

The Golden Chronicle



The South Hadley Council on Aging

45 Dayton Street South Hadley, Massachusetts 01075

2017 Tel. (413) 538-5042 • Fax (413) 532-8206



SPRING CONCERTS

CELEBRATE SPRING CONCERT SERIES



CHORALITES CONCERT



The South Hadley Choralites will serenade us with a spring concert

Wednesday, May 17th

Luncheon Concert

Please RSVP to 538-5042



SARAH THE FIDDLER



Will perform immediately after lunch on

Tuesday, May 23rd

Make your reservations at 538-5042



SPECIAL DATES

May 2: Shine Councilor: 9-12pm by Appt.

May 8: Board of Director's Meeting

May 9: Birthdays & Anniversaries
Lunch
Memories Café

May 10: Gary Winn from EarMasters

May 12: Coffee & Conversation
with Robin Putnam

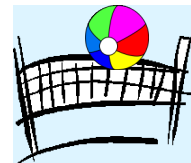
May 17: Choralites Spring Concert

May 23 Sarah the Fiddler at Lunch
Shine Councilor: 9-12pm by Appt.

May 29: Center Closed: Memorial Day



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Arm Chair Volleyball

MONDAYS

In the EXERCISE ROOM

1:00PM TO 2:30PM

Fun, laughs & hilarity will
abound!!

Surprise referees!

*Rule #1 you must stay in your seat !!



A Note from Leslie

Happy May! Happy Spring!

Lots of new happenings at the center this month! We have new program and activity offerings this May. We have two new activities starting the first week in May. *Arm Chair Volleyball* will begin on Monday, May 1st at 1pm in the gym. Referees Lisa “no spiking” Napierkowski and Kathy “stay in your chair” Gallivan will instruct players on the rules and regulations...and then the real fun begins.

Licensed Massage Therapist, Doryne Pederzani-Dinneen, will join us for *Massage Tuesdays in May*— 1pm to 3pm for 15 minute chair massages. You must pre-register with the office for a free session.

On May 12th please join Robin Putnam, Research and Special Projects Manager from the Office of Consumer Affairs and Business Regulation, at 10am for Coffee and Conversation. Robin will present Consumer University with a focus on shopping rights, skimming devices, identity theft, and on-line shopping.

We have two concerts this month - The Choralites Celebrate Spring Concert and Sarah the Fiddler— both of these concerts will get us all into the spring spirit!

And last, but certainly not least, the feasibility study for our new senior center is underway! The team of EDM, Architecture/Engineering/Management and Lifespan Design Studios spent a day at the center in early April. Tim Eagles of EDM is leading the team working on the feasibility study. EDM has worked locally on the Chicopee Senior Center, most recently, they were awarded the contract to build the new senior center in Hadley, Ma. Ellen and Doug Gallow, from Lifespan Design Studios in Ohio, are also part of the South Hadley team. The Lifespan Design Studio team has over 2 decades of extensive project experience in the senior center industry. I will continue to keep you updated on our progress. Happy Spring Everyone! Leslie

NUTRITION TIDBITS: Nutritionist WMEC

Did you know.....

One cup of black tea has enough fluoride to help prevent tooth decay – and green tea has twice as much. Green tea is also much richer in flavonoids and antioxidants.

To boost flavor and nutrition in salads, consider parsley. One ounce provides 43% of the RDA for Vitamin C and 18% for iron in men, plus 1 mg. of beta-carotene.

Here is another reason to boost fiber intake – it helps reduce the calories your body absorbs from what you eat. In a recent study, women and men who doubled their fiber consumption, absorbed 90 and 130 fewer calories a day, respectively.

A cup of coffee flavored yogurt contains about as much caffeine as a 12 oz. can of cola.

Information above from “TopHealth” - a health promotion and wellness newsletter.

The following is from Tufts Health & Nutrition newsletter:

A 1 oz. slice of cold-cut roast beef has 408 mg. of sodium, more than 21 times the amount in an oz. of fresh beef.

Topping a salad with just a quarter of a grated carrot adds an entire day’s worth of Vitamin A (as beta-carotene).

