

The Golden Chronicle



The South Hadley Council on Aging

45 Dayton Street South Hadley, Massachusetts 01075

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



OCTOBER 2017




**Halloween Monster Mash
Lunchtime Party**

Tuesday, October 31st

Join the staff and come in costume!

Spooky dessert!

Friend's 50/50 Raffle!

Prizes for best costumes!




EVENTS

10/3: Berkshire Hills lunch
Concert
-Birthdays & Anniversaries

10/16: Flu Clinic

10/18: Lunch w/Officer Fleming

10/23-10/27: Untied Nations Week

10/24: DINE OUT at Johnny's

10/27: Arbors of Chicopee
Presentation

10/31: Halloween Lunch and
Festivities - wear your
costume!!




Rite Aid will be providing two flu shot clinics for South Hadley residents 18 years & older. No pre-registration required

Monday, October 16, 2017 from 9a-1p at the South Hadley Council on Aging 45 Dayton Street

Wednesday, October 11, 2017 from 2:30-5p at the South Hadley Town Hall Auditorium, 116 Main Street



Friends of the South Hadley Elderly, Inc
for sponsoring our Super Bingo Game
You raised \$147.00 for the COA Activity fund!!



SAVE THE DATE
Nov. 2nd 6-8pm
KYT meeting at the COA.
See the preliminary design for a new senior center!



COA OPEN FOR TRICK OR TREAT-ERS
OCT. 31st
4:30PM TO 6PM

Members of the Friends of the S. Hadley Elderly will be in costume handing out candy to the ghosts, goblins, princesses and superhero's who stop in for a treat!
45 Dayton St, South Hadley



A Note from Leslie

Hello...Autumn!

This is the season we New Englanders relish; cool, comfortable days and the bold colors of red, orange and yellow on the mountain ranges.

You may not recognize our November issue of the Golden Chronicle— we've been working with Liturgical Publications, Inc. to give the newsletter a more professional look. The change will also be a huge financial savings for COA and less time consuming for the staff. We hope you like our "new look"

The Boutique: after much thought, I made the difficult decision to close the boutique, permanently. For the last 2-1/2 years, a small group of committed members kept the second-hand, clothing boutique open and I want to thank them for their efforts. Closing the boutique will allow us to use the room on a full-time basis and plans are underway to use the room as a fitness center. The Friends will be holding a "Sell-off Sale" for the boutique, so be sure to read their article on page 4 for more details.

On Tuesday, October 24th, the Friends of South Hadley Elderly, Inc. will be holding a fundraiser for the COA. Join us at Johnny's Bar and Grille in The Village Commons for a Dine Out Fundraiser. Johnny's will donate 20% of their proceeds to the Friends. Let's see how many tables we can fill for the COA!! Please cut-out the flyer on page 10 of this newsletter and present it to your server the night of the 24th. See you there!!

A very generous donation was made to the COA in memory of Maurice "Fitz" and Margaret Fitzgerald. The family member, who wished to remain anonymous, wanted to make a meaningful donation to the center and was very excited about our idea for a fitness center. The donation will provide the necessary renovations, equipment furnishings and operation of the fitness center. We are very grateful for the donation and we hope to open the fitness center in the spring of 2018. Finally, Know Your Town will be hosting an informational open house at the center on November 2nd from 6 to 8pm. Preliminary designs for a new senior center will be on display and refreshments will be served. The public, town meeting members, and town officials are cordially invited to attend. Please join us. ~Leslie

INFORMATION

LEGAL TIPS BY ELDER LAW ATTORNEY KAREN JACKSON: THE DNR, THE MOLST, THE HEALTH CARE PROXY, and THE ADVANCE DIRECTIVE

The "Do Not Resuscitate" ("DNR") law was created to advise ambulance services, EMTs, paramedics, and other care providers that the patient and the patient's physician have agreed to the patient having "DNR" status. Even though the DNR is still honored (for now), there is now a much better document: Medical Orders for Life Sustaining Treatment, the MOLST. The MOLST contains a range of choices in addition to the Do Not Resuscitate. The patient's additional choices contained in the MOLST are on the topics of ventilation, transfer to the hospital, intubation, dialysis, artificial nutrition, and artificial hydration. The MOLST is recommended for patients of any age with a serious medical condition. The official form can be found at this site: <http://www.mass.gov/eohhs/gov/departments/dph/programs/hcq/oems/comfort-care/> If appropriate, print the MOLST on bright pink paper and take it to your physician for the discussion. After completion of the form, both the patient and the physician must sign it. Like the DNR, the MOLST must follow the patient wherever the patient goes so all caregivers are properly advised.

