

The Golden Chronicle

JULY 2017
Newsletter
Not a
double issue

The South Hadley Council on Aging

45 Dayton Street South Hadley, Massachusetts 01075

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



July is picnic
time...



Thursday
July 20th
Picnic lunch at the COA

Hamburgers, Hot dogs, corn-on-the-cob, chips,
beans, watermelon and more!!!!

Entertainer Jimmy Mazz
will celebrate with us!!!

**Our South Hadley Home Meals on Wheels Clients*

SPECIAL DATES

- July 4th : HOLIDAY!
- July 5: Quilts of Valor presentation to COA Veterans
- July 6: Alzheimer's Caregiver Support Group meeting.
- July 7: Coffee & Conversation: Big Y Pharmacist
- July 10: COA Board of Directors Meeting
- July 11: Birthdays & Anniversaries
~Memories Café 10– 11:30
- July 13: Friends of S. Hadley Elderly Meeting
~Blood Pressure Clinic 12:30-2pm RN's office
- July 19: Travel Club Trip to Newport HMOw Members PICNIC Day
- July 20: COA PICNIC LUNCH
- July 21: Coffee & Conversation: Leslie
- July 25: SHINE 9-12PM
- July 28: Coffee & Conversation:



Water Color Classes
Ongoing * Join anytime
Thursdays at 9:30am
Only \$4.00 per class



Chair Yoga
THURSDAYS
10:00AM TO 11:00AM
Exercise Room

Veteran's Group

July 13th at 10am

"To Heal A Nation"

A DVD presentation of
the history and making
of the

Vietnam Memorial Wall



A Note from Leslie

Summer seems to have started off on a hazy, hot and humid track. Please remember that the center is a cooling shelter and we provide respite for anyone in need a break from the heat and humidity.

I recently attended the National Council on Aging Conference in Chicago, Illinois, and had many opportunities to build my network of resources and increase my awareness of new trends. The workshops were informative and offered many sources for best practices in the industry. The mid-west hospitality was genuine, and I met and exchanged information with many innovative directors.

One of my goals in attending was to get a sense of what the leaders of NCOA and NANASP were feeling about the political climate and to hear concerns surrounding cuts to critical services for seniors. I attended a morning workshop for directors of nutrition programs where I met and discussed the common issues and challenges. We also expressed our concerns about funding. The question of “what does all of this mean” came up and the “seasoned” directors, speaking with wisdom and experience, offered reassurances that services to our most vulnerable individuals; the young and seniors, have always been offered up to the proverbial chopping block and that communities such as: COA organizations, members, champions and elder service agency partners who are dedicated to maintaining services step-up, push back and lobby for the continuation of funds to services.

In addition my colleagues and I attended a policy and politics panel hosted by Robert Blancato, Exec. Director of the National Association of Nutrition and Aging Programs and James Firman, President and CEO of the National Council on Aging. Again, the message from both political pundits sounded similar to the points made earlier in the day, however, both presenters agreed that a position of cautious optimism should be taken. Good advice I think.

After four long, productive days the conference came to a close. I returned with a suitcase packed with ideas and information that will keep us busy for awhile!! ~Leslie

A recipe for bone health: It's more than just calcium! By Jamie Bronner, Keene State, Dietetic Intern

As humans age, our risk of developing osteoporosis increases significantly. Our bones are like our roads in Massachusetts, always under construction! Vitamins, minerals, other nutrients and exercise are to our bones what asphalt and construction workers are to our roads. Through diet and lifestyle, we can maintain strong, healthy bones and reduce our risks for both osteoporosis and fractures by providing the “construction crew and materials” for our bones. While calcium is a major component to maintaining strong bones, there are others vitamins and nutrients that are also essential for bone health. Vitamins A, D and K, protein and regular exercise are all necessary for keeping our bones strong. Here are some good sources of these critical components to maintaining strong bones:

