



THE

Golden Chronicle

THE SOUTH HADLEY COUNCIL ON AGING

45 Dayton St., South Hadley MA 01075

Tel. 413-538-5042 • Fax 413-532-8206

NOVEMBER 2017

**HAVE QUESTIONS FOR THE STAFF?
538-5042**

- Leslie, Dir.Ext. 204
- Lisa, Asst. Dir.Ext. 203
- Ann, Outreach Coord...Ext. 206
- Nancy, Vol/Act. Coord..Ext 205
- Ola, Transp. Clerk,.....Ext.201
- Kathy, Donations Clerk,Ext. 211

November Happenings

VETERANS DAY LUNCHEON

TUESDAY, NOV. 7TH

Veteran's Day Luncheon in honor of all our veterans.
Honor Guard presentation with VFW 3104
& Entertainment with Dave Colucci
Make Reservations 538-5042

KYT AT THE COA

THURSDAY, NOV. 2ND 6PM TO 8PM AT THE CENTER

Know Your Town will host an informational open house for the proposed plans for a new senior center. Come see the preliminary designs.
Refreshments served. (45 Dayton St.)

WINTER PREPAREDNESS: SAFETY & SHELTER

THURSDAY, NOV. 16TH AT 11:15AM.

Sharon Hart from the S. Hadley Board of Health will speak about winter safety & preparedness

HOLIDAY CARD MAKING

TUESDAY, NOV. 14TH
6PM TO 7:30PM

You will leave with 5-8 beautiful, holiday cards. All materials provided.
Free. Limited space call 538-5042



THANKSGIVING LUNCHEON

WEDNESDAY, NOV. 15TH

50/50 RAFFLE & ROCKING HORSE RAFFLE
Make Reservations 538-5042

YOU'RE INVITED...TO A DELICIOUS CONTINENTAL BREAKFAST

THURSDAY, NOV. 16TH

7:30AM TO 9:30AM AT THE CENTER

We are holding an open-house for all Friends of the South Hadley Elderly, Inc members and anyone who would like to join the friends group. Come find out what's going on at the COA!!



Thank you to our Friends of South Hadley

Elderly, Inc & our very generous, community donors for the purchase of a 2nd MySeniorCenter Kiosk.

Please remember to swipe in for the COA

Inside this issue

Message from Leslie	2
News.....	2
Travel Club.....	4
FRIENDS.....	4
COA Services.....	5
MENU.....	6 & 7
Outreach Services.....	8
Activities & Vol	8 & 9
In Memoriam.....	11



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7 Hadley Street, South Hadley, MA • (413) 536-6100



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(413) 539-6566
Fax: (413) 539-5855
John.Scibak@mahouse.gov



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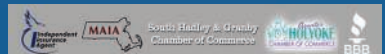
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South Hadley COA - South Hadley, MA 06-5294



A MESSAGE FROM LESLIE

We hope you enjoy the format of the *new* newsletter. We are thrilled to be “in color”. The photos you see throughout the newsletter were taken of the Mother’s Garden Club at the COA.

Please join us on November 2nd when Know Your Town hosts an informational open house at the center. We will have preliminary designs available for the new senior center and refreshments will be served. Come meet members from our Board of Directors and our Friends of the South Hadley Elderly, Inc. and find out what is going on at the center. We will provide tours for visitors. See you on the 2nd! ~ Leslie



WMEC NUTRITION ARTICAL

Nutrition for Brain Health
Ashley Kratovil, UMass Dietetic Intern

Brain health refers to the brain’s ability to learn, remember, concentrate and have social engagement. Diseases such as dementia can affect daily activities and functioning. Dementia is a collective term used to describe a decline in mental ability beyond the normal forgetfulness that we all experience. This is a progressive disease (spanning many years), caused by damage to brain cells, and leading to problems with communication, thinking and behavior. The two biggest types of dementia are Alzheimer’s disease and vascular dementia. Alzheimer’s disease is the most common type that affects memory, thinking and behavior. It is caused by inflammation and a buildup of toxins in the brain, often with memory loss as the first sign. Vascular dementia is the second most common type that often occurs after a stroke, when brain cells are deprived of oxygen and nutrients. Inflammation is the body’s natural response to an injury, stress and/or a poor diet. When inflammation lasts longer than necessary, it can result in cell and tissue damage. Long-term (chronic) inflammation has been linked to dementia.

