

# The Golden Chronicle

*The South Hadley Council on Aging*

45 Dayton Street South Hadley, Massachusetts 01075

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



Following Lunch on **Thursday, August 17**  
we will hold

## The COA Ice Cream Social!!!

(Sponsored by the Friends of the South Hadley Elderly)  
Entertainment provided by

**Eddy C: Harmonica & Polka Music**

Call to make lunch reservations & sundae topping choices  
538-5042

### SPECIAL DATES

**August 8: Birthdays & Anniversaries**

**August 9: Tyme4spa, Time for You**  
Facials with Diane Neill

**August 10: Veterans Group Mtg.**

~Blood Pressure Clinic  
12:30-2pm RN's office

~ Facials 9-1pm.

**August 15: Mini-bus to Big-Y**

~Make a Tye-Dye T-shirt  
with Nancy

**August 17: Ice Cream Social spon**  
sored by the Friends

**August 30: SUPER BINGO**



Friends of the South Hadley  
Elderly sponsored:

## SUPER BINGO DAY

Cash Prizes Fun Games  
Bingo Lingo!  
50/50 Raffle

**\$5.00 minimum to play:**

**\$3.00 for 3 cards &**

**\$2.00 for the coverall**

**\$1.00 each to purchase extra cards**

Proceeds support the COA Activity Fund!!

### SAVE THE DATE

**WALK AT BUTTERY BROOK**  
**SUNDAY,**  
**SEPTEMBER**  
**17TH AT 1PM**

All inclusive, low vision  
and/or low mobility

S. Hadley Community Collaboration :  
Bike/Walk Committee, Leo Club, Friends of  
Buttery Brook Park & the South Hadley  
Council on Aging

### IMPORTANT MINI-BUS SCHEDULE CHANGE

**\*Starting TUESDAY AUGUST 15TH**

The mini-bus will be providing grocery shopping to **Big-Y** on  
**TUESDAYS & Fridays**

Tuesdays are **10% Senior Discount Day** at Big-Y! There will be 3 groups of shoppers:

**Group 1:** pick-ups begin at 8:30am **Group 2:** Pick-ups begin at/@ 9:30

Both groups 1 & 2 get shoppers back to the COA for lunch.

**Group 3:** Afternoon shoppers ( for HMOW clients) pick-ups begin at 12:45pm (limit of 7 shoppers)

All seniors **must call** the center to reserve space on mini-bus 24 hrs in advance. 538-5042

**Reminder phone calls will no longer be made.**



## A MESSAGE FROM LESLIE

Hello all,

I'd like to thank all the people who made our Annual COA Picnic such a great success: Billy Poe and Jim Tomlinson for all the picnic prep and delicious corn, beans, cole slaw and watermelon. Thank you to our grill masters, Deputy Sheriff Dave Fenton and Office Steve Fleming - to our hardworking and enthusiastic volunteers and their boss, Nancy— to all the staff; well-done and thank you!! Many thanks to our Council on Aging Quilters Club for the donated Quilt and handy bags. The picnic raffle raised \$235.00 for our activity account!!

On August 3rd, In conjunction with the MedicAlert Foundation, the South Hadley Council on Aging, South Hadley Police Department, TRIAD, the Hampshire County Sheriffs office and the Alzheimer's Association will officially roll-out a free program aimed to protect community members with Alzheimer's, Dementia or Autism. Through the new program, South Hadley Police Department will be able to enroll local residents (and their caregivers), via an online portal, into the MedicAlert national registry/database to receive a **free** medical identification bracelet and **free** 24/7 emergency support services. Join us at 9:30am on August 3rd to hear about this important program.

Beginning **Tuesday, August 15th** the mini-bus will start taking shoppers to Big-y on **Tuesday mornings** and afternoons. Tuesdays are 10% Senior Discount Days at Big-Y and we want our seniors to be able to take advantage of that benefit. We are asking that anyone taking the mini-bus grocery shopping call the office 24hrs in advance to reserve a seat.