Calcium: Dairy products such as milk, yogurt and cheese; green Vegetables such as kale, spinach, green cabbage, collards, Brussels sprouts; canned fish w/ bones such as canned salmon, sardines or anchovies

Protein: Meat, fish, poultry, beans, whole grains and nut butters

Vitamin A: Dark-green and yellow-orange fruits and vegetables such as carrots, squash, spinach, broccoli, sweet potatoes, cantaloupe, peaches, apricots and mangoes; milk, eggs and fortified bread and cereals

Vitamin D: Sunshine, fortified cereals, milk and fatty fish such as salmon or mackerel

Vitamin K: Dark, leafy green Vegetables such as kale, spinach, broccoli, Brussels sprouts, cabbage and lettuce.

Remember that it's still important to get enough vitamin K even if you are on **Coumadin!** *Consistent intake is key to keeping your levels stable and your bones healthy.*

Regular Exercise: Any physical activity is good! Walking, climbing stairs, carrying groceries, doing laundry, dancing and other activities like tai chi are all forms of physical activity. Try to get moving for at least 30 minutes a day. Local senior centers have many activities that can help you get moving and have fun while you are doing it!

Incorporating these foods into your diet along with regular activity is a great recipe for strong, healthy bones! Consuming meals provided by the South Hadley COA can help provide the necessary vitamins and minerals for maintaining strong, healthy bones.



Outreach News

from Ann

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

WestMass ElderCare, Inc.

On Friday July 28, 2017 at 10:00 AM Season Bryant, Community Options Coordinator of WestMass ElderCare will present on the services and programs available for elders and persons with disabilities.

WestMass ElderCare (WMEC) is an Area Agency on Aging and Aging Service Access Point (ASAP), providing Information and Referral, Options Counseling, and support services to individuals in need, to preserve the dignity, independence, and quality of life of elders and disabled persons desiring to remain in the community.

Please join Season to learn about the variety of community options available such as Companion, Chore, Home Delivered Meals, Homemaking, Medication Management, Personal Care, Personal Emergency Response System, Transportation, and much more. Season will answer questions regarding eligibility for these services as well as other available program options.

In addition to the state funded programs and services, additional support programs include: Adult Family Care, Family Caregiver Support, Money Management, Nutrition Support, and Personal Care Management.



It's once again time for the FARMERS MARKET COUPON PROGRAM! I don't have a firm date of delivery from WestMass ElderCare, Inc. but South Hadley will be receiving some booklets. If you are interested in information about the program or would like to request the coupons, call Ann at 538.5042 extension 206. Quantities are limited.

REACHING OUT TO THE COMMUNITY



A very special **THANK YOU** to the residents of Newton Manor, Lathrop Village and Hubert Place for your very warm welcome! I've enjoyed spending time with all of you, talking about the many programs available at the Senior Center and educating some of you on the services you might qualify for. I will be visiting Newton Manor on Wednesday July 5th @ 2:00 p.m., Hubert Place on Tuesday, July 18th @ 2:00 p.m., and Lathrop Village on Wednesday July 26th @ 2:00 p.m.

Please join me in the Community Room.



Just a reminder.....

Are you celebrating a birthday in the month of **July?**

If so, have you checked your Massachusetts driver's license to see if it has EXPIRED?

Remember we no longer receive a reminder from the RMV.

SAVE THE DATE~ Outreach Series

- 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



Friends of South Hadley Elderly, Inc.

July schedule for the Friends of the Elderly Boutique, open between 9:30 a.m. and 1:30 p.m. is the 10th, 11th, 17th, 18th, 24th and 25th.

Don't forget the annual picnic – rescheduled from July 19th to July 20th. Same time – same place.

Senior Travel Club News

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 Harborside 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. Day 1, 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: A preview of a coming event--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 and final September dates are being worked on and flyers will be available soon or call Judy Fortier for additional information.

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 HillFarm 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.

