

The Golden Chronicle

The South Hadley Council on Aging

45 Dayton Street South Hadley, Massachusetts 01075

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

SEPTEMBER 2017



SEPTEMBER IS
Council on Aging MONTH!!

We are celebrating with all new
Programming for your

Spirit * **Mind** * *Body*

Learn Mah Jongg: Sept. 27th,
Oct. 4th, Oct. 11th & Oct. 18th.

Join our book club: Wed, Sept. 6th
at 4:00pm

Join "The Walkie Talkies" our new COA
Walking club on Sept 8 & 22
& Oct. 6 & 20th at 9:00am
See Nancy's page for details!

**Walk with the COA on Sunday,
Sept. 17th**



HAPPY TRAILS TREK

at

Buttery Brook Park

Starts at 1:00PM

All inclusive, low vision and/or
low mobility

Guides available for assistance

Refreshments

Sign up in the office or call 538-5042

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



**In Honor of National MIA/POW
Day**

Friday, September 15th

The COA will display a Missing Man Table in
the dining room. This place of honor is in
memory of our fallen, missing, or imprisoned
military service-members.



Sarawood

in

Holyoke

for sponsoring the entertainment for
our Ice Cream Social on August 17th!

A great time was had by all!



**September 21st 11:15am
Lunch with a South Hadley
Police Officer**

Every 3rd Wednesday of the month join the COA
& Officer Steve Fleming for lunch.



**TRIP TO THE BIG-E
MONDAY, SEPTEMBER 25TH**

Call to reserve: 538-5042

Limit 12 riders

A MESSAGE FROM LESLIE

Hello all,

A word about our Feasibility Study: we have a preliminary concept for the new center. The plans for the center, to be built on the Dayton Street property, include a café, gym with equipment, exercise/dance studio, craft, billiards and card room. In addition, there will be kitchen attached to a large, multi-purpose dining room that can accommodate 250+. We will have space to continue our Memories Café Program and the ability to offer meeting space to the community. The building will be handicap accessible. Very exciting steps. As plans move forward, I will keep you updated.

August in Massachusetts means one thing to senior center directors; August is formula grant reporting month and many directors are busy assembling statistical information and wrangling with words like 'duplicated' and 'unduplicated.' The report, due to the Executive Office of Elder Affairs in early September, is a mandatory account of who, what and how' we provide services to the senior community during the fiscal year. The report can be challenging and there is a lot of information to review but, it is useful in telling us, the staff, what we have accomplished throughout the year and it gives us indications of goal setting objectives for the coming year. I'd like to share some of the statistics with you.

In FY 2015/16: we reported 1,028 seniors served, 137 Volunteers with 11,837.00 volunteer hours. Compared to 2016/17: 1172 seniors served, 149 volunteers with 17,616.47 volunteer hours. Our average daily attendance for 2015/16 was 73.92 and for 2016/17; 83.36. If you're wondering what keeps Ola and our office volunteers busy; we received 5,514 phone calls last year and we scheduled 4,559 mini-bus rides. Our congregate lunch served 9,330 lunches and our Home Meals on Wheels Program delivered 24,223 meals to homebound individuals in South Hadley.

Enjoy the last of days summer, everyone. ~ Leslie

Ann's Outreach at our Elder Communities

Hubert Place Sept 13th & Oct. 11th

Newton Manor: Sept. 6th & Oct. 4th

Lathrop Village: Sept. 20th & Oct. 18th

WestMass ElderCare has raised the cost of lunch for a guest under the age of 60 to \$6.00

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.

OUTREACH NEWS FROM ANN

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



Sarah Peterson, LCSW from the Mercy Adult Day Health of Westfield will be here on Friday, September 29th at 10:00 a.m. A day program offering both social and health services including nursing, social services, nutritious meals and snacks, assistance with ADL's, exercise, podiatry care, lab work, hairdressing and transportation. These services, provided by Mercy Adult Day Health, enable older adults with dementia and disabilities requiring daytime supervision to live at home, giving respite for caregivers. Please join Sarah in the dining room for coffee, light refreshments and some valuable information.

Don't Ignore Your Medicare Mail!

It's that time of year! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), you will receive information from your plan by the end of September. Please understand and save this information regarding changes in your plan for 2018.

During Medicare Open Enrollment (October 15 - December 7), you may change your insurance plan for next year. SHINE counselors can help you understand your plan changes, as well as other options you may have. There will be group presentations... and/or you may schedule a phone or in-person appointment.