A food billed as “high-fiber” must have 5 grams or more per serving; a “good” source of fiber, 2.5 to 4.9 grams. The Daily Value for fiber is 25 grams.

People who eat beans at least four times a week have a 22% lower risk of heart disease than people who eat them less than once a week. Beans and legumes are particularly high in soluble fiber, which has been linked with lower cholesterol levels.

A Note From the School of Public Health, Univ. Of California at Berkeley-ANOTHER REASON TO CONSUME ADEQUATE AMOUNTS OF VITAMIN C, IT MAY REDUCE THE RISK OF STROKE, at least in men. A recent Finnish study of 2,400 men found that those with the lowest vitamin C concentration in the blood were twice as likely to have a stroke as those with the highest levels. The risk was even higher in men who also had high blood pressure or were overweight.




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



What to Expect at a Short Term Rehab Facility after a Hospital Stay

On Friday May 19 at 10am, Join us for a presentation on what to expect when you need short term Rehab after a hospital Stay. Representatives from Willimansett Centers East and West located in Chicopee will be coming to discuss services available and what to expect at short term rehab after a hospital stay. We will be dispel nursing home myths and let you know what your rights are to choose a nursing home for rehab. We will guide you through your day of admission, through your plan of care and what to expect after you discharge from the rehab. We will also discuss the services available at Willimansett Centers East and West, versus home with homecare, and why you or your loved one may benefit from a short stay at rehab prior to returning to home with home care. Willimansett Centers East and West have been serving the Chicopee, Holyoke and Springfield area for over 40 years. Our focus is on short-term rehabilitation following a hospital stay. We also provide post-acute services, rehabilitative services, skilled nursing, short and long term care through physical, occupational, and speech therapists; registered and licensed practical nurses; and certified nursing assistants. This is complemented by social services, activities, nutritional services, housekeeping and laundry services. Our post-acute services assist those transitioning from hospital to home. Our team of professionals will work with the physician to provide the level of care and services that will help each individual meet their goals for a successful discharge home. Please join us for this event. We will be providing refreshments and a door prize!

 <p>Just a reminder.....</p> <p>Are you celebrating a birthday in the month of May?</p> <p>If so, have you checked your Massachusetts driver’s license to see if it has EXPIRED?</p> <p>Remember we no longer receive a reminder from the RMV.</p>	<p>SAVE THE DATE~ Outreach Series</p> <ul style="list-style-type: none"> • May 19: Willimansett Skilled Nursing Center • June 23: Armbrook Village • July 28: WMEC Options Counseling • August 25: HomeWatch Caregivers • September 29: Mercy Adult Day Health of Westfield • October 27: Arbors of Chicopee • November 17: Providence Place • December 15: Glenmeadow
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REACHING OUT TO NEWTON MANOR



As part of the Council on Aging Community Outreach program Ann will be visiting Newton Manor on Wednesday, May 10th from 2:00 to 3:00 p.m. Please join her in the Community Room. She’ll bring goodies!



RIVER ROLL + STROLL

SUNDAY, MAY 7, 2017
11AM TO 3PM

HOLYOKE – SOUTH HADLEY



Music, Activities, Art, Food & Fun for All Ages. Look for the COA on the Vietnam Veterans Memorial Bridge. Bridging our two communities for a day of fun and festivities!

Volunteers are needed for this event. Please email: riverrollandstroll@gmail.com if you are interested.

Friends of South Hadley Elderly Corner



We want to thank everyone who participated in our Annual Raffle held at the Volunteer Appreciation Dinner this past month. There were many baskets, gifts, and gift cards/certificates donated by our local businesses and some generous Friends.

Friends Boutique opens with its spring and summer fashions and accessories on May 8. Hours of operation are 9:30 a.m. - 1:00 p.m. The days of operation for May are the 8th, 9th, 15th, 16th, 22nd, 23rd, and May 30. Remember we have articles for both men and women – many of them still have the price tags attached.

Senior Travel Club News

Wednesday, June 21: Sail Boston featuring the Tall Ships in Boston Harbor. Buses full with a wait list. So please let Sue know if you are cancelling ASAP. Final payment due by May 21. Call Susan Canedy 536-2106 for information.