There are many foods and spices that you can incorporate into your meals to slow the progression of dementia and memory loss, and help boost mental function. Cranberries and figs contain antioxidants, the “superheroes” of food, which protect our cells from damage. Many herbs and spices contain antioxidants. Cinnamon and turmeric contain antioxidants, as well as anti-inflammatory properties, meaning they help reduce chronic inflammation. Turmeric also has anti-coagulation properties, so individuals on Coumadin (warfarin) should be mindful about taking large quantities. Sage and Rosemary also contain antioxidants, and have been researched for their role in memory and brain function. By adding these and other antioxidant-rich foods to your diet, you may be able to reduce inflammation and slow the progression of dementia.

NEWS



SOUTH HADLEY HEALTHY BONES AND BALANCE SURVEY RESULTS

In 2017, 91% of RSVP Healthy Bones & Balance participants who were surveyed indicated that regular participation in the classes increased the social support and friendships they experienced in their lives.

Participants also mentioned that the classes motivate them to exercise regularly, get them out of the house, and provide a great opportunity for camaraderie and fun.

Here are some statistics from South Hadley:

- 82% of participants reported improved range of motion
- 91% reported improvement in their flexibility
- 82% reported improved muscle strength
- 82% reported improved balance
- 90% reported improved confidence in movement
- 67% avoided falls
- 92% avoided broken bones

Check out a class!!
Wed & Fri at 10:30am.

TRAVEL CLUB TRIPS



Tuesday, December 12, Boston Pops, Pops, Holiday Concert, with Keith Lockhart conducting, at Symphony Hall in Boston. 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 increase from \$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 Walsh 593-6286 for further details. Players card or picture ID required to gamble.

The South Hadley Senior Travel Club is not responsible for any personal injury incurred on the trip. No refunds for cancellations within 30 days of a trip. No refund for NO shows the day of the trip. A five dollar non refundable deposit required upon signup for all trips. Full payment for all trips is due 30 days prior to trip.



Transportation is available to and from the South Hadley Senior Center and destinations in town. It is provided in part by the Executive Office of Elder Affairs, Town funding and many generous donations.

FRIENDS OF SOUTH HADLEY ELDERLY CORNER

November is going to be a very busy time for the Friends at the Senior Center. To begin with, the Quilters' Group made and donated a gorgeous full-size Star and Stripe quilt as a Friends' fund-raiser. Tickets go on sale shortly with the drawing at lunch on December 21. Price is \$1 for one; book of 6 for \$5.00.

The Friends Nominating Committee has been set. Members are Melide Normand, Claire Bielanski, and Joan Aras. The Annual Election for officers and directors is scheduled for November 9 at 1:00 p.m. If you are interested in being an officer or director, or know anyone who is, please contact the above people to let them know. We would love to see some new faces!

Speaking of new faces, the Friends and the Council on Aging are sponsoring a Continental Breakfast to be held at the Senior Center on Thursday, November 16, between 7:30 a.m. and 9:30 a.m. The purpose of this get-together is to meet some of the Friends we've never seen, explain some of our programs and liaison with the Council on Aging, and try to enlist volunteer support for our future activities. Just because you sign up for one of the activities doesn't mean you're tied into all.

FRIEND'S FUNDRAISERS

**NOVEMBER RAFFLE:
Solid Wood Rocking Horse**



Tickets: \$1.00 each/ 6 for \$5.00
Perfect for a toddler's holiday gift!

Winner announced at the Thanksgiving Lunch, Nov. 15th

**DECEMBER RAFFLE:
Hand-made Quilt donated by the
South Hadley COA Quilter's Club**



Tickets: \$1.00 each/ 6 for \$5.00
Winner announced at the Winter Solstice Celebration, Dec. 21st

Finally, it's time to sign up to become a Friend in 2018. As we've done in the past few years, we will be raffling off the \$100 lottery tree at the St. Patrick's luncheon. The date will be announced in a future Chronicle. Membership is still \$5.00 annually. If you want to receive a membership card that identifies you as a Friend please enclose a note with your payment. There's been little interest in receiving these in the past few years so they are only given out when requested. Payment can be sent to Donna Robideau, Treasurer, at 12 Edgewater Lane, So. Hadley 01075.