Friday, December 8, the Boston Pops Holiday Concert (with Keith Lockhart) conducting) at Symphony Hall in Boston. This will be a 4:00PM matinee performance. It will be preceded by a full course luncheon at the Venezia Restaurant, with a Yule drive along Boston Commons to view the Holiday lights. Cost \$130.00. Call Judy Fortier, 534-3598.

Welcome to the Rainbow Supper Club of Holyoke

 Western Mass ElderCare, 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, dinner served at 5:30pm

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

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

The printing and mailing of the newsletter is made possible through Formula Grant funds, advertising and your gener-

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 ,
 Siri Lewis , Linda Callahan &
 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



South Hadley COA Mini-Bus Service:



Do you need the COA mini-bus for transportation?

The Mini-bus runs Monday—Friday from 9am to 3pm.

You can take the mini-bus to local medical appointments , grocery shopping, and transportation to and from the COA. The cost of riding the mini-bus is \$1.25 each way or \$2.50 round trip (to and from the center is \$2.50)

All rides must be scheduled 24 hours in advance.

Sorry, our driver cannot assist with grocery bag delivery.

CALL 538-5042

Companion/Escort Transportation Program

Do you need medical transportation to Doctor Appointments, OUTSIDE of South Hadley?

Call Ann Andras to see if you qualify to receive transportation services from our grant funded Program.

Drivers will take you to and from a medical appointment in their own vehicle. There is no cost to you.

Call to learn more about this important service: 538-5042

~ 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)

Report Elder Abuse

To report suspected elder abuse, please call the state-wide 24-hour hotline at [1-800-922-2275](tel:1-800-922-2275)

Beginning June 30, 2017 the Executive Office of Elder Affairs will centralize the Elder Protective Services abuse report intake system (elder abuse hotline) to a

All calls (day or night, 7 days a week) will go directly to the MA based call center at [1-800-922-2275](tel:1-800-922-2275), regardless of location of reporter of the elder.



Facials at the COA

Tyme4spa, Time for You

Facials with Diane Neill
 Fully Licensed and Insured
 Experienced

Every 3rd Wed of the Month starting June 21st.

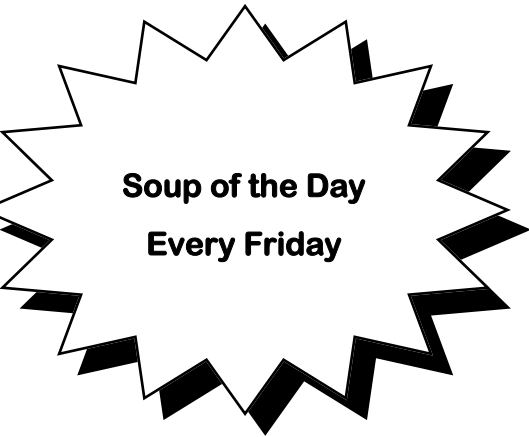
\$33.00 per session

Call 538-5042 for an appt.

JULY 2017

MONDAY

TUESDAY



**Soup of the Day
Every Friday**

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.**

3 OVEN BAKED CHICKEN W/GRAVY

10:00 Music Appreciation (Rm#3)
NO Tai Chi today
1:00 Pinochle & Canasta (Dining Rm.)
1:00 Mah Jongg (Rm#2)
1:00 Color Me Calm (#3)

4 CLOSED FOR HOLIDAY



10 CHICKEN MARSALA

9:30-1:00 Friends Boutique
9:30 Foot Nurse (by Appt. Only)
10:00 Decorating Group (Dining Room)
10:00 Tai Chi (Rm#5)
10:00 Music Appreciation (Rm#3)
1:00 Pinochle & Canasta (Dining Rm.)
1:00 Mah Jongg (Rm#2)
4:00 COA Board Meeting

