

The Golden Chronicle

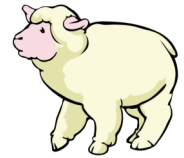


MARCH 2017

The South Hadley Council on Aging

45 Dayton Street South Hadley, Massachusetts 01075

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



Join us in Celebrating St. Patrick's Day all Month
at the COA with 2 Concerts & Wear your Green on
Wednesdays!!

St. Patrick's Day Luncheon

SARAH THE FIDDLER

Wednesday, March 15th

Corned Beef & Cabbage
~ Boiled Potatoes ~ Carrots ~
Irish Soda Bread

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

Make your reservations at
538-5042

The Choralites Concert

All your favorite St. Patrick's
Day Songs.

Wednesday, March 8th

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

A C.O.A .Grand Colleen will be
crowned!! Who will it be?

Make your
Reservations at 538-5042



Birthday & Anniversary
Luncheon

Tues. March 7th.

Let us celebrate your
special day/month

Call the office to make
reservations :538-5042

Coffee & Conversation

Friday March 3rd. 10am - 11am

Your Host: Mr. Bob Cochrane

WestMass ElderCare Ombuds-
man

Discussing YOUR rights in a
Skilled Nursing Facility re:
short- term stay for Rehab and
Care

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

Exciting news! The Town of South Hadley has entered into an agreement with the firm Catlin and Petrovick Architects to prepare a feasibility study for a new senior center. In the upcoming weeks, the firm will evaluate possible locations for a new center. I will continue to keep you updated on the process.

The 1st Annual Veterans' Appreciation and Recognition Breakfast was held on Thursday, Feb 16th and the turnout was extraordinary. Over 60 South Hadley veterans' were pinned and recognized at the event including veterans' from our COA group. The Guest of Honor, Mr. Lawrence Batley gave a memorable, poignant and often humorous account of his experiences in WWII. The event also highlighted the collaborative efforts of the South Hadley Intergenerational Coalition. Working in partnership, the coalition provided a community event to accomplish two important goals; the well deserved recognition of our South Hadley Veterans' and the opportunity for the generations to engage in meaningful dialogue. Great Work!!

We have some marvelous plans for March. We will have two concerts this year! The Choralites will perform for us on Wednesday, March 8th, and on Wednesday, March 15th we will have the traditional St. Patrick's Day Luncheon with local performer, Sarah the Fiddler. Be sure to make your reservations early. Also, every Wednesday will be Wear Your Green day, so dust off those sweaters and ties!!

Plans are underway for our Volunteer Recognition Event on Friday, April 21st. Thank you to all our volunteers! We couldn't do all we do without all of you ~ Leslie

Nutrition Information form WestMass ElderCare

Probiotics and Prebiotics

By Vanessa Ames, UMass Dietetic Intern



Most of you have heard the term "probiotics," but do you know what probiotics are and what they do? Probiotics are the friendly bacteria that we consume. They can be found in both the foods we eat and in nutritional supplements. Probiotics are live bacteria and like all living things, probiotics have to eat to survive. "Prebiotics" is a term used to describe the food that probiotics eat. Thus, prebiotics are important in keeping probiotics alive.

The most beneficial use of probiotics is in the treatment of diarrhea caused by an infection or from taking antibiotics. Probiotics can help decrease the bad bacteria in your digestive system and restore the balance of good bacteria. Studies have shown probiotics can be beneficial for constipation by increasing the motility (movement) of the digestive tract. They may reduce the symptoms of IBS and lactose intolerance and restore the good bacteria when suffering from Clostridium difficile (C diff). Probiotics can break down prebiotic foods, releasing minerals such as calcium for absorption that may otherwise have been lost through elimination. Probiotics can also strengthen your immune system. The bottom line is that having a good population of friendly bacteria in your body is good for your health, especially your digestive system.

Probiotics don't seem to have any side effects and are generally considered safe. Some people experience increased digestive gas and bloating. These symptoms usually pass as your body becomes more used to the probiotics. You may want to consult with a practitioner, like a registered dietitian, who is familiar with probiotics. Let your doctor know if you are taking probiotics or using any other supplements.

Example of some foods containing probiotics: Yogurt, fermented vegetables, tempeh, miso, and cultured dairy and non-dairy products. Kefir is great choice. It is 99% lactose free and contains many different kinds of probiotics.

Examples of some prebiotic foods: Garlic, banana, tomato, legumes, berries, leeks, asparagus, onion and oatmeal.