COA SERVICES



Support Services at the Council on Aging

Alzheimer's Caregiver Support Group, weekly, Thurs. 10am
Foot Nurse (by Appt) 2nd & 4th Monday of the month
Memories Café, 2nd Tuesday of the month, 10am to 11:30
Hearing Screening by Gary Winn 2nd Wed., 9am –12pm
Veterans Support Group, 2nd Thur. of month 10am –11am
Blood Pressure Screening, 2nd Thur of month 12:30-2:30pm
Low Vision Group, 3rd. Tues of the month 10am –11:15am
Medical Appointment Transportation call Ann, 538-5042

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 & 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

COMMUNITY NEWS

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

Call 413-538-9020, or email
rainbowsupper-club@wmeldercare.org

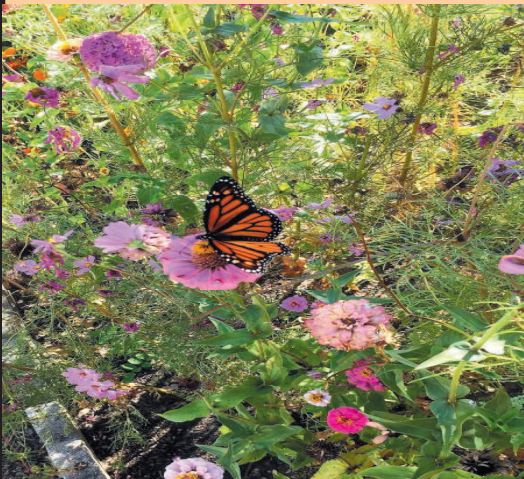
Suggested, confidential, voluntary donation of \$2.25 for those individuals age 60 years or older; \$6.00 for guest under 60

Snow, Sleet Freezing Rain...a few of my *least* favorite things....

The winter season is here and the Senior Center may be closed due to inclement weather. Watch Channels 22 or 40 for cancellations

TRIAD RESIDENTIAL EMERGENCY LOCK BOX PROGRAM

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 on their ambulances and fire trucks. When an emergency call comes in, the responding Firefighters or Paramedics can open the lock box and gain quick access to offer assistance. The box can only be accessed in an **EMERGENCY** The cost of the box is \$30.00. The installation is free and will be provided by the Fire Districts. Call the COA at 538-5042



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.