The MOLST does not replace the Health Care Proxy nor the Advance Directive. Every person of age 18 or older should have both documents. In the Health Care Proxy, the patient names a number one, and a number two agent to make health care decisions if the patient later becomes unable to make or communicate his/her health care decisions. This simple document avoids an awful probate court proceeding called a "Guardianship."

The Advance Directive, also known as a Living Will, directs, in advance, what the person signing ("the principal") would want if the principal, in the future, might become in a terminal or permanent vegetative condition without a reasonable expectation of recovery. Most people choose to be allowed to die a natural death and not have their life prolonged artificially; however, the principal can make any choice he/she desires. For more information, jlawma.com or 413-532-1200.



Fuel Assistance 2017/2018

The fuel assistance season will begin on **November 1, 2017**. Any senior who has received their **re-certification** paperwork from Community Action and would like assistance with their application, please call Ann at 538-5042 extension 206. An appointment is required for help with Fuel Assistance. If you are a first time program applicant, you must apply in person. If you applied the previous year, you will receive your application by mail and will not need to apply in person.

I am unable to assist **FIRST TIME** applicants until I receive new applications which should arrive sometime in mid-October.

Income Guidelines

Gross Annual Household Income Before Taxes

<u>No. of People</u>	<u>Income Limit</u>
1	\$34,380
2	\$44,958
3	\$55,537

Who is Eligible? Eligibility is based on the number of people in your household and the combined gross (before taxes) income of all persons residing in the household.

Who should Apply?

- Renters and homeowners who pay for their own heat.
- Renters whose heat is included in their rent. (Those who have a housing subsidy must not receive a utility allowance)

What will I need to provide when applying: For the person who is applying, bring:

- Social Security Number
- Proof of identity
- Proof of address
- **Homeowners:** mortgage statement, real estate tax bill, homeowners insurance bill, condo fee
- **Renters:** copy of lease, subsidy verification
- Heating bill
- Electric bill
- If employed: All income for the four weeks before the appointment
- All sources of income: wages, self employment, Social Security, SSI, dividends and interest on bank accounts, rental income, unemployment benefits, pensions, cash prizes and regular support from family, plus any other income you receive.

TO RECEIVE FUEL PAYMENTS:

When you become eligible for fuel assistance, we will notify your vendor of your award amount. Your vendor will bill us directly for usage during November 1st to April 30th. You do not need to send ANY bills in. If you move or leave your home during the winter months you must notify Community Action immediately.

Outreach Series: "Aging in Place-What do I Need to Know"?

Please join us in the dining room on Friday, October 27th at 10:00 a.m. to welcome a representative from the **ARBORS IN CHICOPEE** who will speak about their Assisted Living facility and their many amenities. Refreshments will be served.

******Please Note: My Monthly Community Outreach visits to Newton Manor, Hubert Place and Lathrop Village are now listed on the calendar page.**

Friends of South Hadley Elderly, Inc. The Friends Corner



A proposed change to the usage of our Boutique area has resulted in the immediate closing of that activity. Although we were told that we didn't have to be out of the space until the end of the year, terminating it now was in our best interests.

Inasmuch as we have plenty of lighter-wear clothing still available, and loads of fall/winter attire to be had, we are grateful to the Knights of Columbus, 110 Main Street for offering us the space we need for a short period of time. The past couple of weeks, members of the Friends have been cleaning out the Senior Center and will set up at the K of C. We have both men's and women's clothing and accessories. Unfortunately, we do not carry children's articles.