**11 BIRTHDAY/ANNIVERSARY
FRENCH MEAT PIE W/GRAVY**

9:30-1:00 Friends Boutique
10:00-11:30 Memories Café
11:15 Irene Plays Piano
12:45 Movie: "A Few Good Men" (Rm#5)
1:00 Bingo (Rm#2)
1:00 Needlecraft (Rm#3)

17 COLD PLATE: TURKEY SALAD

9:30-1:00 Friends Boutique
10:00 Music Appreciation (Rm#3)
10:00 Tai Chi (Rm#5)
10:00 **Craft Time with Nancy (Bring
Grandchildren) **See Note Below**
11:30 **REP. JOHN SCIBAK—DR**
1:00 Pinochle & Canasta (Dining Rm.)
1:00 Mah Jongg (Rm#2)
1:00 Color Me Calm (#3)

18 BBQ CHICKEN

9:30-1:00 Friends Boutique
10:00-11:00 Brown Bag
NO Low Vision Group this month
11:15 Irene Plays Piano
12:45 Movie: "Miracle" (Rm#5)
1:00 Bingo (Rm#2)
1:00 Needlecraft (Rm#3)

24 STUFFED SHELLS W/SAUCE

9:30-1:00 Friends Boutique
9:30 Foot Nurse (by Appt. Only)
10:00 Tai Chi (Rm#5)
10:00 Music Appreciation (Rm#3)
1:00 Pinochle & Canasta (Dining Rm.)
1:00 Mah Jongg (Rm#2)

25 ROAST PORK W/GRAVY

9:00-12:00 SHINE (Appt. Only)
9:30-1:00 Friends Boutique
11:15 Irene Plays Piano
12:45 Movie: "Apollo 13" (Rm #5)
1:00 Bingo (Rm#2)
1:00 Needlecraft (Rm#3)

31 MILD BEEF CHILI

10:00 Music Appreciation (Rm#3)
10:00 Tai Chi (Rm#5)
1:00 Pinochle & Canasta (Dining Rm.)
1:00 Mah Jongg (Rm#2)