Wednesday, July 19: Newburyport with Captain's Cruise. Before lunch, time to browse the shops or stroll the cobbled streets of beautiful, picturesque Newburyport. Dining at Michael's Harbor side restaurant (famous for their lobster rolls). Sirloin tips and Chicken Marsala are alternate meal choices. A hour and a half cruise from Plum Island up the Merrimack River follows lunch. Trip concludes with a guided visit to the Maritime Museum. Cost \$103.00. Call Judy Fortier, 534-3598 for reservations.

August 27-28: Lake George and Saratoga, NY. 2 Day Package includes, a Lake George cruise on the Mini Ha Ha, 1 night at the Georgian Resort on Lake George, dinner and dinner show in the Lakefront Dining Room, free time in Lake George Village. Day 2, breakfast buffet at the Resort, seats for the Saratoga races, dinner at Buca di Beppo in Albany on return. Cost \$315.00. Call Susan Canedy, 536-2106.

September: Cape Cod and Nantucket Island. 2 Day Package includes an overnight at the Irish Village Resort on Cape Cod. Day 1 features lunch at the Daniel Webster Inn, and a visit to the Sandwich Glass Museum. Dinner and Live Entertainment at the Irish Village Resort. Day 2 includes a buffet breakfast at the Irish Village, the ferry to Nantucket Island, with a narrated, guided Island tour. Lunch on your own. Cost \$305.00. Call Judy Fortier, 534-3598.

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

Monday, November 20: Friendship Tours 40th Anniversary Celebration at the 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. Call Howie Walsh, 593-6286.

August 18–24, 2017: The South Hadley Senior Travel Club, in conjunction with Collette Guided Tours, presents.... Canadian Rockies and Glacier National Park. Fully guided, 7 Day tour including air. Call Howie Walsh, 593-6286 for more information.

SOUTH HADLEY COA STAFF:

Leslie Hennessey, Director
Lisa Napiorkowski, Asst Director
Ann Andras, Social Serv. 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, Maryanne Fredette & Linda Callahan
 Sub-Meals on Wheel Driver:
 Sal Canata
Roger Duval, Handyman
Eileen Burke, SHINE Coordinator
Howie Walsh, Travel Club Chairperson
Sheila Adams, President, Friends of S.H. Elderly
Erin Marx, Newsletter Design

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.

Free Hearing Clinics at the COA

Gary Winn, Licensed Hearing Specialist, will be at the center the 2nd Wednesday of the month starting on May 10th - 9am to 12pm. Free testing and cleaning. Call 538-5042 to make an appt.

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

Welcome to the Rainbow Supper Club of Holyoke

WMEC in partnership with Holyoke COA, invite all Lesbian, Gay, Bi-sexual Transgender seniors, age 60 and older, younger partners, friends and allies.

First Wednesday of the Month: 5pm-7pm

Holyoke Council on Aging, 291 Pine St, Holyoke, MA

Reservations required call 413-538-9020

Or email rainbowsupperclub@wmeldercare.org

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!



Are you feeling stressed?

Do your friends keep saying, "just relax!"

How about a nice Arm Chair Massage or a gently hand massage?

Doryne Pederzani-Dinneen, Licensed Massage Therapist, will be with us on Tuesday afternoons in May from 1-3pm to give 15 minute chair massages. There is no charge; compliments of the Friends of South Hadley and the generous donations made to our activities fund.

Call 538-5042 to reserve one appointment. Space limited.



Linda Tenkate

Retires from HMOW

We at the COA want to wish Linda Tenkate, one of our Home Meals on Wheels Drivers, good luck and happiness in her retirement!! Linda will no longer be delivering meals for the Home Delivered Meals on Wheels Program for the South Hadley Council on Aging.

We will miss you, Linda!!

How To Quit Smoking

If you have been thinking about quitting smoking and would like to learn more, you are invited to attend "How to Quit Smoking," a group that will meet for six weeks on Thursday's beginning on May6th. The group will be held in the Northampton Senior Center at 67 Conz Street in Northampton, MA. It is free of charge, open to the public, (55+) and physically accessible. Registration is required. Please contact: the Northampton Senior Center at **413-587-1228**.

