Valentine Lunch with Marilyn Monroe. We are expecting a sold out show, so call early. The Diabetes Support Group will be back in February - Wed. 15th at 1:00pm. There a new time changes for both beginning exercise and Tai Chi. Beginning exercise will start at 9:30am on Tuesdays and TiaiChi will begin at 10:30am on Mondays.

We will launch our face book page this month!! Board of Director's member, Sarah Gmeiner will be assisting Nancy and I with that technological endeavor. Be sure to “like us”

I am happy to announce that our own, Ann Andras, S. Hadley COA Outreach Coordinator, has been appointed to the Department of Transitional Assistance's Advisory Board. Ann will serve a 3-year term in Holyoke and will, no doubt, be a voice for our South Hadley Community. Congratulations Ann!!

The South Hadley Intergenerational Coalition cordially invites all South Hadley Veterans to join us at a recognition event on February 16th at the South Hadley High School Library. The Council on Aging is a partner in this endeavor and we hope all veterans and their families will join us in honoring our veterans past and present. Our guest of honor will be Mr. Lawrence Batley, WWII Army Veteran and Purple Heart Recipient. Please join us.

Our neighbors at the Holyoke COA, in partnership with WestMass ElderCare, invite all LGBT seniors age 60 years and older, younger partners, friends and allies to attend the Rainbow Supper Club in Holyoke, the first Wednesday of every month. Please see page 4 for details.

Let's hope that the groundhog **does not** see his shadow! ~Leslie



## Bereavement Support

**The South Hadley COA is pleased to announce that Hospice Life Care will be offering a new support group for those who have experienced the death of someone close. We will be meeting for 10 successive weeks mixing talk therapy with art therapy.**

**Bereavement Counselor Cary Quigley M. Ed. will be leading the group. She will be bringing her expertise on dealing with loss and her enthusiasm for creating healing art. (no art skills needed!)**

Thursday afternoons at 2:00pm, starting Feb 2, 2017 at the South Hadley Council on Aging Conference room

Grief is not an experience we can wish away by deciding to move on. Grief has its own timeline; it can show up in many ways, and can leave us unsure of our next steps.

Ms. Quigley will lead the group through:

- conversations examining common responses to grief such as confusion, loss of concentration, fatigue, irritability, fear, or relief.
- discussions about handling new and unfamiliar responsibilities; such as maintaining a home, handling the family finances, caring for a family member, or learning how to shop for one.
- sharing stories with others in similar circumstances.

As well as some Mandala drawing, a little beading, and some decoupage.

We hope you can join us. Please call Ms. Quigley at 413-887-5552 for further information or to sign up. We look forward to sharing this meaningful experience with you.

### Outreach News

From Ann



I have some exciting news that I would like to share with our South Hadley Seniors. I was recently appointed to the DTA ( Department of Transitional Assistance) Advisory Board-Holyoke for a three-year term. The DTA’s mission is to assist low-income individuals and families to meet their basic needs, increase their incomes and improve their quality of life. The Department administers the federal Supplemental Nutrition Assistance Program (SNAP) as well as the Emergency Aid to the Elderly, Disabled and Children cash assistance programs. As an Advisory Board member my role will be to bring a voice from our elder population to the department as well as bring important news and up-dates back to our seniors. Moving forward, I encourage you to contact me with any concerns or problems you might be experiencing with your SNAP account or any of the other services you are receiving through DTA. I can be reached Monday thru Friday from 8:30 a.m. to 5:00 p.m. at 538.5042 extension 206.

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A few up-coming events that might interest you.....On Tuesday, March 21, 2017, during the regular scheduled Brown Bag, a SNAP Coordinator from The Food Bank of Western Massachusetts, will be at the Senior Center to provide pre-screening and if eligible, help you apply for SNAP. If you are interested in meeting with the representative from the Food Bank and would like a complete list of verifying documents that you will need, please call Ann at 538.5042 extension 206.