Outreach News

Ann Andras

New Series: Aging in Place-What do I need to know?

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?**” Our first speaker will be Richard Rubin, Marketing Director from SARAWOOD of Holyoke. Mr. Rubin will give a brief presentation about the services and programs offered at SARAWOOD and highlight their many amenities. There will also be a question and answer period. Refreshments will be served. Please call 538.5042 to register. I hope to see you there as we learn first hand the many options available in our area.

For Your Information...Disabled Parking Placard Changes: The following changes will be taking effect soon regarding disabled parking placards:

- *The appearance of the placard will change.*
- *The Application for Disabled Parking Placard/Plate has been revised and reformatted.*
- *A new Disabled Parking Placard Abuse Confiscation & Reporting Form has been created.*

Placard Appearance Changes: Beginning in February 2017, Disabled Parking Placards issued by the RMV have a new appearance. Small blue wheelchair symbols appear behind the Placard Number and Expiration Date. This security feature has been added to help identify instances of altered placard numbers or expiration dates that have been observed and cited by law enforcement. This change applies to all placards, both permanent and temporary. All old style placards with the plain white background in the Placard Number and Expiration Date sections will remain valid until the date of expiration shown on the placard. It will take up to 5 years before the old placards are completely phased out. For applications please call Ann at 538.5042 ext. 206

Important Changes in the Lifeline Telephone Discount Program: Since 1985 the Lifeline Program has provided a discount on telephone service for qualifying low-income households as a way to help the most vulnerable consumers stay connected to the nation’s communication networks. Recognizing the vast changes in the way people communicate in today’s technological climate, the FCC has expanded the Lifeline Program’s service offerings to include internet access as of **December 2, 2016**. Also, as part of the FCC’s recent program changes in an effort to streamline eligibility criteria, households **can no longer use** Low Income Home Energy Assistance Program (Fuel Assistance), as a way to demonstrate their eligibility for the program. **Please note: Households that are currently enrolled in the Lifeline Program due to their participation in the above program will remain active in the program until they are required to recertify their eligibility in 2017.** Participation in these programs will demonstrate eligibility for the program: MassHealth, SNAP, SSI, Section 8 Housing, and Veteran’s pension or survivor benefits. For more information, please see Ann.

Do You Qualify for the MassHealth Buy-In ? Is your monthly income at or below \$1357 and your assets at or below \$7,280 (for one) ? if so, you can get help with your Medicare Part B premium. For more information and assistance to apply, please call Ann at 538.5042 ext. 206 for an appointment.
The days are getting longer...Think SPRING!

~Ann

Friends of South Hadley Elderly Corner

Just a reminder that on March 15 (day of the St. Patrick's Day Luncheon), we'll be drawing the lucky ticket for a \$100 lottery tree. In order to be eligible you must pay your \$5 Friends of the Elderly membership fee by that day. Your payment can either be left at the COA or mailed to Donna Robideau at 12 Edgewater Lane, So. Hadley. Additionally, raffle tickets are available for the drawing to be held at the Volunteer Appreciation Dinner on April 21. This is a guaranteed \$100 lottery tree, along with other numerous raffle prizes. We even have a surprise for all attendees that night. The Boutique is now closed until May. During March and April we'll be accepting your donations of new and/or clean, gently used spring and summer fashions for both male and female. **The Boutique will reopen on or about May 8. See you then!**

Senior Travel Club News

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 for reservations.

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 includes lunch at "The Neighborhood" in Quincy. Cost \$98.00 Call Susan Canedy, 536-2106. for information.

Tuesday, October 17, 2017 Oktoberfest: Covered Bridges of New Hampshire. A guided driving tour of covered bridges ("Kissing Bridges") in Southern New Hampshire. Oktoberfest luncheon at the Inn at East Hill Farm in the shadow of Mount Monadnock. Stop at Randall's Farm. Cost: \$85.00. Call Susan Canedy 536-2106 for reservations.

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, September & December 2017! Flyers available soon!

Community Event



Welcome to the Rainbow Supper Club of Holyoke

WHEN: First Wednesday of Every Month **TIME:** 5pm-7pm, dinner 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

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 the age of 60 years. We hope to see you there!

SOUTH HADLEY COA STAFF:

Leslie Hennessey, Director
Lisa Napiorkowski, Asst 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, HMOW Coordinator
Ken Dawley, Mini-Bus Driver
Hot Meals on Wheels Drivers
 Herb Baker, Grace Tang
 Maryanne Fredette
 Linda Tenkate, & Linda Callahan
Roger Duval, Handyman
Eileen Burke, SHINE Coordinator
Howie Walsh, Travel Club Chairperson
Sheila Adams, President, Friends of S.H. Elderly
Erin Marx, Newsletter Design

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.