Ann Andras, our Social Service Coordinator, continues her monthly outreach to our folks at Newton Manor, Hubert Place and Loomis Village. Ann has enjoyed meeting with the residents and she's received very positive feedback and some great suggestions. Remember, the COA supports the entire South Hadley community of individuals' 60+ . Let us know what your needs are.

New changes will be coming to our newsletter. In November we be working with Liturgical Publishing Inc. LPI will produce and print our newsletter at no cost to the COA. This will be a significant cost savings for us. We are still collecting email addresses to save on the cost of mailing, so keep calling and we will add you to that growing list. Thank you to all those who have already made that call.

Enjoy the last of days summer, everyone. ~ Leslie

### UPCOMING TRAVEL CLUB TRIPS

**August 27-28**, Lake George and Saratoga, NY.

**September 12st & 22nd** on Cape Cod & Nantucket!!

Funding from the **Older Americans Act** through the Massachusetts Executive Office of Elder Affairs and The Administration for Community Living provide **GRANTS FROM WESTMASS ELDER-CARE, 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.

### Watercolor Classes will Back in September!!

**Artist and teacher Tina Addison offers fun and the love of painting to the COA members**

**Only \$4.00 per class.**

**Drop-ins and beginners are wholeheartedly welcomed!!!**

### Top 10 Reasons for Seniors to Shop at Farmers' Markets

By Christy Maxwell, WMEC Nutritionist (Adapted from USDA Nutrition.gov)

1. Freshly picked, in-season produce is at its peak in flavor and nutrition.  
Visit the USDA "Seasonal Produce Guide" to learn what fruits and vegetables are in season.
2. Supporting local farmers helps to support your local economy.  
You can help new and smaller farmers be successful and save farmland in your area.
3. Fresh fruit and vegetables are full of antioxidants and phytonutrients.  
These components of fruits & veggies are vital for the health of our eyes, heart, and brain!
4. Visiting a Farmers' Market is a great activity to do with your grandkids.  
Let them pick out something new to try, and help you prepare a meal or snack.
5. Supporting your local Farmer's Market strengthens your community.  
Meet your local farmers and learn about foods grown in your area!
6. Farmers' markets offer foods that support the *MyPlate* guidelines.  
Visit different booths to pick up seasonal fruits and vegetables, as well as local dairy, grain and protein products to build your healthy plate.
7. Farmers often have recommendations and tips for preparing their products.  
Go to "Fruits and Veggies More Matters" to find recipes that use fresh fruits and vegetables.
8. You can try a new fruit or vegetable!  
Have you ever tasted gooseberries or rhubarb? Many farmers' markets offer lesser known fruits and vegetables, providing a variety that can be both tasty and nutritious.
9. SNAP and HIP benefits are accepted at many local farmers' markets.  
Learn about SNAP and HIP benefits at Farmers' Markets, and how you can get up to an additional \$40 worth of fruits and vegetables each month.
10. Farmers' markets are easy to find.  
Use the "USDA Farmers Markets Search" to find one near you. Many farmers' markets provide a mobile service and bring their produce to central locations and housing facilities.



## Outreach News from Ann

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

# Homewatch CareGivers®

Let our family care for yours.™

**Homewatch CareGivers** is a local homecare agency based out of West Springfield and provides services so that people can stay in their homes longer. We can assist with the activities of daily living such as meal preparation, showers, light cleaning, med reminders and active companionship.

Our trained caregivers are hired by us and have the appropriate background checks done. They have additional training in dementia care and chronic conditions through our on-line University. Our clinical social worker does the in-home assessment with the family and potential client to determine what services are needed and how often.

We are guided by our belief that every client is unique as is the care we provide.