NOVEMBER 2017

MONDAY	TUESDAY	WEDNESDAY
REACHING OUT TO THE COMMUNITY WITH ANN Wed, Nov. 1 — Newton Manor Wed, Nov 8 — Hubert Place Wed, Nov 22—Lathrop Village OUTREACH SERIES—AGING IN PLACE—WHAT DO I NEED TO KNOW? 10:00 A.M. —Room #2 Fri, Nov. 17 — Providence Place	LUNCH IS SERVED—M-F 11:45-12:45 Make Reservations at least 24 hours 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	1 10-11:30 Travel Club (Library) 10:30 Healthy Bones & Balance 11:30-1:00 Learn to Play Mah Jongg 1:00 Mah Jongg (Rm#3) 1:00 Choralites (Dining Room) 3-4:30 Book Club Meeting (Library)
6 10:00 Decorating Group (Dining Room) 10:00 Music Appreciation (Rm#3) 10:00 Tai Chi (Rm#5) 12:15-4:00 SHINE (by Appointment Only)-Lib Conf Rm 1:00 Pinochle & Canasta (Dining Rm) 1:00 Mah Jongg (Rm#2) 1:00 Color Me Calm (Rm#3)	7 BIG Y GROCERY SHOPPING 9:30 Beginning Watercolor Class (Rm#6) 9:45-3:45 SHINE (By Appointment Only)-Lib Conf Rm 10:00 Beginning Exercise (Rm#5) 11:45 VETERANS LUNCHEON w/ENTERTAINMENT 12:30-1:30 DAVE COLLUCCI ENTERTAINS 12:45 Movie: "Love Story" 1:00 Bingo (Rm#2) 1:00 Needlecraft (Rm#3)	8 10:30 Healthy Bones & Balance 11:30-1:00 Learn to Play Mah Jongg 1:00 Mah Jongg (Rm#3) 1:00 Choralites (Dining Room)
13 9:30 Foot Nurse (by Appointment Only) 10:00 Polish Paper Cutting Craft (Wycinanki) (Rm#6) 10:00 Music Appreciation (Rm#3) 10:00 Tai Chi (Rm#5) 12:15-4:00 SHINE (by Appointment Only)-Lib Conf Rm 1:00 Pinochle & Canasta (Dining Rm) 1:00 Mah Jongg (Rm#2) <i>*Sign-up by November 9th</i>	14 BIG Y GROCERY SHOPPING 9:30 Beginning Watercolor Class (Rm#6) 9:45-3:45 SHINE (By Appointment Only)-Lib Conf Rm 10:00 MEMORIES CAFÉ (Rm#2) —Sign-up w/Leslie 10:00 Beginning Exercise (Rm#5) 11:45 BIRTHDAY/ANNIVERSARY LUNCHEON 12:45 Movie: "St. Elmo's Fire" 1:00 Bingo (Rm#2); 1:00 Needlecraft (Rm#3) 6:00-7:30pm HOLIDAY CARD MAKING CLASS <i>*Sign-up by November 9th</i>	15 10:30 Healthy Bones & Balance 11:30-1:00 Learn to Play Mah Jongg 11:45 THANKSGIVING LUNCHEON 1:00 Mah Jongg (Rm #3) 1:00 Choralites (Dining Room)
20 10:00 Thanksgiving Craft w/Nancy (Dining Rm)* 10:00 Music Appreciation (Rm#3) 10:00 Tai Chi (Rm#5); 11:30 Rep John Scibak-Dine Rm 12:15-4:00 SHINE (by Appointment Only)-Lib Conf Rm 1:00 Pinochle & Canasta (Dining Rm) 1:00 Mah Jongg (Rm#2) 1:00 Color Me Calm (Rm#3) <i>*Sign-up by November 16th</i>	21 BIG Y GROCERY SHOPPING 9:30 Beginning Watercolor Class (Rm#6) 9:45-3:45 SHINE (By Appointment Only)-Lib Conf Rm 10:00 LOW VISION GROUP—(Rm#1) 10:00 BROWN BAG (Rm#3) 10:00 Beginning Exercise (Rm#5) 12:45 Movie: "Dead Poets Society" 1:00 Bingo (Rm#2) 1:00 Needlecraft (Rm#3)	22 10:30 Healthy Bones & Balance 11:30-1:00 Learn to Play Mah Jongg 1:00 Mah Jongg (Rm #3) 1:00 Choralites (Dining Room)
27 9:00-11:00 CYBER MONDAY-Online Shopping Asst. (Bring your own tablet, laptop, etc.---Conf. Rm) 9:30 Foot Nurse (by Appointment Only) 10:00 Music Appreciation (Rm#3) 10:00 Tai Chi (Rm#5) 12:15-4:00 SHINE (by Appointment Only)-Lib Conf Rm 1:00 Pinochle & Canasta (Dining Rm) 1:00 Mah Jongg (Rm#2)	28 BIG Y GROCERY SHOPPING 9:00 NEWSLETTER COLLATING (Rm#3) 9:30 Beginning Watercolor Class (Rm#6) 9:45-3:45 SHINE (By Appointment Only)-Lib Conf Rm 10:00 Beginning Exercise (Rm#5) 12:45 Movie: "Autumn in New York" 1:00 Bingo (Rm#2) 1:00 Needlecraft (Rm#3)	29 10:30 Healthy Bones & Balance 11:30-1:00 Learn to Play Mah Jongg 1:00 Mah Jongg (Rm #3) 1:00 Choralites (Dining Room)

MONTHLY MENU—SOUP OF THE DAY EVERY FRIDAY—FULL MENU ON WEBSITE: [HTTP://WWW.SOUTHHADLEY.ORG/683/NEWSLETTER](http://www.southhadley.org/683/newsletter)

Nov 1—Ham w/Raisin Sauce	Nov 6—Stuffed Peppers	Nov 13—Teriyaki Chicken	Nov 20—BBQ Chicken
Nov 2—Salisbury Steak/Gravy	Nov 7—Roasted Chicken w/ gravy	Nov 14—Roast Pork/Gravy	Nov 21—Beef Tips/Sauce
Nov 3—Stuffed Shells w/ Sauce	Nov 8—Spaghetti & Meatballs	Nov 15—Roast Turkey w/Gravy	Nov 22—Broccoli & Cheese Quiche
	Nov 9—Beef Stew	Nov 16—Ground Beef Stroganoff	Nov 23— CLOSED
	Nov 10— CLOSED	Nov 17—Salmon Fillets	Nov 24— CLOSED
			Nov 27—Lasagna with Meat Sauce
			Nov 28—Oven Fried Chicken
			Nov 29—Liver & Onions
			Nov 30—Macaroni & Cheese