Statewide Regional Workshops for Grandparents Raising Grandchildren

The Commission on the Status of Grandparents Raising Grandchildren presents this three-hour workshop for grandparents and kinship caregivers throughout the Commonwealth. There will be special guests at each workshop presenting on topics important to grandparents raising grandchildren. There will also be an information panel at each workshop which will include representatives from DCF, DTA, Masshealth, Elder Services, and more. *Breakfast pastries, coffee and tea will be provided*

Northampton 4/26/17 9:30-12:30

The Northampton Senior Center, 67 Conz Street Northampton, Ma. Special Guest: Deb Dowd-Foley *Topic: Take Care of the Caregiver*

Please Register by contacting Colleen Pritoni 617-748-2454 or colleen.pritoni@state.ma.us

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

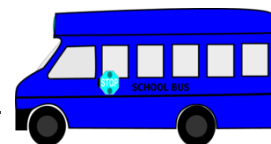
**NEW SENIOR
 CENTER FUND:
 \$74,610.75**

Thank you
 Beers & Story
 Funeral Home
 for donating the delicious
 cake for our
 Valentine's Day Luncheon



St. Patrick's
 Day

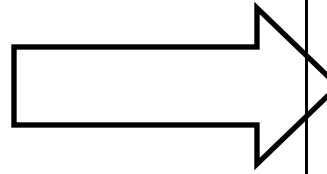
Transportation is available to and from the South Hadley Senior Center and destinations in town. It is provided in part by the Executive Office of Elder Affairs, Town funding and many generous donations.



MARCH 2017

MONDAY

TUESDAY



**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.**

<p>6 SALISBURY STEAK W/GRAVY “NATIONAL OREO COOKIE DAY” 10:00 Music Appreciation (Rm#3) 10:30 Oreo Cookie Tasting w/Nancy (Sign up by March 3rd—limited) 1:00 Pinochle & Canasta (D. Room) 1:00 Mah Jongg (Rm#2) 1:00 Color Me Calm (#3)</p>	<p>7 BIRTHDAY/ANNIVERSARY ROASTED PORK W/GRAVY 9:30 Beginning Exercise (Rm#5) 12:45 Monthly Movie: “The Quiet Man” (Rm#5) 1:00 Bingo (Rm#2) 1:00 Needlecraft (Rm#3)</p>
<p>13 BAKED HAM & NOODLE CASSEROLE 9:30 Foot Nurse (by Appt) 10:00 Music Appreciation (Rm#3) 1:00 Pinochle & Canasta (Dining Room) 1:00 Mah Jongg (Rm#2) 4:00 COA Board Meeting</p>	<p>14 SPAGHETTI W/MEATBALLS 9:30 Beginning Exercise (Rm#5) 12:45 Monthly Movie: “Waking Ned Devine” (Rm#5) 1:00 Bingo (Rm#2) 1:00 Needlecraft (Rm#3)</p>
<p>20 CHICKEN TERIYAKI FIRST DAY OF SPRING! 10:00 Music Appreciation (Rm#3) 10:00 Decorating Group—Making Easter Dining Room Centerpieces with Nancy 1:00 Pinochle & Canasta (Dining Room) 1:00 Mah Jongg (Rm#2) 1:00 Color Me Calm (#3)</p>	<p>21 SWEET & SOUR PORK 9:00-12:00 SHINE (Appointment Only) 10:00-11:00 Brown Bag 10:00 Low Vision Group (Rm #1) 9:30 Beginning Exercise (Rm#5) 12:45 Monthly Movie: “Once” (Rm#5) 1:00 Bingo (Rm#2) 1:00 Needlecraft (Rm#3)</p>
<p>27 SIRLOIN BEEF TIPS W/SAUCE 9:30 Foot Nurse (by Appt) 10:00 Music Appreciation (Rm#3) 1:00 Pinochle & Canasta (Dining Room) 1:00 Mah Jongg (Rm#2)</p>	<p>28 CHICKEN PATTY W/GRAVY 9:00-12:00 SHINE (Appointment Only) 9:00 Newsletter Collating 9:30 Beginning Exercise (Rm#5) 12:45 Monthly Movie: “Far & Away” 1:00 Bingo (Rm#2) 1:00 Needlecraft (Rm#3)</p>