Trained SHINE counselors offer free, confidential counseling on all aspects of Medicare and related health insurance programs. To schedule a SHINE appointment, call your senior center or 1-800-AGE-INFO (1-800-243-4636) ... then press or say 3. If you get the SHINE answering machine, leave your name and number. A counselor will call you back, as soon as possible.

Call early to receive a pre-enrollment form and make that appointment... and bring your Medicare and insurance cards and complete list of your medications.



TRIAD news: South Hadley the 1st in the state to implement new, free safety program!

On August 3rd the South Hadley Police Department unveiled a new partnership with the MedicAlert Foundation. The program can be accessed by families who have a loved one at risk of wandering, due to dementia or autism. Once signed up, that person receives a free, personalized MedicAlert bracelet with 24/7 emergency response services. To learn more about this potentially life-saving program, contact TRIAD Officer Steve Fleming at the S. Hadley Police Department at (413)538-8231, ext. 3713 or email at sfleming@shschools.com

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.

LEGAL TIPS BY ELDER LAW ATTORNEY KAREN G. JACKSON: A MEDICAID QUALIFIED ANNUITY, A POWERFUL TOOL IN MASSHEALTH PLANNING IN THE EVENT OF A NURSING HOME ADMISSION

A Medicaid Qualified Annuity is an excellent tool to maximize the amount of money the community spouse (the spouse not in the nursing home) can keep if the spouse in the nursing home must apply for MassHealth benefits to pay the nursing home bill. Here is an example.

Mr. Brown is in the nursing home paying privately approximately \$11,500 per month. This payment stream ends when Mr. Brown is approved to receive MassHealth benefits to pay the bill. Approval can occur when Mr. Brown has under \$2,000 and Mrs. Brown, the community spouse, has under \$120,900 plus the home, one automobile, two irrevocable pre-paid funerals, and two \$1500 burial accounts. If Mrs. Brown has more than \$120,900, the assets above this number can be paid to purchase an annuity to convert the excess assets into an income stream to Mrs. Brown. Typically, Mrs. Brown will receive 60 monthly checks starting 30 days after the Single Premium Income Annuity ("SPIA") was paid to the annuity company. Once Mr. Brown begins receiving MassHealth benefits, his income must be paid to the nursing home and MassHealth makes up the rest of the cost. Mrs. Brown gets to keep all of her income, including the annuity income. The SPIA must be irrevocable. Once Mr. Brown is approved, Mrs. Brown can accumulate more than \$120,900. In other words, she does not have to spend all of the income flowing to her. She will have to pay some income taxes, but only on the income portion of the annuity, not the principal portion of the annuity. This tool can be done "last minute", when a spouse is in or heading to a nursing home.

Programming updates

Programs back for SEPTEMBER

Water Color on Thursday mornings at 9:30am All Welcome!! \$4.00 per class.

Beginning Exercise with Davy on Tuesday & Thursday mornings at 10am

Chair YOGA : a new day and time: Thursdays at 1pm in the exercise room

Golden Agers, Thursdays at 1:00pm

Memories Café, 2nd Tuesday of the month

Choralites, Wednesdays at 1pm starting Sept. 13th

Friends of South Hadley Elderly, Inc.



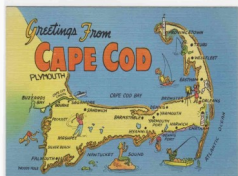
The Friends Corner

Thank you for another successful season at the Boutique!

We closed out the spring/summer season with our two-day blow-out sale with money in our pockets and lots of clothes on your backs. The Boutique will be closed during September but during that time donations of fall and winter clothing and accessories can be dropped off at the Senior Center. We'll reopen on October 10th with the rest of the schedule for the 16th, 17th, 23rd, and 24th.

The Friends pay for the coffee at the station in the dining room and for that, we request a donation of \$.25 per cup/refill. Based on receipts the past few months not many quarters are being dropped in our wooden box. For those unaware or have forgotten, your donation will be appreciated.

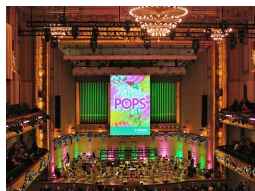
Senior Travel Club



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



Tuesday, December 12, Boston Pops, Holiday Concert with Keith Lockhart conducting at Symphony Hall in Boston. This will be a 4:00 PM matinee performance, 1st balcony seating. 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 to \$135.00. Call Judy Fortier, 534-3598.

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
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. Cost of riding the mini-bus is \$1.25 each way or, \$2.50 round trip. **Transportation to and from the COA is only .75 each way**
Rides must be scheduled 24 hours in advance. Our driver cannot assist with grocery bag delivery.

CALL 538-5042 to reserve transportation

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.