For more information you can check out our website at [www.hwcg.com/western-mass](http://www.hwcg.com/western-mass), or join Kate Tyler from **Homewatch CareGivers** on Friday, August 25th at 10:00 a.m. in Room #2



### REACHING OUT TO THE COMMUNITY

I will be visiting Newton Manor on Wednesday August 5th @ 2:00 p.m., Hubert Place on Tuesday, August 22nd @ 2:00 p.m., and Lathrop Village on Wednesday August 16th @ 2:00 p.m.

"Please join me in the Community Room where we can chat about what new and exciting things are happening at the Senior Center! Bring your questions and I will do my best to answer them"

~Ann

**Just a thought....** "You need to live with a clock and a compass. The clock helps you deal with the routine issues of life. The compass sets the direction for your life and gives you a vision. It drives you to your goals."

*Stephen Covey*



### Just a reminder.....

Are you celebrating a birthday in the month of **Au-gust?**

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

- August 25: HomeWatch Caregivers
- September 29: Mercy Adult Day Health of Westfield
- October 27: Arbors of Chicopee
- November 17: Providence Place
- December 15: Glenmeadow



**Report Elder Abuse**

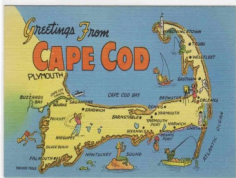
Beginning June 30, 2017 the Executive Office of Elder Affairs will centralize the **Elder Protective Services** abuse report intake system (**elder abuse hotline**) to a single phone number. All calls (day or night, 7 days a week) will go directly to the MA based call center at **1-800-922-2275**, regardless of location of reporter of the elder.

**\$76,090.75 has been raised for the New Senior Center!**

**Senior Travel Club**



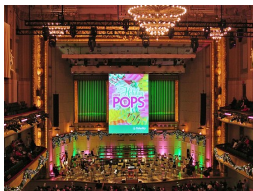
**August 27-28**, Lake George and Saratoga, NY. 2 Day Package includes, a Lake George cruise on the Mini Ha Ha, 1 night at the Georgian Resort on Lake George, dinner and dinner show in the Lakefront Dining Room, free time in Lake George Village. Day 2, breakfast buffet at the Resort, seats for the Saratoga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



**September 21-22**, 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 Monadnock. A stop at Randall's Farm on way home. Cost \$85.00. Call Susan Canedy 536-2106



**December 8**, projected Boston Pops, Holiday Concert ( with Keith Lockhart conducting) at Symphony Hall in Boston. This will be a 4:00 PM 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,

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

**Reservations required call 413-538-9020**

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

**We need your help!**  
**Please try to have exact change to pay for our COA programs -thank you**



**Free Hearing Screening at the COA**

Gary Winn, Licensed Hearing Specialist, will be at the center the 2nd Wednesday of the month -9am to 12pm.

Free screening for hearing loss and hearing aide cleaning. Call 538-5042 to make an appt.

Transportation is available to & 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.

**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

**All rides must be scheduled 24 hours in advance.**

**Sorry, our driver cannot assist with grocery bag delivery.**

**CALL 538-5042**

**Transportation Program**

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

**Call to see if you qualify to receive transportation services from our WestMass ElderCare grant funded program.**

**There is no cost to you.**

**Friends of South Hadley Elderly, Inc.**

See what specials await you to our already ridiculously low prices! The Friends Boutique is having its spring/summer blow-out sale on August 7<sup>th</sup> and 8<sup>th</sup>. Located to the rear of the Senior Center dining room, the hours are 9:30 to 1:00. The Boutique will be closed the rest of August while our volunteers take a well-deserved rest. We will accept donations of your new and/or clean, gently used men’s and women’s fashions and accessories during the month of September. The Boutique will reopen October 10. The rest of the October schedule is the 16<sup>th</sup>, 17<sup>th</sup>, 23<sup>rd</sup> and 24<sup>th</sup>. Look for us at the Super Bingo scheduled later this month.