WEDNESDAY

THURSDAY

FRIDAY

<p>1 BROCCOLI & CHEESE QUICHE 9:30 Grocery Shopping 10:00 Travel Club (Library Conf. Room) 10:30 Healthy Bones & Balance (Rm#5) 1:00 Mah Jongg (Rm#3) 1:00 Pitch (Rm#2) 1:00 Choralites (Dining Room) “WEAR YOUR GREEN”</p>	<p>2 LIVER & ONIONS 10:00-11:30 Travel Club (Lib. Conf. Room) 10:00 Beginning Exercise (Rm#5) 10:00 Alzheimer Caregiver Support (Rm#1) 1:00 Quilting (Rm#3); Scrabble (Library) 1:00 Golden Agers (Rm#2) 1:00 Chip Poker (Rm#4) 2:00 Bereavement Support Group (Rm #1)</p>	<p>3 BAKED STUFFED SHELLS 9:30 Grocery Shopping 10:00 Coffee & Conversation (Dining Room) 10:30 Healthy Bones & Balance (Rm#5) 1:00 Bridge (Rm#3) 1:00 Canasta (Dining Room) 1:00 Cribbage (Rm#2) 1:00 Knitting (Library)</p>
<p>8 SHEPHERD’S PIE W/GRAVY 9:30 Grocery Shopping 10:00 Travel Club (Library Conf. Room) 10:30 Healthy Bones & Balance (Rm#5) 12:15-1:00 St. Patrick’s Holiday Concert by the Choralites : Colleen Crowned! 1:00 Mah Jongg (Rm#3); 1:00 Pitch (Rm#2) “WEAR YOUR GREEN”</p>	<p>9 BEEF STEW 10:00-11:30 Travel Club (Lib. Conf. Room) 10:00 Veterans Group 10:00 Beginning Exercise (Rm#5) 1:00 Quilting (Rm#3) 1:00 Golden Agers (Rm#2) 1:00 Chip Poker (Rm#4) 1:00 Scrabble (Library) 2:00 Bereavement Support Group (Rm #1)</p>	<p>10 CENTER IS CLOSED</p>
<p>15 ST. PATRICK’S DAY LUNCHEON WITH “SARAH THE FIDDLER” CORNED BEEF & CABBAGE 9:30 Grocery Shopping 10:00 Travel Club (Library Conf. Room) 10:30 Healthy Bones & Balance (Rm#5) 12:30 “SARAH THE FIDDLER” PERFORMS 1:00 Mah Jongg (Rm#3); 1:00 Pitch (Rm#2) “WEAR YOUR GREEN”</p>	<p>16 VEAL PATTY WITH GRAVY 10:00-11:30 Travel Club (Lib. Conf. Room) 10:00 Beginning Exercise (Rm#5) 10:00 Alzheimer Caregiver Support (Rm#1) 1:00 Quilting (Rm#3) 1:00 Golden Agers (Rm#2) 1:00 Chip Poker (Rm#4) 1:00 Scrabble (Library) 2:00 Bereavement Support Group (Rm #1)</p>	<p>17 BREADED POLLOCK LOINS 9:30 Grocery Shopping 10:00 Coffee & Conversation (Dining Room) 10:30 Healthy Bones & Balance (Rm#5) 11:30 REP. JOHN SCIBAK—DR 1:00 Bridge (Rm#3) 1:00 Canasta (Dining Room) 1:00 Cribbage (Rm#2) 1:00 Knitting (Library)</p>
<p>22 STUFFED PEPPERS W/TOMATO SAUCE 9:30 Grocery Shopping 10:00 Travel Club (Library Conf. Room) 10:30 Healthy Bones & Balance (Rm#5) 1:00 Mah Jongg (Rm#3); 1:00 Pitch (Rm#2) 1:00 Choralites (Dining Room) “WEAR YOUR GREEN”</p>	<p>23 LOW SODIUM HOT DOGS 10:00-11:30 Travel Club (Lib. Conf. Room) 10:00 Beginning Exercise (Rm#5) 1:00 Quilting (Rm#3) 1:00 Golden Agers (Rm#2) 1:00 Chip Poker (Rm#4) 1:00 Scrabble (Library) 2:00 Bereavement Support Group (Rm #1)</p>	<p>24 CHEESE LASAGNA W/SAUCE 9:30 Grocery Shopping 10:00 Coffee & Conversation 10:30 Healthy Bones & Balance (Rm#5) 1:00 Bridge (Rm#3) 1:00 Canasta (Dining Room) 1:00 Cribbage (Rm#2) 1:00 Knitting (Library)</p>
<p>29 MACARONI & CHEESE 9:30 Grocery Shopping 10:00 Travel Club (Library Conf. Room) 10:30 Healthy Bones & Balance (Rm#5) 1:00 Mah Jongg (Rm#3); 1:00 Pitch (Rm#2) 1:00 Choralites (Dining Room) “WEAR YOUR GREEN”</p>	<p>30 VEAL PATTY W/GRAVY 10:00-11:30 Travel Club (Lib. Conf. Room) 10:00 Beginning Exercise (Rm#5) 1:00 Quilting (Rm#3) 1:00 Golden Agers (Rm#2) 1:00 Chip Poker (Rm#4) 1:00 Scrabble (Library) 2:00 Bereavement Support Group (Rm #1)</p>	<p>31 CHEESE TORTELLINI W/SAUCE 9:30 Grocery Shopping 10:00 “Aging in Place” - (Rm #2) 10:00 Coffee/Conversation (Dining Rm) 10:30 Healthy Bones & Balance (Rm#5) 1:00 Bridge (Rm#3) 1:00 Canasta (Dining Room) 1:00 Cribbage (Rm#2) 1:00 Knitting (Library)</p>