Call : 538-5042, ask for Ann Andras

Hospice Life Care is pleased to be offering a support group for those who have experienced the death of someone close.

When: Thurs. 11am-12:30pm, Sept. 21 through Nov. 9

With Bereavement Counselor Cary Quigley M. Ed.

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

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

We hope you can join us. Please call Ms. Quigley at 413-887-5552 or email cquigley@holyokevna.org

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

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

TaxAide Program Volunteer Opportunity

AARP Foundation Tax-Aide is the nation's largest volunteer-run tax preparation and assistance service. And we want you to join us. Please volunteer as a Tax Counselor and work with area residents in preparing their tax returns on the computer. **Basic computer skills and some experience in filing your own tax returns are helpful**, along with a willingness to make a one day per week time commitment during our 10-week tax season. Hands-on training is provided in the classroom, and we have experienced Counselors to assist at all sites. Please fill out an application to become a part of this invaluable team:

www.aarpfoundation.org/TaxaideVolunteer.

For questions or additional information, please contact Lary Grossman, email: elg@BradyGrossman.com; or Michael Quinlan, email: Jintssb51@yahoo.com.

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

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.

SEPTEMBER 2017

MONDAY

TUESDAY

Soup of the Day
Every Friday

MENU

Full Menu is on COA Website

<http://www.southhadley.org/324/Council-on-Aging>

- SEPT 1—Broiled Pollock Loins
-
- SEPT 4—**CENTER IS CLOSED**
- SEPT 5—BBQ Chicken
- SEPT 6—Roast Turkey w/Gravy
- SEPT 7—Turkey Salad Cold Plate
- SEPT 8—Potato Crusted Pollock
-
- SEPT 11—Ham w/Pineapple Sauce
- SEPT 12—Chicken A La King
- SEPT 13—Veal w/Gravy
- SEPT 14—Beef Stroganoff
- SEPT 15—Chicken Fillet w/Gravy
-
- SEPT 18—Liver & Onions
- SEPT 19—Egg Salad Cold Plate
- SEPT 20—Roasted Pork w/Gravy
- SEPT 21—Salisbury Steak w/Gravy
- SEPT 22—Breaded Pollock
-
- SEPT 25—Baked Chicken w/Gravy
- SEPT 26—Tuna Salad Cold Plate
- SEPT 27—Sirlon Tips w/Sauce
- SEPT 28—American Chop Suey
- SEPT 29—Broccoli Quiche

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

BIG Y SHOPPING

TUESDAY: MORNING & AFTERNOON

FRIDAY: MORNING
(CALL FOR PICKUP TIMES)

LUNCH IS SERVED

Monday—Friday from 11:45am to 12:15pm

Make reservations by calling 538-5042 at least 24 hours in advance

4

CENTER IS CLOSED



11

9:30 Foot Nurse (by Appt. Only)
10:00 Decorating Group (Dining Rm)
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)
(sign-up by Sept. 7th)

18

10:00 Tai Chi (Rm#5)
10:00 Music Appreciation (Rm#3)
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)
4:00 COA Board Meeting

25

9:00-2:00 BIG E Bus Trip
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)
(sign-up by Sept. 21st)
1:00 Pinochle & Canasta (Dining Rm.)
1:00 Mah Jongg (Rm#2)

5

9:00 BIG Y GROCERY SHOPPING
10:00 Beginning Exercise (Rm#5) re-sumes
11:15 Irene Plays Piano
12:45 Movie: "Rebel Without a Cause" (Rm#5)
1:00 Bingo (Rm#2)
1:00 Needlecraft (Rm#3)



12

9:00 BIG Y GROCERY SHOPPING
9:00-11:30 Memories Café
10:00 Beginning Exercise (Rm#5)
11:15 Irene Plays Piano
11:45 BIRTHDAY/ANNIV. LUNCH
12:45 Movie: "Cry Baby" (Rm#5)
1:00 Bingo (Rm#2)
1:00 Needlecraft (Rm#3)

19

9:00 BIG Y GROCERY SHOPPING
9:00-12:00 SHINE (Appt. Only)
10:00 Beginning Exercise (Rm#5)
10:00 LOW VISION GROUP
10:00-11:00 Brown Bag
11:15 Irene Plays Piano
12:45 Movie: "West Side Story" (Rm #5)
1:00 Bingo (Rm#2)
1:00 Needlecraft (Rm#3)

26

9:00 BIG Y GROCERY SHOPPING
9:00 Newsletter Collating
9:00-12:00 SHINE (Appt. Only)
10:00 Beginning Exercise (Rm#5)
11:15 Irene Plays Piano
12:45 Movie: "Dirty Harry" (Rm #5)
1:00 Bingo (Rm#2)
1:00 Needlecraft (Rm#3)