Beginning on Friday, March 31, 2017 and continuing each month, I will be hosting a new informational series called “Aging in Place-What do I need to Know?”Each month we will have a guest speaker from a local Assisted Living Facility, Rehabilitation Center, Long Term Care Facility, or a Agency that provides services in your home. My goal is to provide you with information BEFORE you have a need for one of these services. Our guest speaker will talk about their facility and available services. Refreshments will be served. Out first speaker will be Richard Rubin, Marketing Director from SARAWOOD of Holyoke. Be sure to mark your calendars and check out the March newsletter for more details.

**FYI:** Fuel Assistance is still available. For help with your application and financial guidelines, call Ann at 538.5042 extension 206

Stay Warm!

Ann

**Just a thought...** “It’s not what you get out of life that counts; it’s what you give and what is given to you from the heart”.

**~ ATTENTION~**

**New Medicare Program for Diabetic Testing Supplies**

To have Medicare pay for **diabetic testing supplies** delivered to your home, you will need to use a Medicare national mail-order supplier. If you don't want to use mail-order, you can go to a local pharmacy or storefront **that accepts Medicare assignment** and you will get the same low mail-order cost. For additional information call 1-800-MEDICARE (1-800-633-4227)

## Friends of South Hadley Elderly Corner

### FRIENDS CORNER

Remaining operating days for the Friends Boutique fall and winter fashions are February 6<sup>th</sup> and 7<sup>th</sup>, and the 13<sup>th</sup> and 14<sup>th</sup>. The blow-out sale will occur on the 13<sup>th</sup> and 14<sup>th</sup>. Boutique hours are 9:30 to 1:00. Hope to see you there! We will accept spring and summer fashions during the months of March and April with the Boutique opening May 8<sup>th</sup>.

We're still accepting your \$5 membership dues for 2017 – as well as any donations or memorials you wish to make. Members will have a raffle ticket put into a drawing that will be held at the St. Patrick's Day Luncheon on March 15. Be sure to sign up by then. Prize is a \$100 lottery tree.

Annual raffle tickets are being printed as I write this column. They will be sold at 6 for \$5; the raffle will be held the night of Volunteer Appreciation, April 21. Tickets can be purchased from any member of the Friends. In addition to the many gift cards, baskets, and other items, the grand prize is the \$100 guaranteed lottery tree.

## Senior Travel Club News

Tuesday, Feb 21, 2017 Twin River Casino, Cost \$27.00. Full casino package., Player card or picture ID required. Call Howie Walsh 593-6286 for reservations

Wednesday, March 29, 2017, Westchester Broadway Theater featuring a matinee performance of "Mamma Mia" Includes a pre-show lunch served at your reserved table. Cost \$105.00 Call Susan Canedy, 536-2106

Monday thru Wednesday, May 8-10, 2017, Atlantic City and Historical Philadelphia featuring a Philadelphia City Tour, gambling and a Paddle Wheel Riverboat Luncheon Cruise on Toms River and Barnegat Bay. Cost \$345.00 pp double. **Only a few seats available!** Call Susan Canedy, 536-2106

Wednesday, June 21, 2017 Sail Boston featuring The Tall Ships in Boston Harbor and lunch at Phillips Old Colony House. Cost \$98.00 Call Susan Canedy, 536-2106. for information.

Monday, Nov. 20, 2017—Friendship Tours 40th Anniversary Celebration Aqua Turf. Special show at 1977 prices!! Elegant hot hors d'oeuvres, a champagne toast, gala show with John Timpanelli & Leesah Stiles. Cost \$45.00 Contact Howie Walsh 593-6286.

In the Planning stages: July 2017: The Thimble Islands; Aug. 2017: Lake George & Saratoga Race Course (2 days, 1 night); October 2017: Oktoberfest at Mount Snow and much more.