*Admit 1*

ARM CHAIR VOLLEYBALL  
EVERY 2ND & 4TH MONDAY

SIGN UP AT THE OFFICE OR CALL 538-5042

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

**Facials at the COA**

Tyme4spa, Time for You Facials with Diane Neill  
Fully Licensed and Insured Experienced Every 2nd  
Wed of the Month \$33.00 per session Call 538-5042  
for an appt.

**~ 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)

# AUGUST 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.  
Guests 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 Shopping  
on Wednesday  
CHANGES to  
TUESDAY as of  
August 15th.**

**Call 538-5042 for all  
mini-bus  
reservations.**

**\*Full Menu is on COA Website**  
<http://www.southhadley.org/324/Council-on-Aging>

**NEW: GROCERY SHOPPING ON  
TUESDAYS STARTS ON  
AUGUST 15TH!**

*(No Wednesday Shopping after 8/9/17—  
Shopping on Friday remains the same)*

**1 HAM W/PINEAPPLE SAUCE**

**9:30-1:00 Friends Boutique**  
**11:15 Irene Plays Piano**  
12:45 Movie: "Summertime" (Rm#5)  
1:00 Bingo (Rm#2)  
1:00 Needlecraft (Rm#3)

**7 OVEN FRIED CHICKEN**

**9:30-1:00 Friends Boutique—  
BLOWOUT SALE**  
**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)  
**1:00 Color Me Calm (#3)**

**8 BIRTHDAY/ANNIVERSARY  
VEAL PARMESAN W/PASTA**

**9:30-1:00 Friends Boutique—  
BLOWOUT SALE**  
**11:15 Irene Plays Piano**  
12:45 Movie: "Dirty Dancing" (Rm#5)  
1:00 Bingo (Rm#2)  
1:00 Needlecraft (Rm#3)

**14 COLD PLATE: EGG SALAD**

**9:30 Foot Nurse (by Appt. Only)**  
10:00 Music Appreciation (Rm#3)  
10:00 Tai Chi (Rm#5)  
1:00 Pinochle & Canasta (Dining Rm.)  
1:00 Mah Jongg (Rm#2)  
**12:45 Armchair Volleyball (Rm#5)**  
**4:00 COA Board Meeting**

**15 BROCCOLI & CHEESE QUICHE**

**9:00 BIG Y GROCERY SHOPPING**  
**9:00-12:00 SHINE (Appt. Only)**  
**10:00-11:00 Brown Bag**  
**NO Low Vision Group this month**  
**11:15 Irene Plays Piano**  
12:45 Movie: "A Streetcar Named Desire"  
(Rm#5)  
1:00 Bingo (Rm#2)  
1:00 Needlecraft (Rm#3)

**21 LIVER & ONIONS**

10:00 Tai Chi (Rm#5)  
10:00 Music Appreciation (Rm#3)  
**10:00-11:00 Stuffing Backpacks for  
South Hadley Students (Dining Room)**  
**11:30 REP. JOHN SCIBAK—Dining Rm**  
1:00 Pinochle & Canasta (Dining Rm.)  
1:00 Mah Jongg (Rm#2)  
**1:00 Color Me Calm (#3)**

**22 AMERICAN CHOP SUEY**

**9:00 BIG Y GROCERY SHOPPING**  
**11:15 Irene Plays Piano**  
12:45 Movie: "Caddy Shack" (Rm #5)  
1:00 Bingo (Rm#2)  
1:00 Needlecraft (Rm#3)

**28 COLD PLATE: HAM SALAD**

**9:30 Foot Nurse (by Appt. Only)**  
10:00 Music Appreciation (Rm#3)  
10:00 Tai Chi (Rm#5)  
**12:45 Armchair Volleyball (Rm#5)**  
1:00 Pinochle & Canasta (Dining Rm.)  
1:00 Mah Jongg (Rm#2)