Our sell-off sale will start September 29 and continue daily through October 9 (week-ends included). Hours of operation are 9:00 a.m. to 3:00 p.m. each day. Hope to see you there!

A reminder that the quarterly Friends meeting will be held October 12 at 1:00 in the Senior Center dining room. We'll be starting our 2018 membership drive shortly. More information will follow in the next issue of the Chronicle.

We hope to see you at our Dine Out Fundraiser at Johnny's Bar & Grille on Tuesday, October 24th.

Senior Travel Club

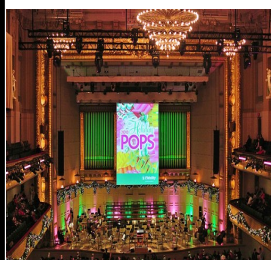


**thank
you**

We offer our sincere thank you to the **Council on Aging Travel Club** for their recent donation of over \$1500.00 to our COA Activity Fund. The donation will be used to underwrite the cost of upcoming programming for our members to enjoy. We greatly appreciate their endeavors on behalf of the Council on Aging.



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, ACCEPTING WAIT LIST NAMES FOR 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.

Coming Events: February 26, 2018 Mohegan Sun and March 26, 2018 Twin River. Call Howie 593-6286 for details

Community News



Join us for **Memory Café Tuesdays at 10am: “Café Hopping”**

A welcoming place for people with memory loss, and their caregivers, to enjoy time with others in a safe and supportive environment. Facilitated by professionals experienced with memory loss, each memory café takes place in a small group setting. Enjoy conversation, connection, refreshments, and activities.

Join us at one or all of the following locations

South Hadley Council on Aging 2nd Tuesday of each month
45 Dayton Street, South Hadley reservations: 413-538-5042

Holyoke Council on Aging 3rd Tuesday of each month 291
Pine Street, Holyoke reservations: 413-322-5625

Chicopee Council on Aging 4th Tuesday of each month 5 West
Main Street, Chicopee reservations: 413-534-3698



Dial-A-Lawyer
(413) 782-1659

Talk to a lawyer for free
Wed, October 18th 4-7pm - only



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
 Carlene Hamlin, President, Board of Dir.
 Eileen Burke, SHINE Coordinator
 Howie Walsh, Travel Club Chairperson
 Sheila Adams, President, Friends of S.H. Elderly

Rainbow Supper Club of Holyoke

Western Mass ElderCare & the Holyoke COA , invite all Lesbian, Gay, Bi-sexual Transgender seniors, age 60 and older, younger partners, friends and allies.

1st Wed of the Month 5pm-7pm, 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 for guest under 60

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

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

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

When: FRIDAYS 11am-12:30pm, Sept. 22 through Nov. 10

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. We hope you can join us.

Please call Ms. Quigley at 413-887-5552 or email cquigley@holyokevna.org

OCTOBER 2017

**Soup of the Day
Every Friday**

MENU

Full Menu is on COA Website

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

OCT 2—Ham w/Raisin Sauce

OCT 3—**BIRTHDAYS/ANNIVERSARIES**

Chicken Parmesan

OCT 4—Broccoli & Cheese Quiche

OCT 5—Salisbury Steak

OCT 6—Stuffed Shells w/Tomato Sauce

OCT 9—**CENTER IS CLOSED**

OCT 10—Stuffed Cabbage w/Sauce

OCT 11—Liver & Onions

OCT 12—Meatloaf w/Mushroom Gravy

OCT 13—Pollock Loins

OCT 16—Mild Beef Chili

OCT 17—Chicken Patty w/Gravy

OCT 18—Hamburger “Burger Bar”

OCT 19—Sweet & Sour Pork

OCT 20—Macaroni & Cheese

OCT 23—Haddock Loins w/Parm Sauce

OCT 24—Cheese Tortellini w/Sauce

OCT 25—Kielbasa w/Lazy Pierogi

OCT 26—Shepherd’s Pie

OCT 27—Roast Pork w/Gravy

OCT 30—Swedish Meatballs w/Gravy

OCT 31—Beef Tips w/Sauce

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

MONDAY

2
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)
1:00 Color Me Calm (Rm#3)