## Community Event

### Welcome to the Rainbow Supper Club of Holyoke

WestMass ElderCare, in partnership with the Holyoke Council on Aging, invites all LGBT seniors age 60 years and older, younger partners, friends and allies to attend the Rainbow Supper Club in Holyoke, the first Wednesday of every month.

**WHEN:** First Wednesday of Every Month

**TIME:** 5pm-7pm, with dinner being served at 5:30pm

**WHERE:** Holyoke Council on Aging, 291 Pine St, Holyoke, MA

#### **Reservations required!**

To make a reservation call WestMass ElderCare's Nutrition Department at  
413-538-9020

Or email [rainbowsupperclub@wmeldercare.org](mailto:rainbowsupperclub@wmeldercare.org)

Or on our Meetup page – Rainbow Supper Club of Holyoke

Suggested, confidential, voluntary donation of \$2.25 for those individuals age 60 years or older; \$6.00 fee for guest under

### **SOUTH HADLEY COA STAFF:**

**Leslie Hennessey**, Director

**Lisa Napiorkowski**,  
Assistant Director

**Ann Andras**,  
Outreach Coordinator

**Nancy Yesu**,  
Volunteer/Activity Coordinator

**Billy Poe**,  
Food Service Coordinator

**Ola Herbert & Kathy Gallivan**  
Office Personnel

**Jim Tomlinson**, Asst. Cook

**Rick Dufault**, HMOV  
Coordinator

**Ken Dawley**, Mini-Bus Driver

**Hot Meals on Wheels Drivers**

Herb Baker, Maryanne Fre-  
dette Linda Tenkate, Linda  
Callahan

& Grace Tang

**Roger Duval**, Handyman

**Eileen Burke**,  
SHINE Coordinator

**Howie Walsh**,  
Travel Club Chairperson

**Sheila Adams**, President,  
Friends of S.H. Elderly

**Erin Marx**, Newsletter Design

**Patrick Labonte**, Printer



### **SCAM ALERT**



Seniors have reported getting calls telling them Medicare is going to change and asking for Social Security Numbers and Date of Birth. The calls come in the evening **AFTER OFFICES WOULD BE CLOSED**. **Do not give any information to the caller**. Hang up and call your local Police Department to report the call.

Transportation is available to and from the South Hadley Senior Center and destinations in town. It is provided in part by the Executive Office of Elder Affairs, Town funding and many generous donations.

### **Home Meals on Wheels Entrance**

During the hours of 8:00am and 12pm, please do not enter the side door (facing parking lot) the Meals on Wheels Drivers need that door to safely transport meals to their cars.



### **Puzzles**

A word about Puzzles...

We have plenty of Puzzles  
for the Puzzle Table.

We do not have storage to  
accept more puzzles at  
this time.

Thank you.



Adult Briefs

We are only accepting  
the Pull-Up

version of these Briefs.

Thank you.

### **Class Time Change**

Tai Chi

Mondays at 10:30am

&

Beginning Exercise

Tuesdays & Thurs-  
days

9:30am

The printing and mailing of the newsletter is made possible through Formula Grant funds, advertising and your generous support.