WEDNESDAY

THURSDAY

FRIDAY

<p>5 SPAGHETTI & MEATBALLS 9:30 Grocery Shopping 10:00-11:30 Travel Club (Library Conf. Rm) 10:30 Healthy Bones & Balance (Rm#5) 12:30 Quilts of Valor Presentation for COA Veterans 1:00 Mah Jongg (Rm#3); 1:00 Pitch (Rm#2)</p>	<p>6 BROCCOLI QUICHE NO Water Color Art Class today 10:00-11:00 Chair Yoga (Rm #5) 10:00-11:30 Travel Club (Library Conf. Rm) 10:00 Alzheimer Caregiver Support (Rm#1) 1:00 Chip Poker (Rm#4) 1:00 Golden Agers (Rm#2) 1:00 Quilting (Rm#3); 1:00 Scrabble (Library)</p>	<p>7 HADDOCK FILLETS 9:30 Grocery Shopping 10:00 Coffee & Conversation (Dining Room) - Big Y Pharmacist 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>12 ROASTED TURKEY W/GRAVY 9:00-12:00 EarMasters w/Gary Winn (Rm#1) 9:30 Grocery Shopping 10:00 Craft Time with Nancy (Bring Grandchildren) **See Note Below 10:00-11:30 Travel Club (Library Conf. Rm) 10:30 Healthy Bones & Balance (Rm#5) 1:00 Mah Jongg (Rm#3); 1:00 Pitch (Rm#2)</p>	<p>13 TERIYAKI CHICKEN 9:30-11:30 Water Color Art Class (Rm#2) 10:00-11:00 Chair Yoga (Rm #5) 10:00-11:30 Travel Club (Library Conf. Rm) 10:00 Veterans Group 12:30-2:00 Blood Pressure (Nurse) Rm#1 12:45 Armchair Volleyball (Rm#5) 1:00 Chip Poker (Rm#4) 1:00 Golden Agers (Rm#2) 1:00 Quilting (Rm#3); 1:00 Scrabble (Library)</p>	<p>14 BREADED POLLOCK 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>19 BAKED HAM W/FRUIT SAUCE 9:00 Tyme4spa Time for You Facials w/Diane Neill 9:30 Grocery Shopping 10:00-11:30 Travel Club (Library Conf. Rm) 10:30 Healthy Bones & Balance (Rm#5) 1:00 Mah Jongg (Rm#3); 1:00 Pitch (Rm#2)</p> <p>HMOW—PICNIC DAY</p> 	<p>20 COA PICNIC—WITH JIMMY MAZZ HAMBURGERS & HOT DOGS 9:30-11:30 Water Color Art Class (Rm#2) NO Chair Yoga today 10:00-11:30 Travel Club (Library Conf. Rm) No Armchair Volleyball today 1:00 Chip Poker (Rm#4) 1:00 Golden Agers (Rm#2) 1:00 Quilting (Rm#3) 1:00 Scrabble (Library)</p>  <p>HMOW—BAKED HAM</p>	<p>21 MEATLOAF W/GRAVY 9:30 Grocery Shopping 10:00 Coffee & Conversation (Dining Room) w/Leslie 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>26 CHICKEN PARMESAN W/SAUCE 9:30 Grocery Shopping 10:00-11:30 Travel Club (Library Conf. Rm) 10:30 Healthy Bones & Balance (Rm#5) 1:00 Mah Jongg (Rm3) 1:00 Pitch (Rm2)</p>	<p>27 LIVER & ONIONS 9:30-11:30 Water Color Art Class (Rm#2) 10:00-11:00 Chair Yoga (Rm #5) 10:00-11:30 Travel Club (Library Conf. Rm) 12:45 Armchair Volleyball (Rm#5) 1:00 Chip Poker (Rm#4) 1:00 Golden Agers (Rm#2) 1:00 Quilting (Rm#3) 1:00 Scrabble (Library)</p>	<p>28 COLD PLATE: TUNA SALAD 9:30 Grocery Shopping 10:00 Coffee & Conversation (DR) - Berkshire Banking 10:00 Aging in Place Series: (Rm#2) WMEC-Options Counseling 10:30 Healthy Bones & Balance (Rm#5) 1:00 Canasta (Dining Room) 1:00 Cribbage (Rm2); 1:00 Bridge (Rm3) 1:00 Knitting (Library)</p>

**** Craft Time with Nancy (bring Grandchildren) Sign up by July 7th**



News From ~Nancy (Activity & Volunteer Coordinator)

JULY MOVIE SERIES-

Our theme is "Patriotic" movies

July 11 -"A Few Good Men" (1992)

staring Jack Nickelson/Tom Cruise

July 18 -"Miracle" (2004) with Kurt Russell/Patricia Clarkson

July 25- "Apollo 13" (1995) with Tom Hanks/Ed Harris

EVERY TUESDAY AT 12:45pm

Can you lend a hand?



We are in need of a **Dining room helper on the 1st, 2nd, 3rd ,5th Wednesdays of the month**

(or any combination of these dates).

Time frame is about 9:15/9:30-12:30

We also need **Home Meals on Wheels packers (no delivery) every other Thursday**

Time frame is 8:15/8:30-12:30

Please call Nancy Yesu X205 if you can help

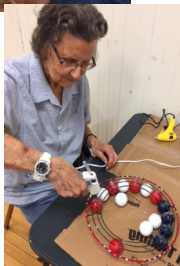
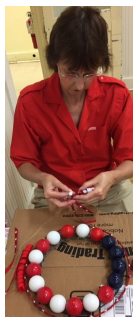
BERKSHIRE HILLS recently entertained us before lunch. We always love having them here!