**29 CHICKEN PATTY W/GRAVY**

**9:00 BIG Y GROCERY SHOPPING**  
**9:00 Newsletter Collating**  
**9:00-12:00 SHINE (Appt. Only)**  
**11:15 Irene Plays Piano**  
12:45 Movie: "Seven Year Itch" (Rm #5)  
1:00 Bingo (Rm#2)  
1:00 Needlecraft (Rm#3)

**WEDNESDAY\***

**THURSDAY\***

**FRIDAY\***

<p><b>2 COLD PLATE: CHICKEN SALAD</b>  <b>9:00 BIG Y GROCERY SHOPPING</b>  <b>10:00-11:00 CELEBRATE NATIONAL COLORING DAY (Dining Room)</b>          10:00-11:30 Travel Club (Library Conf. Rm)          10:30 Healthy Bones &amp; Balance (Rm#5)          1:00 Mah Jongg (Rm#3);          1:00 Pitch (Rm#2)  <b>1:00-2:00 CELEBRATE NATIONAL COLORING DAY (Dining Room)</b></p>	<p><b>3 ROAST TURKEY W/GRAVY</b>  <b>National Watermelon Day</b>          10:00-11:00 Chair Yoga (Rm#5)          10:00-11:30 Travel Club (Library Conf. Rm)          10:00 Alzheimer Caregiver Support (Rm#1)          11:00 Chip Poker (Rm#4)          1:00 Golden Agers (Rm#2)          1:00 Quilting (Rm#3);          1:00 Scrabble (Library)</p>	<p><b>4 TUNA &amp; NOODLE CASSEROLE</b>          9:30 Grocery Shopping          10:00 Coffee &amp; Conversation (Dining Rm)          10:30 Healthy Bones &amp; Balance (Rm#5)          1:00 Bridge (Rm#3)          1:00 Canasta (Dining Room)          1:00 Cribbage (Rm#2)          1:00 Knitting (Library)</p>
<p><b>9 STUFFED CABBAGE</b>  <b>9:00 BIG Y GROCERY SHOPPING</b>  <b>9:00 Tyme4spa Time for You</b>  <b>Facials w/Diane Neill</b>  <b>9:00-12:00 EarMasters w/Gary Winn (Rm#1)</b>          10:00-11:30 Travel Club (Library Conf. Rm)          10:30 Healthy Bones &amp; Balance (Rm#5)          1:00 Mah Jongg (Rm#3);          1:00 Pitch (Rm#2)</p>	<p><b>10 BEEF STEW</b>          10:00-11:00 Chair Yoga (Rm#5)          10:00-11:30 Travel Club (Library Conf. Rm)  <b>10:00 Veterans Group</b>          12:30-2:00 Blood Pressure (Nurse) 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><b>11 BREADED POLLOCK</b>          9:30 Grocery Shopping          10:00 Coffee &amp; Conversation (Dining Rm)          10:30 Healthy Bones &amp; Balance (Rm#5)          1:00 Bridge (Rm#3)          1:00 Canasta (Dining Room)          1:00 Cribbage (Rm#2)          1:00 Knitting (Library)</p>
<p><b>16 SHEPHERD'S PIE</b>          10:00-11:30 Travel Club (Library Conf. Rm)          10:30 Healthy Bones &amp; Balance (Rm#5)          1:00 Mah Jongg (Rm#3);          1:00 Pitch (Rm#2)</p>	<p><b>17 OVEN BAKED CHICKEN W/GRAVY</b>  <b>WEAR "TIE DIE" DAY</b>          10:00-11:00 Chair Yoga (Rm#5)          10:00-11:30 Travel Club (Library Conf. Rm)  <b>12:45 ICE CREAM SOCIAL with Entertainment (Eddy C. Harmonica/Polka Music)</b>          1:00 Chip Poker (Rm#4)          1:00 Golden Agers (Rm#2)          1:00 Quilting (Rm#3)          1:00 Scrabble (Library)</p>	<p><b>18 POLLOCK LOINS</b>          9:30 Grocery Shopping          10:00 Coffee &amp; Conversation (Dining Rm)  <b>10:00-11:00 Stuffing Backpacks for South Hadley Students (Dining Room)</b>          10:30 Healthy Bones &amp; Balance (Rm#5)          1:00 Bridge (Rm#3)          1:00 Canasta (Dining Room)          1:00 Cribbage (Rm#2)          1:00 Knitting (Library)</p>
<p><b>23 VEAL PATTY W/GRAVY</b>          10:00-11:30 Travel Club (Library Conf. Rm)          10:30 Healthy Bones &amp; Balance (Rm#5)          1:00 Mah Jongg (Rm3)          1:00 Pitch (Rm2)</p>	<p><b>24 TARRAGON CHICKEN</b>          10:00-11:00 Chair Yoga (Rm#5)          10:00-11:30 Travel Club (Library Conf. Rm)          1:00 Chip Poker (Rm#4)          1:00 Golden Agers (Rm#2)          1:00 Quilting (Rm#3)          1:00 Scrabble (Library)</p>	<p><b>25 MEATLOAF W/GRAVY</b>          9:30 Grocery Shopping          10:00 Coffee &amp; Conversation (Dining Rm)  <b>10:00 Aging in Place Series: (Rm#2)</b>  <b>Home Watch Caregivers</b>          10:30 Healthy Bones &amp; Balance (Rm#5)          1:00 Canasta (Dining Room)          1:00 Cribbage (Rm2); 1:00 Bridge (Rm3)          1:00 Knitting (Library)</p>
<p><b>30 ROASTED PORK W/SAUCE</b>          10:00-11:30 Travel Club (Library Conf. Rm)          10:30 Healthy Bones &amp; Balance (Rm#5)  <b>12:30 SUPER BINGO DAY (Dining Room)</b>          1:00 Mah Jongg (Rm#3 )          1:00 Pitch (Rm2)</p>	<p><b>31 CHICKEN MARSALA</b>          10:00-11:00 Chair Yoga (Rm#5)          10:00-11:30 Travel Club (Library Conf. Rm)          1:00 Chip Poker (Rm#4)          1:00 Golden Agers (Rm#2)          1:00 Quilting (Rm#3)          1:00 Scrabble (Library)</p>	