How to Quit Smoking (55+)

Thursdays, May6-May 11, 2017

Northampton Senior Center from 1:00-3:00

Free of Charge, Open to the Public (55+) and Physically Accessible"

MAY 2017

MONDAY

TUESDAY



**The Friends Boutique
Reopens May 8th**

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**

**Our Lunch Program is
Funded by a Title III-C
Nutrition Program
Grant from
WestMass ElderCare**




**Grocery Shop-
ping is available
every Wednes-
day & Friday
Call 538-5042 for
reservations.**

<p>1 ROASTED CHICKEN W/GRAVY 10:00 Tai Chi (Rm#5) 10:00 Music Appreciation (Rm#3) 1:00 Pinochle & Canasta (Dining Rm.) 1:00 Mah Jongg (Rm#2) 1:00 Color Me Calm (#3) 1:00-2:30 NEW "ARMCHAIR VOLLEYBALL" (Rm#5)</p>	<p>2 FRENCH MEAT PIE 9:00-12:00 SHINE (Appt. Only) 10:00 Beginning Exercise (Rm#5) 11:15 Irene Plays Piano 12:45 Movie: "The First of May" (Rm#5) 1:00 Bingo (Rm#2) 1:00 Needlecraft (Rm#3) 1:00 NEW "Arm Chair Massage" w/Doryne Pederzani-Dinneen (Rm #1#)</p>
<p>8 SALISBURY STEAKS W/GRAVY 9:30 Foot Nurse (by Appt. Only) 9:30-1:00 Friends Boutique 10:00 Tai Chi (Rm#5) 10:00 Music Appreciation (Rm#3) 1:00 Pinochle & Canasta (Dining Rm.) 1:00 Mah Jongg (Rm#2) 1:00-2:30 Armchair Volleyball (Rm#5) 4:00 COA Board Meeting</p>	<p>9 BIRTHDAY/ANNIVERSARY ROASTED PORK W/GRAVY 9:30-1:00 Friends Boutique 10:00 Beginning Exercise (Rm#5) 10:00-11:30 Memories Cafe 11:15 Irene Plays Piano 12:45 Movie: "Easter Parade" (Rm#5) 1:00 Bingo (Rm#2) 1:00 Needlecraft (Rm#3) 1:00 Arm Chair Massage (Rm #1)</p>
<p>15 CHEESE TORTELLINI W/SAUCE 9:30 Foot Nurse (by Appt. Only) 9:30-1:00 Friends Boutique 10:00 Decorating Group 10:00 Tai Chi (Rm#5) 10:00 Music Appreciation (Rm#3) 11:30 REP. JOHN SCIBAK—DR 1:00 Pinochle & Canasta (Dining Rm.) 1:00 Mah Jongg (Rm#2) 1:00 Color Me Calm (#3) 1:00-2:30 Armchair Volleyball (Rm#5)</p>	<p>16 SPAGHETTI W/MEATBALLS 9:30-1:00 Friends Boutique 10:00-11:00 Brown Bag 10:00 Low Vision Group (Rm #1) 11:15 Irene Plays Piano 12:45 Movie: "Spring in Park Lane" (Rm#5) 1:00 Bingo (Rm#2) 1:00 Needlecraft (Rm#3) 1:00 Arm Chair Massage (Rm #1)</p>
<p>22 CHICKEN TERIYAKI 9:30 Foot Nurse (by Appt. Only) 9:30-1:00 Friends Boutique 10:00 Tai Chi (Rm#5) 10:00 Music Appreciation (Rm#3) 1:00 Pinochle & Canasta (Dining Rm.) 1:00 Mah Jongg (Rm#2) 1:00-2:30 Armchair Volleyball (Rm#5)</p>	<p>23 CHEESE LASAGNA W/SAUCE 9:00 Newsletter Collating 9:00-12:00 SHINE (Appt. Only) 9:30-1:00 Friends Boutique 11:15 Irene Plays Piano/NO Movie 12:30 "SARAH THE FIDDLER" 1:00 Bingo (Rm#2) 1:00 Needlecraft (Rm#3) 1:00 Armchair Massage (Rm #1)</p>
<p>29 CENTER CLOSED </p>	<p>30 CHICKEN PATTY W/GRAVY 10:00 Beginning Exercise (Rm#5) 11:15 Irene Plays Piano 12:45 Movie: "It Happens Every Spring" (Rm#5) 1:00 Bingo (Rm#2) 1:00 Needlecraft (Rm#3) 1:00 Armchair Massage (Rm #1)</p>