CALENDAR

WEDNESDAY	THURSDAY	FRIDAY
Library Conf. Room) Room (Rm#5) Jongg (Rm3)	2 9:30 Watercolor Class (Rm#3) 10:00 Beginning Exercise (Rm#5) 10:00 Alzheimer's Support Group (Rm#1) 10-11:30 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 (Libr.) 6:00-8:00 KNOW YOUR TOWN MEETING (Dining Rm)	3 BIG Y GROCERY SHOPPING 9:30 Walkie Talkies (weather permitting) 10:00 Coffee & Conversation w/Officer Fleming & Friends (Dining Room) 10:30 Healthy Bones & Balance (Rm#5) 11:00 Bereavement Support Group (Rm#1) 1:00 Bridge (Rm#3) 1:00 Canasta (Dining Room) 1:00 Cribbage (Rm#2) 1:00 Knitting (Library)
Room (Rm#5) Jongg (Rm3)	9 9:30 Watercolor Class (Rm#3) 10:00 Veterans Group (Rm#2) 10:00 Beginning Exercise (Rm#5) 10:00 Alzheimer's Support Group (Rm#1) 10-11:30 Travel Club (Library Conf. Rm.) 12:30 -2:00 Blood Pressure with Nurse 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 (Libr.)	10 CENTER IS CLOSED 
Room (Rm#5) Jongg (Rm3) CHEON	16 7:30 FRIENDS CONTINENTAL BREAKFAST 9:30 Watercolor Class (Rm#3) 10:00 Beginning Exercise (Rm#5) 10:00 Alzheimer's Support Group (Rm#1) 10-11:30 Travel Club (Library Conf. Rm.) 11:15 Winter Preparedness w/Sharon Hart— Din room 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 (Libr.)	17 BIG Y GROCERY SHOPPING 9:30 Walkie Talkies (weather permitting) 10:00 Coffee & Conversation (Dining Room) 10:00 "Aging in Place"—Providence Place—(Rm#2) 10:30 Healthy Bones & Balance (Rm#5) 11:00 Bereavement Support Group (Rm#1) 1:00 Bridge (Rm#3) 1:00 Canasta (Dining Room) 1:00 Cribbage (Rm#2); 1:00 Knitting (Library)
Room (Rm#5) Jongg (Rm3)	23 CENTER IS CLOSED 	24 CENTER IS CLOSED
Room (Rm#5) Jongg (Rm3)	30 9:30 Watercolor Class (Rm#3) 10:00 Beginning Exercise (Rm#5) 10:00 Alzheimer's Support Group (Rm#1) 10-11:30 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 (Libr.)	Our lunch Program is Funded by a Title III-C Nutrition Program Grant from WestMass ElderCare

SUPPORT THE ADVERTISERS THAT SUPPORT OUR COMMUNITY



COUNCIL ON AGING ANNUAL HOLIDAY GIFT PROGRAM



The Council on Aging once again will celebrate this joyous season by distributing grocery store gift cards or an electric light credit to those South Hadley senior residents who qualify. Some financial guidelines do apply. If you are currently receiving Fuel Assistance, Brown Bag, SNAP benefits, or experiencing a hardship at this time of your life, we may be able to help brighten your holiday. These gifts are made possible by the generous donations from your friends, neighbors and local businesses. If you would like to be considered for a holiday gift, please call Ann at 538.5042 extension 206 no later than **Friday, December 8th.**

ANN'S LIST OF PRACTICAL GIFTS FOR SENIORS!