9 CENTER IS CLOSED

Happy Columbus Day



16
9:00-1:00 **FLU CLINIC** (Rm# 2 & 3)
12:15-4:00 **SHINE** (by Appt. Only)
10:00 Decorating Group (Dining Rm)
10:00 Music Appreciation (Rm#3)
10:00 Tai Chi (Rm#5)
11:30 **REP. JOHN SCIBAK—Dining Rm**
1:00 Pinochle & Canasta (Dining Rm.)
1:00 Mah Jongg (Rm#2)
1:00 Color Me Calm (Rm#3)

23 UNITED NATIONS WEEK —“FRANCE”
9:30 Foot Nurse (by Appt. Only)
12:15-4:00 **SHINE** (by Appt. Only)
10:00 **FONDUE MAKING” — Sign-up***
10:00 Tai Chi (Rm#5)
10:00 Music Appreciation (Rm#3)
12:45 **Movie: “Chocolat”**—(Rm#5)
1:00 Pinochle & Canasta (Dining Rm.)
1:00 Mah Jongg (#2)

30 12:15-4:00 **SHINE** (by Appt. Only)
9:30 & 1:00 **Pumpkin Carving**-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)

TUESDAY

3 BIG Y GROCERY SHOPPING
10:00 Beginning Exercise (Rm#5)
11:00 BERKSHIRE HILLS
11:45 BIRTHDAY/ANNIV. LUNCH
12:45 Movie: “Sound of Music” (Rm#5)
1:00 Bingo (Rm#2)
1:00 Needlecraft (Rm#3)



10 BIG Y GROCERY SHOPPING
9:00-11:30 **Memories Café**—(Rm #2)
10:00 Beginning Exercise (Rm#5)
11:15 **Irene Plays Piano**
12:45 Movie: “Guys & Dolls (Rm#5)
1:00 Bingo (Rm#2)
1:00 Needlecraft (Rm#3)

17 BIG Y GROCERY SHOPPING
9:45-3:45 **SHINE** (by Appt. Only)
10:00-11:00 **Brown Bag**—(Rm#3)
10:00 **LOW VISION GROUP** (Rm#1)
10:00 Beginning Exercise (Rm#5)
11:15 **Irene Plays Piano**
12:45 Movie: “The King & I” (Rm#5)
1:00 Bingo (Rm#2)
1:00 Needlecraft (Rm#3)

24 UNITED NATIONS WEEK —“ITALY”
BIG Y GROCERY SHOPPING
9:00 **Newsletter Collating** (Rm #3)
9:30 **Pasta Making - Sign-up***
9:45-3:45 **SHINE** (by Appt. Only)
10:00 Beginning Exercise (Rm#5)
11:15 **Irene Plays Piano**
12:30-2:00 **“Taste of the Town”**
Sinatra Style Entertainment Singer
1:00 Bingo (Rm#2)
1:00 Needlecraft (Rm#3)
DINE OUT AT JOHNNY’S BAR & GRILLE


31 HALLOWEEN PARTY—Come in Costume! — Prizes!
BIG Y GROCERY SHOPPING
9:45-3:45 **SHINE** (Appt. Only)
10:00 Beginning Exercise (Rm#5)
11:15 **Irene Plays Piano**
12:45 Movie: “Fiddler on the Roof” Rm#5
1:00 Bingo (Rm#2)
1:00 Needlecraft (Rm#3)