# February 2017

MONDAY

TUESDAY

**The Friends Boutique open  
Mondays & Tuesdays 9:30  
to 1pm in February**



**Lunch is served  
Monday—Friday from  
11:45am to 12:15pm**

**The suggested dona-  
tion is \$2.25 for par-  
ticipants 60 or older.  
Under 60 will be  
charged \$3.00**

**Make reservations by  
calling 538-5042**



**Grocery Shop-  
ping is avail-  
able every  
Wednesday &  
Friday Call 538-  
5042 for reser-  
vations.**

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| <p><b>6 BBQ</b><br/>9:30 Foot Nurse (by Appt)<br/>10:00 Music Appreciation (Rm#3)<br/><b>10:30 Tai Chi</b><br/>1:00 Pinochle &amp; Canasta (D. Room)<br/>1:00 Mah Jongg (Rm#2)<br/>1:00 Color Me Calm (#3)</p>                                                 | <p><b>7 BIRTHDAY/ANNIVERSARY FRENCH MEAT PIE WITH GRAVY</b><br/>9:30 Beginning Exercise (Rm#5)<br/><b>11: 15 Berkshire Hills Music Academy BEFORE Lunch</b><br/>12:45 Monthly Movie: CASABLANCA Rm#5<br/>1:00 Bingo (Rm#2)<br/>1:00 Needlecraft (Rm#3)</p>                                                                                                                                                                                                |
| <p><b>13 CHICKEN BREAST PATTY WITH GRAVY</b><br/>9:30 Foot Nurse (by Appt)<br/>10:00 Music Appreciation (Rm#3)<br/>10:00 Valentine Chocolate Candy Making<br/><b>10:30 Tai Chi</b><br/>1:00 Pinochle &amp; Canasta (Dining Room)<br/>1:00 Mah Jongg (Rm#2)</p> | <p><b>14 VALENTINE'S LUNCHEON WITH "MARILYN MONROE" ROAST PORK WITH GRAVY</b> <br/><b>12:30 –1:30 Performance with Marilyn.</b><br/>9:30 Beginning Exercise (Rm#5)<br/>12:45 Monthly Movie: "An Affair to Remember" Rm#5<br/>1:00 Bingo (Rm#2)<br/>1:00 Needlecraft (Rm#3) </p> |
| <p>20</p> <div style="border: 2px solid black; padding: 10px; text-align: center;"> <p><b>The COA will be closed<br/>Monday, February 20th<br/>in observance of<br/>President's Day</b></p> </div>                                                             | <p><b>21 STUFFED CABBAGE W/SAUCE</b><br/><b>10-11 BROWN BAG</b><br/>9:30 Beginning Exercise (Rm#5)<br/>12:45 Monthly Movie: FROZEN: BRING YOUR GRANDCHILD—SIGN UP BY 2/16<br/>1:00 Bingo (Rm#2)<br/>1:00 Needlecraft (Rm#3)</p>                                                                                                                                                                                                                           |
| <p><b>27 BEEF STEW WITH POTATOES</b><br/><b>10:30 Tai Chi</b><br/><b>10:30 Décor Group—Making St. Patrick's Centerpieces for COA</b><br/>10:00 Music Appreciation (Rm#3)<br/>1:00 Pinochle &amp; Canasta (Dining Room)<br/>1:00 Mah Jongg (Rm#2)</p>           | <p><b>28 SWEET &amp; SOUR CHICKEN</b><br/>9:30 Beginning Exercise (Rm#5)<br/>12:45 Monthly Movie: To Dance with White Dog<br/>1:00 Bingo (Rm#2)<br/>1:00 Needlecraft (Rm#3)</p>                                                                                                                                                                                                                                                                           |