Looking for the perfect holiday gift for Mom and Dad, Grandma or Grandpa? Most elders who have reached their 80's and 90's do not want another "nick knack" type of gift. Here are a few more useful, practical gifts:

- A South Hadley Senior Travel gift credit for an upcoming trip
- A gift certificate for a new hair style
- Pre-pay their exercise class at the Senior Center
- A credit on their home heating, oil, gas or electric.
- A gift of the morning newspaper

FUEL ASSISTANCE 2017/2018

The fuel assistance season begins **November 1st.**

Those seniors who have received their recertification paperwork from Community Action and would like help, please call me for an appointment. The application process can be somewhat time consuming and I want to devote my undivided attention to each applicant. Therefore, I cannot take "walk-ins" for fuel assistance. I can be reached Monday thru Friday from 8:00 a.m. to 4:30 p.m. by calling 413.538.5042 extension 206. Here are the income guidelines:



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

Stay Warm, Ann



Can you lend a hand serving our Veteran's for lunch on November 7?

We are in need of a few extra hands to help us set up/serve/clean up lunch. If you are available anytime between 9-1 please let Nancy know at ext 205.

Looking ahead we will need similar help on Wednesday, November 15 for Thanksgiving lunch Wednesday, Dec 13 & Thursday, Dec 21 for holiday lunches.

We also have openings to help set up the Dining Room on Tuesdays, Wednesdays and/or Thursdays.



Some of our regular volunteers are flying south for the winter and we need short term replacements for them.

Hours are 9:30-12:45.



Cyber Monday is coming- are you tech savy enough to help us that

day from 9-11 assisting seniors who want to do some online shopping with their own devices? We need a couple of folks to help out and if you are familiar with the process of online shopping this "job" is for you!

Substitute Lunch book volunteer



needed to check people into lunch . We have regulars but are looking for a few people willing to be on the sub list.

Hours are 10-11:45

NOVEMBER MOVIE SERIES—
 Our theme is “Autumn” movies
 Nov 7 -“Love Story” (1970) starring Ryan O’Neal & Ali McGraw
 Nov 13 -“St. Elmo’s Fire”(1985) with Demi Moore
 Nov 21-“Dead Poet’s Society” (1989) with Robin Williams
 Nov.28- “Autumn in NY” (2000) starring Richard Gere
EVERY TUESDAY AT 12:45pm



Veteran’s Day lunch will be Tuesday, Nov. 7. Please call the office to sign up asap as space is limited. Dave Collucci will be our entertainment for lunch.

We are in need of bags of cranberries (NOT cranberry sauce).



Ping pong balls
 Feathers
 Candy canes



Our “Mitten Tree” will be up in the Dining Room beginning December 1st. Please bring in **HANDMADE OR NEW** mittens, gloves, scarves and hats to adorn the tree. Adult and

children sizes are needed. All items collected will be donated to local charity. Items can be dropped off in the main office beginning Nov 15th. Let’s make the winter brighter for those in need and fill the tree top to bottom with these useful items.



Looking ahead-Holiday craft time with Nancy Dec 4
 Holiday sweater contest Dec 5
 Cookie exchange Dec 18



Have you purchased your raffle tickets yet to win a beautiful quilt (made by our COA quilting ladies)?



Rescheduled class-Polish paper cutting “wycinanki”- Monday, Nov 13 at 10:00 in Din Rm. Sign up by Nov 9. Space is limited.
 Make a Thanksgiving craft with Nancy on Monday, Nov 20 at 10:00 in Dining Room. Sign up by Nov 17.

NEW! Jewelry making class. Come join teacher Sandy for a fun filled class where you can choose what to make.



There is no cost for the class but you will need to pay for each bead you use. Most items can be made for \$5.00 or less. Thursday, Dec 7 from 9:30-11:30. Sign up by Dec 4. Space limited.



ARE YOU READY FOR THE HOLIDAYS? YOU’VE PROBABLY

HEARD OF “BLACK FRIDAY” BUT HOW ABOUT

“CYBER MONDAY?”

CYBER MONDAY IS THE FIRST MONDAY AFTER THANKSGIVING AND A DAY DEDICATED TO THOSE WHO WANT TO SCORE

SOME GREAT

BARGAINS ONLINE.

WOULD YOU LIKE TO DO SOME ONLINE SHOPPING WITH A STAFF PERSON TO ASSIST YOU ALONG

THE WAY?

COME DO SOME ONLINE SHOPPING WITH US ON “CYBER MONDAY”-MONDAY, NOVEMBER 27 FROM 9-11 IN ROOM 1.