WEDNESDAY

THURSDAY

FRIDAY

<p>4 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-RM3 1:00 Mah Jongg (Rm#3); 1:00 Pitch (Rm#2) 1:00 Choralites (Dining Room) 3-4:30 Book Club Meeting (Library)</p>	<p>5 9:30 Water Color Class (Rm #3) 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 (Lib)</p>	<p>6 8:30 BIG Y GROCERY SHOPPING 10:00 Coffee & Conversation (Dining Rm) 10:30 Healthy Bones & Balance (Rm#5) 11:00 Bereavement Support Grp—R#1 1:00 Bridge (Rm#3) 1:00 Canasta (Dining Room) 1:00 Cribbage (Rm#2) 1:00 Knitting (Library)</p> 
<p>11 9:30-11:00 Nora Zinan, RN "Essential Oils" — (Dining Room) 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-RM3 1:00 Mah Jongg (Rm#3); 1:00 Pitch (Rm#2) 1:00 Choralites (Dining Room)</p>	<p>12 9:30 Water Color Class (Rm #3) 10:00 Beginning Exercise (Rm#5) 10:00 Alzheimer's Support Group (Rm#1) 10:00 Veterans Group 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 (Lib)</p>	<p>13 8:30 BIG Y GROCERY SHOPPING 9:00-9:30 "Walkie Talkies" Walking with Nancy (sign up by 10/11) 10:00 Coffee & Conver w/Officer Fleming 10:30 Healthy Bones & Balance (Rm#5) 11:00 Bereavement Support Grp—R#1 1:00 Bridge (Rm#3) 1:00 Canasta (Dining Room) 1:00 Cribbage (Rm#2) 1:00 Knitting (Lib)</p>
<p>18 9:00 Tyme4spa/FACIALS (Rm #1) 9:00-12:00 Hearing Screening/Gary Winn-#3 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- (RM #3) 1:00 Mah Jongg (Rm#3); 1:00 Pitch (Rm#2) 1:00 Choralites (Dining Room)</p>	<p>19 9:30 Water Color Class (Rm #3) 10:00 Beginning Exercise (Rm#5) 10:00-11:30 Travel Club (Library Conf. Rm) 10:00 Alzheimer's Support Group (Rm#1) 11:45 Lunch with Officer Steve Fleming 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>20 8:30 BIG Y GROCERY SHOPPING 10:00 Coffee & Conversation (Dining Rm) 10:30 Healthy Bones & Balance (Rm#5) 11:00 Bereavement Support Grp—R#1 11:15 WMEC Lunch Presentation 1:00 Bridge (Rm#3) 1:00 Canasta (Dining Room) 1:00 Cribbage (Rm#2) 1:00 Knitting (Library)</p>
<p>25 UNITED NATIONS WEEK —"POLAND" 9:30 Polish Paper Cutting Class-sign-up* 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-RM3 12:30 Steve & Tom Duo—Polish Music 1:00 Mah Jongg (Rm3) 1:00 Pitch (Rm2) 1:00 Choralites (Dining Room) 2:00 Movie: Zoo Keeper's Wife"—(Rm#5)</p>	<p>26 UNITED NATIONS WEEK—"IRELAND" 9:30 Water Color Class (Rm #3) 10:00 Irish Scone Making—Sign-up* 10:00 Alzheimer's Support Group (Rm#1) 10:00-Beginning Exercise (Rm#5) 10:00-11:30 Travel Club (Library Conf. Rm) 12:30-1:30 Irish Tales & Songs Entertainment 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) 2:00 Movie: "Tristan & Isolde"—(Rm#5)</p>	<p>27 UNITED NATIONS WEEK—"GERMANY" 8:30 BIG Y GROCERY SHOPPING 9:00-9:30 "Walkie Talkies" Walking with Nancy (sign up by 10/25) 9:30 German Pretzel Making (Dining Rm) 10:00 Arbors Chicopee (Rm#2) 10:30 Healthy Bones & Balance (Rm#5) 11:00 Bereavement Support Grp—R#1 12:30-1:30 German Music—Entertainment 1:00 Canasta (Dining Rm); Knitting (Lib) 1:00 Cribbage (Rm2); 1:00 Bridge (Rm3) 2:00 Movie: "Immortal Beloved"—(Rm#5)</p>
<p>*UNITED NATIONS WEEK –Oct 23-27 SIGN-UPS BY WED., OCT. 18 for Fondue Making, Pasta Making, Polish Paper Cutting Class & Irish Scone Making LIMITED TO 8 PEOPLE EACH</p>	<p>LUNCH IS SERVED—M-F 11:45-12:15 Make Reservations at least 24 hrs in advance by calling 538-5042 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>REACHING OUT TO THE COMMUNITY ON TUES & WED WITH ANN 10/4—2:00 Newton Manor-Wed 10/10—2:00 Hubert Place-Tues 10/25-2:00—Lathrop Village-Wed</p>