News From ~Nancy (Activity & Volunteer Coordinator)

MARCH MOVIE SERIES—
THIS MONTH WE WILL
SHOW MOVIES

WITH AN IRISH THEME



March 7- “The Quiet Man”

March 14- “Waking Ned Divine”

March 21- “Once”

March 28- “Far and Away”

EVERY TUESDAY AT 12:45pm

JOIN US on TUESDAY, MARCH 15

for our St. Pat’s lunch.



Sarah the Fiddler

will entertain us after lunch.

Billy/Jim will serve a traditional corned beef
and cabbage lunch.


Call the office to sign up. Space is limited.



Local Girl Scout and
Brownie troop #11801

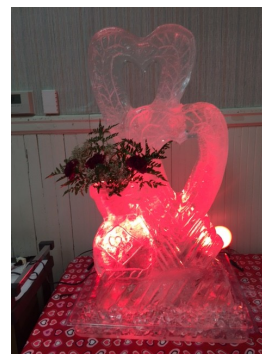


made individual
Valentine cards for
each of our seniors.

Thank you! 

Our decorating group made the
Valentine centerpieces.

Thank you!



Thank you to
Billy Poe for
creating the
beautiful ice
sculpture for
us to enjoy.

It was
spectacular!



“Marilyn Monroe”

entertained us on Feb 14th! 



We have a teacher who is willing to lead an art class in

either watercolor or oils or pastels.

We are trying to gauge if there is enough interest in holding a class.

This would be a pay by the class type set up and would likely meet 2 times/month. Please let

Nancy Yesu know if you are interested by March 10 so classes can begin in April. We would need 4 people to get the class started.

Afternoon office help needed.

We are in need of help from 1-4:30 on Mondays answering phones, light office skills.

Substitutes also needed. Please let Nancy Yesu (ext 205) know if you can help.



Volunteers needed on 3rd and/or 4th



Wednesdays to help set up the dining room/serve lunch.

We also need folks willing to be

on a sub list.



Can you help?

National Oreo Cookie Day is Monday, March 6.



Join Nancy at 10:30am as we learn about Oreo cookies and taste samples of some unusual flavors.

Call the office by March 3 to signup.

Limited to 24.

DID YOU KNOW? We have several pool tables available to use at the Center. We have a great group of men who are always looking for others to join them and we also have a few WOMEN who would like to have other women join them.

Come by anytime during Center hours to play!



LOOKING AHEAD ~ for upcoming projects

- Thank you for recent donations of plastic Easter eggs, scissors and golf balls.

We are NO LONGER

accepting these as we were generously gifted enough for our projects.