WEDNESDAY

THURSDAY

FRIDAY



<p align="center">NEW</p> <p>The suggested donation for lunch is \$2.25 for participants 60 or older. Guests under 60 will be charged \$6.00 per WestMass Elder Care</p>	<p align="center">REACHING OUT TO THE COMMUNITY ON WEDNESDAYS WITH ANN</p> <p>9/6 - 2:00 at Newton Manor 9/13 - 2:00 at Hubert Place 9/27 - 2:00 at Lathrop Village</p>	<p>1 9:00 BIG Y GROCERY SHOPPING 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> 
<p>6 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) 4:00 NEW Book Club Info Meeting (Lib)</p>	<p>7 WEAR "PATRIOTS" CLOTHING DAY 9:30 Water Color Class (Rm #2) 10:00 Beginning Exercise (Rm#5) 10:00 Alzheimer's Support Group (Rm#1) 10:00-11:30 Travel Club (Library Conf. Rm) 1:00 Chair Yoga (Rm#5) 1:00 Chip Poker (Rm#4) 1:00 Golden Agers (Rm#2) 1:00 Quilting (Rm#3) 1:00 Scrabble</p> 	<p>8 9:00 BIG Y GROCERY SHOPPING 9:00-9:30 "Walkie Talkies" Walking with Nancy (sign up by 9/6) 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>
<p>13 9:00 Tyme4spa/FACIALS (Rm #1) 9:00-12:00 Hearing Screening/Gary Winn-#3 10-11:00 Take Action Letter Writing 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) 1:00 CHORALITES (resumes)</p>	<p>14 9:30 Water Color Class (Rm #2) 10:00 Beginning Exercise (Rm#5) 10:00-11:30 Travel Club (Library Conf. Rm) 10:00 Veterans Group 12:30-2:00 Blood Pressure (Nurse) Rm#1 1:00 Chair Yoga (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>15 9:00 BIG Y GROCERY SHOPPING National MIA/POW Day—(Dining Rm) 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>
<p>20 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) 1:00 CHORALITES</p>	<p>21 9:30 Water Color Class (Rm #2) 10:00-Beginning Exercise (Rm#5) 10:00-11:30 Travel Club (Library Conf. Rm) 11-12:30 Bereavement Support Grp Rm #1 11:45 Lunch with Officer Steve Fleming 1:00 Chip Poker (Rm#4); 1:00 Quilting-Rm#3 1:00 Chair Yoga (Rm#5) 1:00 Golden Agers (Rm#2) 1:00 Scrabble (Library)</p>	<p>22 9:00 BIG Y GROCERY SHOPPING 9:00-9:30 "Walkie Talkies" Walking with Leslie (sign up by 9/20) 10:00 Coffee & Conversation (Dining Rm) 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>
<p>27 10:00-11:30 Travel Club (Library Conf. Rm) 10:30 Healthy Bones & Balance (Rm#5) 11:30-1:00 LEARN TO PLAY MAH JONGG 1:00 Mah Jongg (Rm#3) 1:00 Pitch (Rm2) 1:00 CHORALITES</p>	<p>28 9:30 Water Color Class (Rm #2) 10:00 Beginning Exercise (Rm#5) 10:00-11:30 Travel Club (Library Conf. Rm) 11-12:30 Bereavement Support Grp—Rm #1 1:00 Chair Yoga (Rm#5) 1:00 Chip Poker (Rm#4) 1:00 Golden Agers (Rm#2); 1:00 Quilting- #3 1:00 Scrabble (Library)</p>	<p>29 9:00 BIG Y GROCERY SHOPPING 10:00 Coffee & Conversation (Dining Rm) 10:00 Mercy Adult Care Health of Westfield & Mercy Life (Rm #2) 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>

News From ~Nancy (Activity & Volunteer Coordinator)

SEPTEMBER MOVIE SERIES-

Our theme is "Rebel" movies

Join Us!

Sept. 5 -"Rebel Without A Cause" (1955)
staring James Dean

Sept. 12 -"Cry Baby (1990)
with Johnny Depp

Sept. 19- "West Side Story" (1961) with
Natalie Wood

Sept. 26- "Dirty Harry" (1971)
staring Clint Eastwood

EVERY TUESDAY AT 12:45pm

Show your New England pride on

Thursday, September 5th

for the opening season of the

Super Bowl Champion New England Patriots.

Anyone coming to lunch that day wearing Patriots clothing will be entered into a raffle to win a gift card.