# News From ~Nancy (Activity & Volunteer Coordinator)

## AUGUST MOVIE SERIES-

Our theme is "Summer" movies

August 1 - "Summertime" (1955) starring Katherine Hepburn

August 8 - "Dirty Dancing" (1987) with Patrick Swayze & Jennifer Gray

August 15 "A Streetcar Named Desire" (1951) with Vivien Leigh & Marlon Brando

August 22 "Caddyshack" (1980)

with Bill Murray

August 29 "Seven Year Itch" (1955) with Marilyn Monroe & Tom Ewell

EVERY TUESDAY AT 12:45pm

## BOOK CLUB

We have had interest in starting a BOOK CLUB. Planning meeting for this will be Wednesday, Sept 6 at 4:00pm.

Please bring a list of 3 books you would be interested in reading. Please call the office to let us know you are coming to the planning meeting. If you cannot come still call and leave a message for Nancy Yesu (Activity & Volunteer Coordinator) to let her know you are interested.



We need photos of you with your grandchildren/great grandchildren for a project in Sept. **Bring in your photos labeled with your names and phone number (so we can return them)**.....



Our Quilting group made and donated a lap size quilt and 6 foldable shopping bags for our picnic raffle. We raised \$235 for our activity fund



- Coming this fall— Jewelry making class with Sandy Merrill. Sandy has been running classes at local COAs for many years. Her classes are always fun. You'll have the chance to make beaded earrings, a necklace or bracelet each month. Stay tuned...



August 2 is National Coloring Day Let's color together from 10-11 and 1-2 in the Dining Room. Bring your own supplies if you have them but there will be supplies available .