WEDNESDAY

THURSDAY

FRIDAY

<p>3 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)</p>	<p>4 BEEF STEW 9:30-11:30 "Let's Paint" Art Class*- (Rm#2) 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)</p>	<p>5 BAKED STUFFED SHELLS 9:30 Grocery Shopping 10:00 Coffee & Conversation w/Robin Putnam (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>10 COLD TURKEY SALAD PLATE 9:00-12:00 EarMasters w/Gary Winn (Rm#1) 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)</p>	<p>11 VEAL PATTY W/GRAVY 9:30-11:30 "Let's Paint" Art Class*- (Rm#2) 10:00-11:30 Travel Club (Lib. Conf. Room) 10:00 Veterans Group 10:00 Beginning Exerc. (Rm#5) Last Class 12:30-2:00 Blood Pressure (Nurse) Rm#1 1:00 Quilting (Rm#3) 1:00 Golden Agers (Rm#2) 1:00 Chip Poker (Rm#4) 1:00 Scrabble (Library)</p>	<p>12 POLLOCK LOINS 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>17 ROASTED TURKEY W/GRAVY SPRING LUNCH & CONCERT 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 Concert (Dining Room)</p>	<p>18 GROUND BEEF STROGANOFF 9:30-11:30 "Let's Paint" Art Class*- (Rm#2) 10:00-11:30 Travel Club (Lib. Conf. Room) 1:00 Quilting (Rm#3) 1:00 Golden Agers (Rm#2) 1:00 Chip Poker (Rm#4) 1:00 Scrabble (Library)</p>	<p>19 BAKED SALMON W/LEMON 9:30 Grocery Shopping 10:00 Coffee & Conversation (DR) 10:00 Aging in Place Series: Willimansett Skilled Nursing Center (Rm#2) 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>24 SHEPHERDS PIE W/GRAVY 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)</p>	<p>25 SWEET & SOUR PORK 9:30-11:30 "Let's Paint" Art Class*- (Rm#2) 10:00-11:30 Travel Club (Lib. Conf. Room) 1:00 Quilting (Rm#3) 1:00 Golden Agers (Rm#2) 1:00 Chip Poker (Rm#4) 1:00 Scrabble (Library)</p>	<p>26 COLD EGG & OLIVE SALAD PLATE 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>31 SIRLOIN TIPS W/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)</p>	<p>THE 2017 THEME FOR OLDER AMERICANS MONTH IS </p>	

News From ~Nancy (Activity & Volunteer Coordinator)

MAY MOVIE SERIES-

Our theme is "SPRING" movies

May 2 - **"The First of May"** (1999)

staring Julie Harris, Mickey Rooney/
Joe DiMaggio

May 9 - **"Easter Parade"** (1948) with
Fred Astaire and Ann Miller

May 16- **"Spring in Park Lane"** (1949)
with Michael Wilding/Anna Neagle

May 23- NO MOVIE Sarah the
**Fiddler will be entertaining in the
dining room at 12:30.**

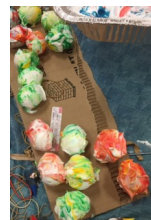
May 30- **"It Happens Every Spring"**
(1949) with Ray Milland & Jane Peters
EVERY TUESDAY AT 12:45pm



Easter egg
decorating
was messy



but fun!



Sarah the Fiddler will be here to entertain
on Tuesday, May 23rd at 12:30.



BERKSHIRE HILLS will be here June 6 at
11 am to entertain us before lunch.

Don't miss out-they are always a hit.

Sign up for lunch in the office.