TIE DYE DAY /ICE CREAM SOCIAL-
was a fun celebration

Thank you to the Friends of South Hadley Elderly for the delicious sundaes. Thank you to Sarawood Retirement in Holyoke for sponsoring our musical entertainment "Eddy C and friend"

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.



Thank you to the Friends of South Hadley Elderly for purchasing a Cricut machine for the activities department. This machine will be used for decorations and also for our new card making class beginning in December.

Once again our decorating group has done an amazing job making centerpieces for our dining room. Thank You!



September is Senior Center month-join us for this month of activities designed to inspire your spirit, mind and body!



~Join our new Book Club informational meeting on Wednesday, Sept 6 at 400pm.

* call office to tell us you are coming



~Show your New England Spirit- wear Patriot's clothing to lunch on Thursday, Sept 7th. and watch a recap of 2017 Super Bowl highlights on a big screen in the Dining Room..

~Take action with our postcard and letter writing campaign to our legislature on



Wednesday, Sept 13 from 10-11 in Dining Room.* call office to tell us you are coming



~Learn a new game (or get a refresher) (Mah Jongg). Lessons will be provided on Wednesday, Sept 27, Oct. 4, 11, 18. You must attend 3 out of the 4 lessons -*sign up ahead by Sept 25 in the office.* This game requires lots of practice so please commit to these free lessons if you want to learn the game properly.



~Take a walk with our new walking club "Walkie Talkies" beginning September 8th. Weather permitting, Nancy will lead us on a walk around our COA neighborhood. This will be a leisurely walk. Leaving at 9 am sharp and returning at 9:30. Wear comfy shoes. You must fill out a consent form in the office prior to walking. *Please sign up ahead by Sept 6 in the office.* Other "Walkie Talkie" dates will be Sept 22 led by Leslie, October 6 & 20 led by Nancy.



~Sept 17 at 1:00pm join the community walk at Buttery Brook Park.

These events are open to the public and you don't have to be a senior to participate.

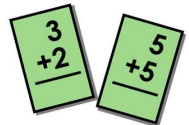
If you need transportation to the COA within South Hadley for any of these events please let us know a week ahead.

Thank you for your recent donations! We are no longer accepting puzzles.

We are in need of the following...



- **Unused paint sticks**
- **Bags of candy corn**
- **Plastic spiders**



- **Children's flashcards (used or new)**

- **Wine corks**

- **Baseball gloves (any condition)**

- **Apple baskets**

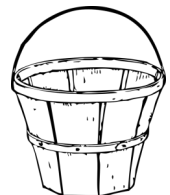
- **Wiffle balls (any condition)**

- **Wine glasses**

- **20 Bags of old fashioned popping corn**



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COA PICNIC 2017



- ~ Les Dickinson for the weekly donations of Big-Y goodies!
- ~ Anita Healy for the donation of paper towels!
- ~ Rene Cotnoir for the crafting materials
- ~ Gloria Masee for the donated tissue and paper towels
- ~ Roger Duval for handyman services at the COA
- ~ Ed Bennett for the donated refreshments for our July Memories Café



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. CARRIER

Janet Brunelle

ALBERT VAN BELLE

Theresa & Pierre VanBelle

BARBARA L. L'ESPERANCE

June Forhan

Lois L'Esperance

BEN SULLIVAN

Barbara Sullivan

DONALD LEONARD

Bill Farrell

Bob & Marge Valenti

John, Linda & Kathy Gallivan

Kenneth Williams & Melide

Normand

FLORENCE GALLIVAN

Diane Hammond

Jean Lambert

Joanne Holly

Winnie Hopkins

HEIDI PASTERCZYK

Carol Dineen

INDA PRADHAN

Gayatri Bastia

JEAN BLANCHARD

Norwottuck Fish & Game Asso-

ciation

JOHN CARR

Bob & Marge Valenti

MARGARET R. FITZGERALD

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Barbara Crowley

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Grace Kelly

Kenneth Williams &

Melide Normand

Tillie Laverdiere

PHOENIX & BALBONI FAMILIES

John & Judy Balboni

RALPH

David Perwak

THOMAS MITCHEL

Bob & Norma McCain

VERNA "NELLIE" BLOOM

Stephen & Mary Jane Smith

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

RECEIVED FROM THE FOLLOWING:

Claire C. Hebert

Constance Grise

Edward & Kathleen Kopec

Kathleen Hurley*

Theresa C. Malone

**Multiple donations*

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 family: (kindly indicate name, address & relationship to deceased)

- | | | |
|----------------------------------------------------|---------------------------------------------------|-----------------------------------------------------------|
| <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.