News From ~Nancy (Activity & Volunteer Coordinator)

OCTOBER MOVIE SERIES-

Our theme is "Musicals"

Oct. 3 - "Sound of Music" (1965) starring Julie Andrews

Oct. 10 - "Guys & Dolls (1955) with Marlon Brando, Frank Sinatra

Oct. 17- "The King & I" (1955) with Yul Brenner

Oct. 24- No Movie- entertainment until 2:00pm in Dining room

Oct. 31- "Fiddler on the Roof" (1971)

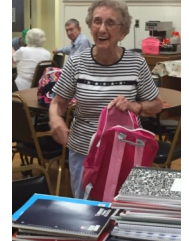
EVERY TUESDAY AT 12:45pm



Volunteers stuffing backpacks for the United Way

Thanks to your generous contributions we were able to stuff 33 backpacks for students in

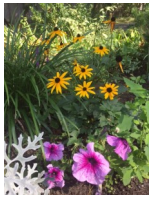
South Hadley. We also had a few items left over that were donated to the Dept of Children and Families in Springfield to be given to children in foster care.



We can't say it enough...THANK YOU to all our volunteers who assist us every month. We couldn't do it without you and you and you...



Thank you to our garden volunteers. They have worked hard all summer to keep our grounds and window boxes looking spectacular.



THANK YOU.



Mah Jongg lessons are available on October 4, 11, 18. You must commit to attending all 3 lessons to properly learn the game. Call the office to sign up if this interests you.

Join us Oct 30 to carve pumpkins @ 9:30 or 1:00. Sign up by Oct 23 in office. Oct 31 is our Halloween party- plan to come to lunch in costume for a chance to win a prize. "Celebrity" guests judges will be here.



Calling all Veterans ~

Please join us for lunch on Tuesday, November 6 as we thank you for your service to our country. Every year this lunch

reaches maximum capacity so please call the office EARLY to sign up. Registration begins October 3. Registration closes when full or on October 31st. Dave Cellucci will entertain us beginning at 12:30. Don't miss out.



Find us on: facebook

Have you visited us on FACEBOOK?

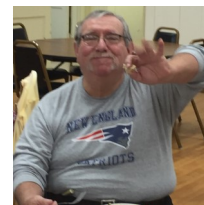
Check us out on the

South Hadley Council on Aging page. Give us a "like" please.

HAPPY BIRTHDAY!

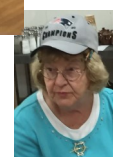


October birthday/anniversary will be celebrated on October 3rd. Berkshire Hills Music Academy will entertain us during lunch. Please call the office at least 48 hours in advance for lunch reservations if you have an October birthday or anniversary.



We had a fun time at lunch celebrating the start of the football season for the

New England Patriots





Thank you to our knitting ladies for their recent donation to the Rays of Hope walk. They made pink scarves and headbands for participants

to wear during the walk.
Michelle from the Rays of Hope office came to the center to accept their donation. *(missing from photo Joyce G.)
Rays of Hope - Walk & Run Toward the Cure of Breast Cancer -



October 22 @ Temple Beth El in Springfield, MA
Run starts at 8:30 am Walk starts at 10:30 am



Norah Zinan, RN will be back again teaching us about the benefits of Essential Oils

Oct 11 from 9:30-11 in Dining Room. Sign up in office.