*We are still in need of
jelly beans and buttons!*

Looking for decks of cards
(they don't have to be complete)



*Thank
you*

- Sheila Adams & the Friends for making valentine's day cards for our HMOW Clients.
- Don Lever for the box cutters for the Brown Bag Program.
- Larry White, Jr. for the donation of a Flat Screen T.V. to be used by the Veterans' Group.
- St. Theresa Church for the donation of a 100 cup coffee urn.
- Chief Parentela for hosting the February 3rd Coffee & Conversation



Be Alert to Tax Scams

In recent years, thousands of people have lost money and had their personal information compromised due to tax scams and fake IRS communications. **The IRS will NEVER:**

- **Call to demand immediate payment using a specific payment method** such as a prepaid debit card, gift card or wire transfer. Generally, the IRS will first mail you a bill if you owe any taxes.
- **Threaten to immediately bring in local police** or other law-enforcement groups to have you arrested for not paying.
- **Demand you pay taxes without giving you the opportunity to question** or appeal the amount they say you owe.
- **Ask for credit or debit card numbers over the phone.**
- **The IRS does not initiate contact with taxpayers** by email, text messages or social media to request personal or financial information. The **IRS does not threaten taxpayers with lawsuits, imprisonment or other enforcement action.**

Please share this information with others and check out *Consumer Alerts* at the [IRS Web-site](#). ~~ Courtesy of the Commonwealth's Comptroller ~~



Upcoming Community Event

SUNDAY, MAY 7, 2017 11AM TO 3PM
HOLYOKE –SOUTH HADLEY RIVER ROLL + STROLL
Music, Activities, Art, Food & Fun for All Ages
On the Vietnam Veterans Memorial Bridge



South Hadley
 Substitute Meals on Wheels Driver
 10:30am to 12:30pm, Monday—Friday
 See full posting at www.southhadley.org/jobs

Funding from the **Older Americans Act** through the MA Executive Office of Elder Affairs provides GRANTS FROM WESTMASS ELDERCARE, INC.

The programs include are an Alzheimer's Caregivers Support Group, Chores/Snow Removal and Companion/Escort transportation.

Call the COA at 538-5042 and ask for Ann (Ext. 206) or Leslie Ext. (204) if you would like more information.

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

ALEXANDER GLADU

Rita Gladu

FRANK DZIJA

Ed & Geri Bennett

IRENE COURCHESNE-MAROIS

Ola L. Herbert

LEON ZOCHOWSKI

Judie Strzempko

LIONEL BRINDAMOUR

Theresa Brindamour

JOY BOCK

Rod & Gayle Kenneson

LILLIAN FITZELL

Lillian Daviau

MARLENE M. GAGNE

Donald Gagne

NORM GAGNON

Doris Gagnon

RALPH

David Perwak

ROBERT KLEKOTKA

Lisa Klekotka

PAUL ROBILLARD

The Pont Family

Walter & Beth Morse

Doris Bibeau

South Hadley COA Cribbage Club

George & Jane Collette

Rotary Club of Saco Bay

CSW, Inc.

Toby & David Daly

Joan Mikolajczyk

James Eisenstock

Cheryl Remillard

SHIRLEY GINGRAS

Gerri Bennett

TOM TETLOW

Irene Tetlow

DONATIONS NOT IN MEMORY OF:

Barbara Ayers

Donald & Shirley Isabelle

Donna M. Robideau

Dorcas Duff

Lorraine D. Lavallee

Sophie Kuzebski

Mrs. Theresa F. Stotz

Wayne & Mary Boulais

William Schultz

Thank You **DONATIONS TO THE SOUTH HADLEY COUNCIL ON AGING:**



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

DONATION FROM: _____ **ADDRESS:** _____

Contribution in memory/honor of: _____

Please send Acknowledgement to: (kindly indicate name, address & relationship): _____

- | | | |
|---|---|---|
| <input type="checkbox"/> Wherever Needed Most | <input type="checkbox"/> Christmas Gift Card Fund | <input type="checkbox"/> New Senior Center |
| <input type="checkbox"/> Activities Account | <input type="checkbox"/> Nutrition Gift Account | <input type="checkbox"/> Mothers' Garden |
| <input type="checkbox"/> Caregivers Gift Account | <input type="checkbox"/> Newsletter Account | <input type="checkbox"/> "Lights On" |
| <input type="checkbox"/> Minibus Maintenance | <input type="checkbox"/> Services Account | <input type="checkbox"/> Transportation Account |
| <input type="checkbox"/> Minibus (<i>Future Purchase</i>) | <input type="checkbox"/> Emergency Fund | <input type="checkbox"/> Subsidized Senior Transportation |

Please Make Check Payable To: South Hadley Council on Aging, 45 Dayton Street, South Hadley, MA 01075. Contributions are tax deductible. Donations made "In Memory/Honor" of someone **WILL** be published in the Monthly COA Newsletter.

Please check if you **DO NOT** want your name published.