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

|                                                                                                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                                                                                                                                                              |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>1 MACARONI &amp; CHEESE</b><br/>           9:30 Grocery Shopping<br/>           10:00 Travel Club (Library Conference Room)<br/>           10:30 Healthy Bones &amp; Balance (Rm#5)<br/>           1:00 Mah Jongg (Rm#3); Pitch (Rm#2)<br/>           1:00 Pitch (Rm#2)<br/>           1:00 Choralites (Dining Room)</p>                       | <p><b>2 LOW SODIUM HOT DOGS</b><br/>           10:00 Travel Club (Library Conference Room)<br/> <b>9:30 Beginning Exercise (Rm#5)</b><br/>           10:00 Alzheimer Caregiver Support (Rm#1)<br/>           1:00 Quilting (Rm#3)<br/>           1:00 Golden Agers (Rm#2)<br/>           1:00 Chip Poker (Rm#4)<br/>           2:00 Bereavement Support Group mtg</p>                                                              | <p><b>3 BAKED POLLOCK LOINS</b><br/>           9:30 Grocery Shopping<br/>           10:00 Coffee &amp; Conversation (Dining Room)<br/>           10:30 Healthy Bones &amp; Balance (Rm#5)<br/>           1:00 Bridge (Rm#3)<br/>           1:00 Canasta (Dining Room)<br/>           1:00 Cribbage (Rm#2)<br/>           1:00 Knitting (Library)</p>                                                         |
| <p><b>8 CHEESE LASAGNA WITH TOMATO SAUCE</b><br/>           9:30 Grocery Shopping<br/>           10:00 Travel Club (Library Conference Room)<br/>           10:30 Healthy Bones &amp; Balance (Rm#5)<br/>           1:00 Mah Jongg (Rm#3); Pitch (Rm#2)<br/>           1:00 Choralites (Dining Room)</p>                                             | <p><b>9 ROASTED TURKEY</b><br/>           10:00 Travel Club (Library Conference Room)<br/>           10:00 Veterans Group<br/> <b>9:30 Beginning Exercise (Rm#5)</b><br/>           1:00 Quilting (Rm#3)<br/>           1:00 Golden Agers (Rm#2)<br/>           1:00 Chip Poker (Rm#4)<br/>           2:00 Bereavement Support Group mtg</p>                                                                                       | <p><b>10 BROCCOLI QUICHE</b><br/>           9:30 Grocery Shopping<br/>           10:00 Coffee &amp; Conversation w/Leslie (Dining Rm)<br/>           10:30 Healthy Bones &amp; Balance (Rm#5)<br/>           1:00 Bridge (Rm#3)<br/>           1:00 Canasta (Dining Room)<br/>           1:00 Cribbage (Rm#2)<br/>           1:00 Knitting (Library)</p>                                                     |
| <p><b>15 MILD BEEF CHILI</b><br/>           9:30 Grocery Shopping<br/>           10:00 Travel Club (Library Conference Room)<br/>           10:30 Healthy Bones &amp; Balance (Rm#5)<br/> <b>1:00 Diabetes Support Group</b><br/>           1:00 Mah Jongg (Rm#3);<br/>           1:00 Pitch (Rm#2)<br/>           1:00 Choralites (Dining Room)</p> | <p><b>16 VEAL PATTY WITH GRAVY</b><br/>           10:00 Travel Club (Library Conference Room)<br/> <b>9:30 Beginning Exercise (Rm#5)</b><br/>           10:00 Alzheimer Caregiver Support (Rm#1)<br/>           10:30 Craft Time with Nancy (Dining Room)*<br/>           1:00 Quilting (Rm#3)<br/>           1:00 Golden Agers (Rm#2)<br/>           1:00 Chip Poker (Rm#4)<br/>           2:00 Bereavement Support Group mtg</p> | <p><b>17 BREADED STUFFED SHELLS</b><br/>           9:30 Grocery Shopping<br/>           10:00 Coffee &amp; Conversation (Dining Room)<br/>           10:30 Healthy Bones &amp; Balance (Rm#5)<br/>           11:30 REP. JOHN SCIBAK—DR<br/>           1:00 Bridge (Rm#3)<br/>           1:00 Canasta (Dining Room)<br/>           1:00 Cribbage (Rm#2)<br/>           1:00 Knitting (Library)</p>            |
| <p><b>22 OVEN BAKED CHICKEN</b><br/> <b>9:00 Newsletter Collating</b><br/>           9:30 Grocery Shopping<br/>           10:00 Travel Club (Library Conference Room)<br/>           10:30 Healthy Bones &amp; Balance (Rm#5)<br/>           1:00 Mah Jongg (Rm#3);<br/>           Pitch (Rm#2)<br/>           1:00 Choralites (Dining Room)</p>     | <p><b>23 SHEPHERD'S PIE W/GRAVY</b><br/>           10:00 Travel Club (Library Conference Room)<br/> <b>9:30 Beginning Exercise (Rm#5)</b><br/> <b>10:30 Craft Time w/grandchildren (sign up by 2/16.</b><br/>           1:00 Quilting (Rm#3)<br/>           1:00 Golden Agers (Rm#2)<br/>           1:00 Chip Poker (Rm#4)<br/>           2:00 Bereavement Support Group mtg</p>                                                   | <p><b>24 BAKED SALMON W/LEMON</b><br/>           9:30 Grocery Shopping<br/>           10:00 Coffee &amp; Conversation<br/>           12:45 FROZEN: BRING YOUR GRAND-CHILD—SIGN UP BY 2/16<br/>           10:30 Healthy Bones &amp; Balance (Rm#5)<br/>           1:00 Bridge (Rm#3)<br/>           1:00 Canasta (Dining Room)<br/>           1:00 Cribbage (Rm#2)<br/>           1:00 Knitting (Library)</p> |
|                                                                                                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                                                                                                                                                              |