Thursday, August 3rd is National Watermelon Day. We will be serving watermelon in the dining room all day. Stop by and help yourself to this refreshing treat.



Thursday, August 17 is National Tie Dye day. Bring out those funky tie dye clothes and wear them to the Center for a chance to win a gift card.



Eddy C will entertain us with harmonica/polka music at the ice cream social on Thursday, August 17



A BIG thank you to our Friday knitting group. Over the last few months they have been working to make knitted squares that will be sewn



together to make a quilt for children in need. We partnered with a CT based organization called "Project Amigo." The ladies made enough squares to finish one complete twin sized quilt with a few extras for a lap quilt.



Sign up!

Chair volleyball will move to the 2nd & 4th Mondays beginning in August. We need at least

8 people to sign up each week in order to play. Call the office by the previous Friday at noon!





In conjunction with the United Way of Pioneer Valley, we are a drop off /collection site for their “Stuff the Bus” campaign. We will be collecting school supplies from July 25– August 16.

These supplies will be placed in a new backpack & distributed to homeless children in South Hadley.

We hope to be able to collect enough to fill 40 backpacks.

**SUPPLIES NEEDED (NEW ONLY)**

- No. 2 pencils Erasers Crayons Pencil Boxes Glue Sticks Pocket Folders
- Pens Highlighters Notebooks Lined Paper Rulers 3 Ring Binders

Join Us

either Friday, August 18th from 10-11am or Monday, August 21 from 10-11 in Dining Room room as we work together to assemble the backpacks.

Please call the office to let us know you are coming to “stuff the backpacks.”

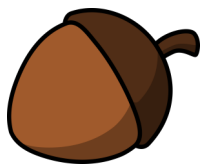
**THANK YOU FOR YOUR SUPPORT!**



Thank you for your recent donations!

**We are in need of the following...**

- Boxes of Kleenex
- Paper towels
- Boxes of NEW (NOT USED) crayons
- 40 Bags of popping corn (NOT the microwave kind, but the old fashioned bags of un-popped kernels)

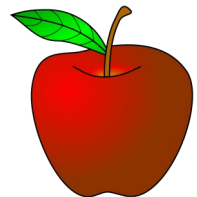


- Pinecones & acorns
- Plastic spiders
- Apple baskets
- (real) Green and Red apples



**(drop off apples August 1,2,3,4 ONLY)**

**THANKS!**





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

~ Claire Belanksi for the donation of paper towels!

~ Jean Lambert for the donation of toilet paper rolls

~ Roger Duval for his handwork on the new picnic table.

~ Cary's Florist for our Birthday & Anniversary Flowers

~ Melide Normand for the donation of facial tissues.

**TRIAD news:** What is TRIAD?? Triad is a community policing initiative made of senior citizens, law enforcement and service providers to increase safety through education and crime prevention.

Do you know about these programs in South Hadley? ?

“**ARE YOU OK?**”, a computerized calling program housed at the Police Dept., automatically calls enrolled people each day to check on them. Any South Hadley resident is eligible for this program for a short or long term or for a short recovery period, for example after surgery.

**LOCK BOXES**—A lock box is a small secure box that is keyed to a master key. The master key is held by the Fire Districts and is carried on their ambulances. When an emergency call comes in, the responding Firefighters or Paramedics can open the lock box and gain quick access to offer assistance. The Lock Box can only be accessed in an emergency. The cost of the box is \$30.00 and installation is free.

**HOUSE NUMBERS:** This is a metal pole with your reflective house number attached. These are installed by the Fire Districts at a minimal cost of \$7.00. If there is an emergency, be sure the first responders can find you! You can request a house number sign through the Council on Aging.