YOU MUST BRING YOUR OWN DEVICE THAT IS CAPABLE OF CONNECTING TO THE INTERNET (SMART PHONE, IPAD, TABLET, IPAD). WE WILL HELP YOU DO SOME SHOPPING ONLINE. MUST SIGN UP BY NOV 20. ONLY 8 SPOTS AVAILABLE. QUESTIONS? CALL NANCY AT EXT 205.

Join us for a card making class on Tuesday, Nov 14 from 6-7:30.



You’ll leave with 5 winter/holiday themed cards.



Don’t miss out. Call the office to sign up.



ELDER LAW ATTORNEY LETTER

LEGAL TIPS BY ELDER LAW ATTORNEY KAREN JACKSON: AID AND ATTENDANCE, MONTHLY PAYMENTS FOR AGING VETERANS AND THEIR SPOUSES

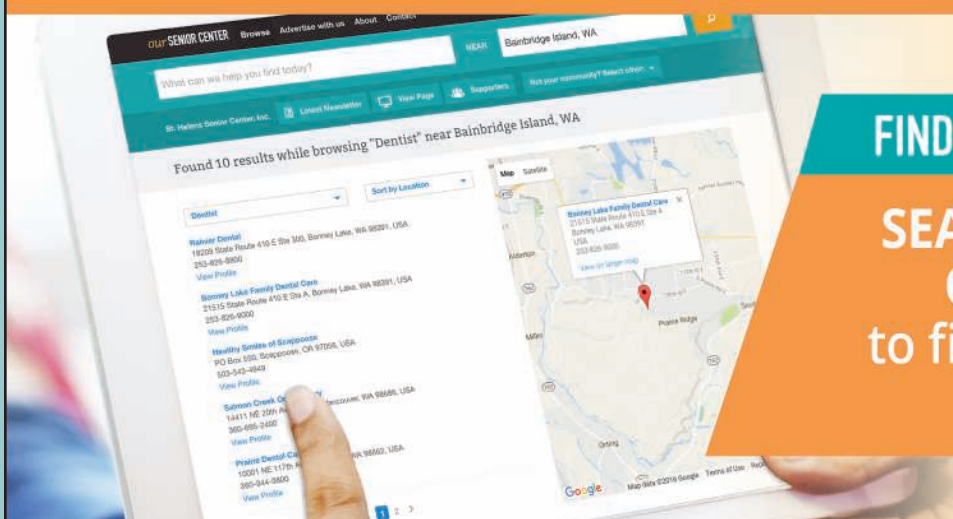
The VA administers three pension programs for aging veterans and their spouses: the Basic Pension, Aid and Attendance, and Housebound. This piece only addresses Aid and Attendance (“A & A”), the program paying the largest monthly benefit amount. For 2017, Aid and Attendance monthly benefits are \$1,153 for a surviving spouse; \$1,794 for a veteran with no dependents; and \$2,127 for a veteran with a spouse or child (plus \$2,205 for each additional child). The only “string attached” to these benefits: the money must be used only for the benefit of the veteran and/or the spouse. The money can be used toward home or adult day care services; to pay for adaptations to help the disabled veteran/spouse live at home; pay for assisted living; and, skilled nursing home care. The money can be used to pay a family member, other than a spouse, for home care.

To qualify, the veteran or the veteran’s spouse must be at least 65. The veteran must have served at least 90 days and served at least one day during a period of war. The veteran cannot have been dishonorably discharged. For A & A, the veteran must need help with Activities of Daily Living (“ADLs”) at home. ADLs include dressing, bathing, eating, toileting, and transferring. For a surviving spouse to qualify, the spouse must have been living with the veteran at the time of his/her death and must be single at the time of claim. The asset and income requirements are usually easily solved.

To get started, the veteran/spouse can contact the veteran’s counselor in the town of residence. This approach takes over a year and will cost the veteran/spouse nothing. Alternatively, the veteran/spouse can contact a professional who will charge for the services and obtain results sooner. It is important to do your research and get started immediately with the application process when help with ADLs arises. For more information, jlawma.com or 413-532-1200.

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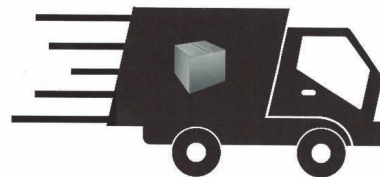
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