# News From ~Nancy (Activity & Volunteer Coordinator)

February will be a busy month for us at the COA

- On **Feb 7th** join us as we are entertained by the Berkshire Hills Music Academy-they are always a hit!



- We will be making Valentine chocolates on **Monday, February 13th at 10:30** you'll need to sign up in the office by February 9th (limited to 15 people)

- "Marilyn Monroe" will be here on **February 14th.**



Sign up early by calling the office because there is limited seating available .



*Are you looking for something to do with your grandchildren/great grandchildren during school vacation week?*

Join us on either **TUESDAY, February 21**

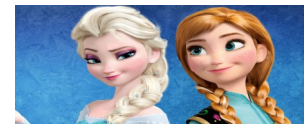
or **Friday, February 24 @12:45** in the exercise room as we show the movie "FROZEN" (102 minutes, rated PG)



Sign up is limited and you need

to call the office by Feb 16th. with name and age of children.

A small snack (no lunch) will be provided for children.



**Thursday, February 23 @ 10:30 CRAFT TIME** with Nancy. Bring your great/grandchildren for craft time. Must sign up by Feb 16 in the office with name and age of children as we are limited to 10 children total.

Would you like to help make the centerpieces  
for the dining room tables  
for St Pat's day?



Join Nancy on Monday, Feb 27 at 10:00. Supplies will be provided.

(We will be using paint so dress accordingly)

The Humble Bees will be here



on Thursday, April 27 to entertain us. They are a CT based band who provide an energetic and animated program of familiar and humorous songs.



**SAVE THE DATE!  
VOLUNTEER  
APPRECIATION  
DINNER**



**FRIDAY,  
APRIL 21  
from  
5:30-  
8:15PM**

The appreciation dinner is a chance for the COA staff to recognize and personally thank the volunteers (close to 200) who help with the operations of our center.

Featuring  
Ray Guillemette as  
"A-Ray of Elvis"



**LOOKING AHEAD- for upcoming projects**

- We are in need of plastic Easter eggs
- We are in need of jelly beans
- We are in need of scissors for our new craft group



- We are in need of old (or new) golf balls



## Helpful Phone Numbers

*WestMass Elder Care:* 413-538-9020  
*S. Hadley Veteran Services* 538-5017ext. 137  
*Social Security (Holyoke Off)* 1-877-480-4989  
*Medicare (www.medicare.gov)* 1-800-633-4227  
*Medicare Beneficiary Hotline* 1-800-252-5533  
*MA Med Line* 1-866-633-1617  
*Elder Abuse Hotline* 1-800-922-2275  
*S. Hadley Police Department* 413-538-8231  
*Social Security (www.socialsecurity.gov)* 1-800-772-1213

STATE SENATOR STAN ROSENBERG may be reached at the State House, Boston, MA 02133 (617-722-1532) or his office at 1 Prince St., Northampton, MA (587-6365)

STATE REPRESENTATIVE JOHN SCIBAK 413-539-6566, by mail to P.O. Box 136, South Hadley, MA 01075 or by email john.scibak@mahouse.gov

## THANK YOU!!

- Larry White, Jr. for the donation of a Flat Screen T.V. to be used by the Veterans Group.
- To Leslie Dickenson for the weekly donations of Big-Y Goodies.