## **LEGAL TIPS BY ELDER LAW ATTORNEY KAREN JACKSON: LIFE ESTATE DEEDS: A WAY TO SAVE THE HOME**

A Life Estate deed can save the home from having to be sold to pay the nursing home bill. When the deed is signed, the owner entirely owns the home until the owner(s) dies. Upon the owner's death, the named beneficiaries own the home automatically. The Life Estate deed must be signed more than five years before the person signing the deed (the owner of the home), might have to enter a nursing home. If the owner or the owner's spouse (usually both spouses jointly own the home) does not have to apply for MassHealth benefits to pay the nursing home bill within five years from the date the Life Estate deed is signed, the home can be safely passed to the beneficiaries without having to go to court. Who are the beneficiaries? The beneficiaries are the people the owner wants to own the home upon the deaths of the owner and the owner's spouse. This five-year waiting period is called, “the five-year lookback.”

If the owner and/or the owner's spouse has to apply for MassHealth benefits within five years from the date the deed is signed, the beneficiaries have to sign a deed giving back their ownership interest to the owner(s). MassHealth calls this process, “the cure”, which is the process of returning a gift made within the five-year “look-back” period from the date the owner (or spouse) made a gift, any gift.

Without a Life Estate deed, upon the death of the owner and spouse, the Estate Recovery Unit through the probate court process, will force the sale of the home and the net proceeds must be paid to the Commonwealth of Massachusetts to pay the state back for the MassHealth payments made to the nursing home during the owner's life.

# 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 DONATIONS MADE IN MEMORY OF LOVED ONES INDICATED IN CAPS WITH DONORS LISTED IN LOWER CASE .**

**ALBERT J. BRUNELLE**

Janet Brunelle

**ALBERT VAN BELLE**

Theresa & Pierre VanBelle

**BARBARA AIKEN**

David & Maryanne Fesko

**BARBARA L'ESPERANCE**

Shirley Danasko

Claire Bielanski

**BILL BIELANSKI**

Claire Bielanski

**BILL LAMBERT**

Jean Lambert

**CECILE STUNTZ**

So. Hadley Cribbage Club

Claire Bielanski

**DOLLY PAQUETTE**

Claire Bielanski

**EDWARD DZURIS**

Claire Bielanski

**ELINOR J. FESKO**

David & Maryanne Fesko

**GIL BACH**

Sara Bach

**RALPH**

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Alice Pont

Bacon & Wilson Attorneys at Law

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Barbara Crowley

Barbara Krawczyk

Betsy Levreault

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Gail Matthews

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Glenn & Nancy McCarthy

Grace Kelly

Helene & Bill Jenkins

Jeremiah Donovan

Joan Casavant

Joan Descant

Judy Strzempko

Judy Fortier

Lauren Levreault

Leslie Hennessey

Loris McNulty

Martha Blaney

Mary Mulvaney

Melide Normand &

Kenneth Williams

Nancy Yesu

Paul, Terri & Jacob

Schmitter

Rick Dufault

Sandra M. Zieminski

Sara Mutch

South Hadley Crib-

bage Club

South Hadley Senior

Travel Club

Stella Warzenski

Teresa A. Mullaly

Tom & Bonnie Fitzell

Winifred Hopkins

**JAMES CASAVANT**

Joan Casavant

**NELLIE BLOOM**

Stephen & Mary

**MARY A. ST. GERMAIN**

Lauren Levreault

**MAURICE ARCHAM-  
BAULT**

Shirley Danasko

**PHILIPPA GOOLD**

Wayne & Marilyn Gass

**FRANCES MYKOWICZ**

Claire Bielanski

**GAIL LAPIERRE**

Theresa & Pierre Van Belle

**WE ARE ALSO VERY  
GRATEFUL FOR THE  
DONATIONS**

**RECEIVED FROM THE  
FOLLOWING:**

Claire Bielanski

Corinne LeMay

Curran-O'Brien Funeral

Home

Edward & Kathleen Kopec

Helen Casey

Kathleen Hurley\*

Larry Kuntz

Lynn Bertram

\* MULTIPLE DONATION

*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.