There will be **NO** Watercolor class on July 6. There **WILL BE** class on July 13, 20, 27

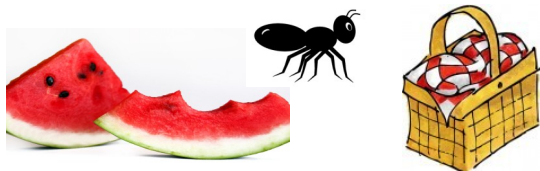
NO classes in August!

Making chocolate covered strawberries



FLAG DAY CRAFT-now you know how we used all the golf balls you donated!





Join us July 20th *NEW DATE
for our
INDOOR summer picnic.

Entertainment by Jimmy Mazz.

Featuring

“Songs Across America”

Sign up in the office
starting July 3rd.

*Seating is limited.

Patriotic dress encouraged



Book Club

I am wondering if there is enough interest in starting a monthly Book club.

Each month we would read a chosen book and get together at the end of the month to discuss it. Please call and leave a message for me at Ext 205 if you are interested.

Let me know day/time you would prefer to meet (once a month).

Join Nancy for July craft days-Wednesday, July 12 @ 10am or Monday, July 17 at 10:am Sign up in office by July 10 so I can properly prepare supplies.






Thank you for your recent donations!

We are in need of the following...

- **Empty Coca Cola or Pepsi soda cans only – (no plastic bottles)**
- **Cardboard egg cartons**
- **Old or new Softballs/Baseballs**
- **Glass “beads” that you put into clear vases (any color)**
- **Elmer’s glue (small bottles or glue sticks)**

THANK YOU!




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

~ Loomis Communities in South Hadley for the delicious snacks for our June Memories Café.

~ Our Amazing VOLUNTEERS for all they do!!!

Funding from the **Older Americans Act** through the Massachusetts 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, 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.

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



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

Legal Tips by Elder Law Attorney Karen Jackson: The Durable Power of Attorney, an important legal document”.

The durable power of attorney (“DPA”) allows a person you designate to sign legal documents, e.g., checks, deeds, financial documents on your behalf if you become unable to understand what you are signing.

Here's an example of how it works and what it can do: Mrs. Green signs the DPA naming her first and second choice agent to serve. If, in the future, Mrs. Green no longer understands what she is signing, the first listed agent shows the document to the banker, and the agent can start signing Mrs. Green's checks.

In preparing a DPA, it's important to name a first- choice person and a second choice - I call them “spare tires” - in case something happens, and the first person can't serve. Avoid co-agents - two people sharing the responsibility at the same time. - It's cumbersome and confusing to need two signatures for everything. And, if the two people disagree, it can create a tangled mess that winds up in court.

So, you ask, “Why not just change the parent's bank account to a joint bank account with that one child?” The DPA is better for two important reasons. First, the DPA can be used for ALL legal documents, not just bank accounts.

Second, it avoids this problem. Let's say Mom, a widow, has three children, and she has added one of them to her bank account. Upon Mom's death, the law presumes that only that one child will receive the money remaining in the bank account. The other two have no legal right to the money. They argue that their sibling was only on the account to help Mom with bills, and her intent was to divide the account into thirds after her death. Unfortunately, any opportunity to ask Mom about her intentions has passed.

A DPA allows you to choose who will manage your financial affairs while you're alive. It's clean and simple

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

MARILYN SICOTTE

Don McCullough

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

BARBARA LEONARD

Joan Descant

AL FERNANDES

Bea Fernandes

Carol Kayi

Ed Houlberg

DELORES LUKASIK

Carol & Dwight Pearl

GAIL LAPIERRE

Theresa & Pierre Van Belle

Edward & Kathleen Kopec

Fran O'Connell

John Howes

PHILLIPPA GOULD

Lauria Demers

DON BROCHU

Janie Brochu

Kathleen Hurley

Stella Warzenski

RALPH

David Perwak

THOMAS TETLOW

Irene Tetlow



VERNA BLOOM

Frederick & Kathryn

Kareta

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 (Future Purchase) | <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.