## COA RETIREMENTS



### Happy Retirement, Nancy

On December 30th, COA Home Meals on Wheels driver, Nancy Blodgett, official retired from her position as the route 42 driver. For more than 22 years, Nancy delivered meals to homebound S. Hadley residents and she did so with a warm smile and her unique way of making her "people" feel special. She will be greatly missed by the many individuals she served and by the staff at the Council on Aging.

We all wish her a very healthy and happy retirement.

~Don't be a stranger, Nancy!



### Happy Retirement Patrick

A fond wish for a happy, healthy retirement to our friend and longtime newsletter printer extraordinaire,

#### Patrick Labonte.

For over 20 years, Patrick spent many dedicated hours ensuring that your newsletter was printed and ready for the collating team.

From the staff and many grateful readers, many, many thanks, Patrick!

# In Memoriam

**WE ARE SINCERELY GRATEFUL FOR ALL OF THE DONATIONS MADE TO THE SOUTH HADLEY COA IN SUPPORT OF OUR SENIOR CENTER AND THE MANY PROGRAMS, ACTIVITIES AND SERVICES PROVIDED.**

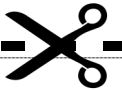
**THE FOLLOWING WERE DONATIONS MADE IN MEMORY OF LOVED ONES INDICATED IN CAPS ALONG WITH DONORS LISTED IN LOWER CASE:**

ANNA CHANDLER  
Harry Chandler  
BARBARA LEONARD  
Joan Descant  
BILL BIELANSKI  
Claire Bielanski  
CHARLES & KATE BENDER  
Caroline Crooks  
DONNA POTVIN  
Jamie Brochu  
DOROTHY R. LATHROP  
George & Phyllis Polizou  
EDWARD DIETZ  
Beth Dietz  
EUGENE DESCANT  
Joan Descant  
FRANCIS L. SAMSON  
Kathy & Dick Kirby  
Lillian Daviau  
HAZEL WHITEHOUSE  
Betty Burnett  
HELEN R. KENNEDY  
Kathleen Kennedy  
HAZEL WHITEHOUSE  
Betty Burnett  
LILLIAN FITZELL

MOLLY BLATT  
Dr. William Robbins  
NANO E. SUDYKA  
David H. Sudyka  
PAUL WHITTEN (1<sup>st</sup> Anniversary)  
Elaine Whitten  
RENE LAVERDIERE  
Tillie Laverdiere  
REV. HERBERT BAIR  
Betty Burnett  
RALPH  
David Perwak  
ROBERT BLASKO, SR.  
Bob & Liz Methot  
Claire Bielanski  
Daniel J. Kelleher  
Donald & Dawn Berard  
Frank & Rita Falcetti  
John & Barbara Osgood  
Kathy & Dick Kirby  
Pamela & William Dalton  
South Hadley Falls Firemen's  
Relief Association  
Wayne & Cheryl Popp  
TED TAMBURRO  
Marie Tamburro

**WE ARE ALSO VERY GRATEFUL FOR THE DONATIONS MADE IN DECEMBER/JANUARY FROM THE FOLLOWING DONORS:**  
Bruce & Ann Lukasik  
Bruce Docherty  
Priscilla Mann  
Candice Levreault  
Carole Sullivan  
Charles & Joan Allard  
Christine Fesko  
Donald Bossonault  
E & J Girard  
Florence Bank  
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If you would like to make a donation to the Council on Aging to support our Center's activities, kindly check off one of the accounts listed below that you would like to have your donation go to. **If your donation is in memory of someone and you would like us to send an acknowledgement, please indicate the individual's name and address below.** PLEASE PRINT

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