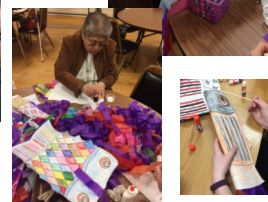
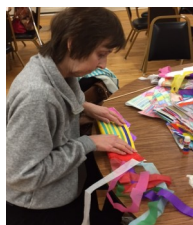
River Roll & Stroll Festival... Our seniors /grandchildren gave an enthusiastic

response to helping out with kite making for the

River Roll & Stroll Street Festival on May 7 from 11-3.

We hope you will attend this event down on the bridge
where you will see the 70 kites we made.

THANK YOU seniors/grandchildren!





Our Knitting Group meets on Fridays at 1:00pm in the library. This dedicated group of ladies work on special projects for the community and are currently working to make scarves for the Rays of Hope walk in October. The pink scarves will be donated to walkers to help keep them warm.



Missing from photo, -Joyce G

THANK YOU

Our Volunteer Appreciation Dinner was held on April 21st.

Details of the event will be in the June newsletter.



Thank you to our decorating group for making the spring and Easter centerpieces. The group meets every month and is always looking for more help. Join us May 15th

at 10 am in Dining Room



Our new art class is up and running. The class is on Thursday mornings from 9:30-11:30. Call the office for more details.



Thank you for your recent donations!

We are still accepting tea cups, clothespins & construction paper



- We are in need of small USA flags (the size you would wave at a parade)



- Sea shells and beach sand

- Glue guns and glue sticks



- Curling ribbon- any color



- Scrabble tiles



THANK YOU!

HELPFUL RESOURCE 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


Helpful Resources

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


Memories Cafe

The Café will meet the 2nd

Tuesday of the Month

10am to 11:30am

**At the South Hadley Council on
Aging**



Call 538-5042 to inquire

**PUT A DENT IN IDENTITY
THEFT
FREE**

**COMMUNITY SHRED EVENT
Saturday, June 3, 2017**

Bank of America

Newton Street, So. Hadley

9:00 A.M. TO 12:00 P.M.

SPONSORED BY:

So. Hadley TRIAD/S.A.L.T.

COUNCIL,

**and VALLEY GREEN SHRED-
DING**

Residential ONLY and no limit!

**~Les Dickinson for the weekly donations
of Big-Y goodies!**

**~Jean Lambert for the donation of 1950's
style hats**

~ Denise for the donation of art supplies!!

**~ The Arbors in Chicopee for the delicious snack for the
Memories Café participants.**

**~Chris Woods from the United Way and the helpful kids
from The Holyoke YMCA for sharing their knowledge on
Grand Friends Day at the center!!**



Funding from the **Older Americans Act** through the MA Executive Office of Elder Affairs and the Administration for Community Living provide GRANTS FROM WESTMASS ELDERCARE, INC.

The programs include: 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 .

ALDEN MCCLAFLIN
Steve & Debbie Rainaud

IRENE COURCHESNE
MAROIS
Marcia Petri

VERNA BLOOM
Marilyn & Ronald Sicotte

AMELIA M. DZIJA
Ed & Gerri Bennett

JULIA RATKIEWICZ
Bernard Ratkiewicz

BERNIE RATKIEWICZ
Bernard Ratkiewicz

MARGIE ORTENSI
Kathleen Kennedy

BETTY BELLIVEAU
Rita Gladu

MAURICE LAMPRON
Gerri Bennett

DOROTHY RONDEAU
Eileen Halkyard

PAUL ROBILLARD
South Hadley Falls Fire-
men's Relief Association

EDWARD F. DZURIS
Donald McCullough
Margaret & Richard Brown

PHILLIPPA GOOLD
The COA Friday Bridge
Group
Kathleen M. Cole

FRAN MYTKOWICZ
Gerri Bennett
James & Sue Bonafini
Roland & Sharlene Racine

**WE ARE ALSO VERY GRATEFUL
FOR THE DONATIONS
RECENTLY RECEIVED FROM THE
FOLLOWING PEOPLE:**

Kathy & Dick Kirby
Richard & Patricia Molte
Joanne & Wally Kluza
Dorothy Kelly, MD
Kim & Julie from Beacon Hospice
Linda S. Mason
Christopher & Judith Ratkiewicz
Kathleen Hurley
South Hadley Women's Club

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.