United Nations Week– October 23-October 27

(special menu all week)

FRANCE-Monday, October 23-10:00 Make Fondue with Nancy in Dining Room*sign up required by Oct 18. (Only 8 spots) 12:00 showing movie “Chocolat” in Rm 5

ITALY-Tuesday, October 24-9:30 make pasta with Nancy in Dining Room*sign up required by Oct 18. (Only 8 spots)

12:30-2:00 “Taste of the Town” Sinatra inspired entertainment following lunch. NO movie today

POLAND-Wednesday, October 25-9:30 Polish paper cutting craft “wycinanki” *sign up by Oct 18 (Only 8 spots)

WE ARE IN NEED OF A TEACHER FOR THIS-

CAN YOU HELP?????

12:30-1:30-Steve & Tom duo playing Polish music

2:00 movie “Zookeeper’s Wife” in Rm 5

IRELAND-Thursday, October 26-10:00 Irish scone making with Kathy Gallivan*must sign up by Oct 18 (Only 8 spots)

Tim Van Egmond will tell some Irish tales and sing some Irish songs for us from 12:30-1:30

Limerick writing at 2:00 in Dining room

2:00 showing movie “Tristan & Isolde in Rm 5

GERMANY-Friday, October 27-9:30 German pretzel making with Nancy in Dining Room*sign up by Oct 18 (Only 8 spots)

Paul Gluck will entertain us with German music

from 12:30-1:30

2:00 movie “Immortal Beloved”

JOIN US & BRING A FRIEND



We had a nice response to my request to start a book club. We are now off and reading with 11 members!

BOOK CLUB

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

We are in need of the following...

- Neck ties (any condition)
- Movie DVDs (no VCR tapes)
- Scrap booking paper (prefer 12x12 size) and stickers
- Glue guns
- Wine corks (yes, we need more!)
- Acorns-lots of acorns :)



- ~ Les Dickinson for the weekly donations of Big- Y goodies!
- ~ Shirley Burdzy for the donation of DVD's.
- ~ The donation of our new staff kitchen table!

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.

Cut out this flyer and present it to your server /waiter



johnny's bar & grille

The Village Commons
23 College Street

**Tuesday, October
24th**

4pm to 9pm

**Sponsored by the
Friends of South
Hadley Elderly, Inc**

**DINE OUT
FUNDRAISER
FOR THE
SOUTH HADLEY
COUNCIL ON
AGING**

**Present this flyer to
your server and
Johnny's Bar & Grille
will donate a portion of
your purchase to the
South Hadley Council
on Aging**

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

BLANCHE CAVANAUGH
Evelyn Simpson & Nancy Hall

BRUNO PATRUNO
Rita Bruno

DR. CENGIZ KAYI
Carol Kayi

DONALD LEONARD
Bob & Carol Baribeau
Claire Bielanski
Jim Eisenstock

ED CWIEKA
Jennie Cwieka

GERRY LECLAIRE
Claire Bielanski

JOHN LEONARD II
Bob & Marge Valenti

MARGARET FITZGERALD
Claire Bielanski
Jim , Kathy & Tracy Russell
Ronald F. Krantz

MARGE SULLIVAN
Claire Bielanski

MARILYN J. DUVAL
Mah Jongg Group (COA)

MARLENE GAGNE
Donald Gagne

MARY CLEMENT-ALLEN
Brad Allen

MERIDITH GRAMMATICAS
Chris Grammaticas

JUNE SMITH
Kay Washburn

LEO LABONTE (5th Anniversary)
Gloria Labonte

PATRICIA MEYER
Bill & Dorothy Schenker
Claire Bielanski
James & Barbara Rougeau
Nancy Yesu

PHILIPPA GOOLD
Bonnie Catto
Marsh & Susan McCall

RALPH
David Perwak

RALPH
David Perwak
ROBERT "CHEVY" CHEV-
RETTE
Nancy Larson

ROBERT LECUYER
Ann M. LeCuyer
John & Linda Gallivan
Kathy Gallivan

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

Carolyn R. Baston
Dennis & Charlene Benson
Edward & Kathleen Kopec
Kathleen Hurley
Mr. & Mrs. Warren McAvoy
Nancy Towne
Paula Gaudet
Roger Duval

Large Donation from *The South*

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.