

THE

Golden Chronicle



THE SOUTH HADLEY COUNCIL ON AGING

45 Dayton St., South Hadley MA 01075

Tel. 413-538-5042 • Fax 413-532-8206

Follow us on



DECEMBER 2017

South Hadley Council on Aging MISSION STATEMENT

The South Hadley Council on Aging, with the support and participation of the community identifies, advocates, and implements meaningful educational, cultural, social, volunteer and wellness activities for persons over age 60.

HAVE QUESTIONS FOR THE STAFF? 538-5042

Leslie, DirectorExt. 204

Lisa, Asst. Director.....Ext. 203

Ann, Outreach Coordinator.....Ext. 206

Nancy, Vol/Act. Coordinator.....Ext. 205

Ola, Transp. Clerk,.....Ext.201

Kathy, Donations Clerk,.....Ext. 211

Thank you

Friends of South Hadley Elderly, Inc
for providing the entertainment during
our United Nation's Week
celebrations

Watch channel 22 or 40 for senior
center cancellations and closures

&

Sign up for alerts from the Town of
South Hadley at
www.southhadley.org

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December Happenings

BRIGHT NIGHTS & HOLIDAY YULETREE JUBILEE AT BALISE

MONDAY, DEC. 4TH 3:00PM-7PM: A stop at at Balise
Auto to experience the Yule Tree Jubilee— a decorative holiday tree
display and then on to Bright Nights in Forest Park!

MONDAY, DEC. 18TH 3:00PM-7PM

A TRIP TO BRIGHT NIGHTS IN FOREST PARK!

Call to reserve: 538-5042

HADLEY MALL HOLIDAY SHOPPING TRIP & ATKINS FARM VISIT

THURSDAY, DEC. 14TH 9AM TO 2PM

Call to reserve: 538-5042

HOLYOKE MALL HOLIDAY SHOPPING TRIP

THURSDAY, DEC. 7TH

4PM TO 8PM

Call to reserve: 538-5042

DECEMBER BIRTHDAYS & ANNIVERSARY LUNCH

TUES, DEC. 5TH

Call to reserve: 538-5042

HOLIDAY LUNCH & CHORALITES CONCERT

WEDNESDAY, DEC. 13TH : Immediately after lunch

COUNCIL ON AGING OPENING AT 10:30AM ON WEDNESDAY DECEMBER 20TH

Transportation not available until 10:30am.

WINTER SOLSTICE CELEBRATION

THURSDAY, DEC. 21ST, 11 - 1PM

Friends of South Hadley Elderly Quilt Raffle & Chinese Raffle
before lunch. Entertainment by Davis Bates

Make reservations 538-5042

WESTMASS ELDERCARE HOLIDAY PARTY

MONDAY, DECEMBER 11TH, 11:00AM TO 2:30PM

Fairview Knights of Columbus Council #4044



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573 Northampton St. Holyoke • (413) 532-1200 • www.jlawma.com



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Dr. Steven A. Markow, Optometrist

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STATE REPRESENTATIVE JOHN W. SCIBAK

P.O. Box 136, South Hadley, MA
(413) 539-6566
Fax: (413) 539-5855
John.Scibak@mahouse.gov

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A MESSAGE FROM LESLIE



Our sincere appreciation to Know Your Town and Linda Young for hosting our informational open house on Nov. 2nd. The unveiling of the conceptual plans for a new senior center was a success!! Thank you to those in attendance for your questions and suggestions.

If you'd like to make a meaningful donation to a South Hadley senior, who is in need of financial assistance during the holidays, then please consider a donation to our Holiday Gift Card Account or our Electric Light Credit fund. Support of our Holiday Card Acct. provides gift cards to individuals to use for grocery items during the holidays. A contribution to our Electric Light Credit Fund provides funds to make a payment towards an individual's electric light bill. Please support the COA in our efforts to assist South Hadley seniors in need. Many thanks & Happy Holidays, Leslie



The "Buzz" is all about the new senior center

Senior Center members gather around the conceptual designs for a new senior center in South Hadley.



It's not a Halloween celebration without a bunch of goofy characters showing up!



WMEC NUTRITION ARTICAL

Expiration Dates: Is My Food Safe To Eat?

Ashley Kratovil, UMass Dietetic Intern

The dates on food packages can be confusing and hard to understand when deciding whether food has gone bad or expired. Knowing what each date means is helpful for food safety and reducing food waste. The **expiration** date is the last date recommended by the manufacturer indicating that the food is at its highest quality. Examples of this on packages are "expires on 1/1/17" or "do not use after 1/1/17." The **best if used by** date indicates when a product will be of best quality or flavor. This can be shown as "best if used by 1/1/17" or "best before 1/1/17." These foods can still be eaten past the date unless there are signs of spoilage. The **sell by** date tell the store how long to display the product for sale for inventory management. An example you would see on a package is "sell by 1/1/17."

Products may be safe to eat even if the date has past if it is handled properly and does not show signs of spoilage. Keeping milk and dairy out for too long or leaving meat out at room temperature for more than 2 hours can cause food spoilage. You can look for signs of spoilage such as an off odor, flavor, texture or visible mold. Food that is mishandled can lead to the growth of bacteria and cause foodborne illness. While you may not be able to tell whether a shelf-stable food has spoiled before opening it, indications such as dents, rust or bulging may be a sign of spoilage.

Did you know...? Have you ever wondered why meat and poultry varies in color from red to brown? The red color comes from a protein in the meat that turns red when it comes in contact with air. For example, ground beef may look brownish-red on the inside and red on the outside because less air is getting inside of the meat. Plastic wrap allows for air to pass through and is also a factor that turns meat red. Meat that is in the grocery store may also turn brownish-red from being exposed to bright lights. This change in color does not mean the product is spoiled. Spoiled meat and poultry usually gives an off odor, and may be sticky or slimy to touch. Have you ever noticed a rainbow-like color on your cooked meat? This is due to iron, fat and other compounds in meat that give off an iridescent or greenish color when exposed to light. This is not harmful, nor does it affect the flavor of the meat.



TRAVEL CLUB TRIPS

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.



Thursday, April 19, 2018, The Westchester Broadway Dinner Theatre. Reserved table seating where you will enjoy a fine pre show luncheon followed by a full scale musical production of *SISTER ACT*, a Devine Musical Comedy. Cost \$115.00. Call Susan Canedy, 536-2106



June 18-20, 2018. Stowe Vermont at the Commodore Inn Resort, a wonderful summer Resort on it's own small lake. 2 nights, 2 breakfasts, 2 dinners Day 2, Morning Guided Tour of Historic Stowe and Stowe Village and other Vermont sights. Dinner and cruise on Lake Champlain aboard the elegant *SPIRIT OF ETHAN ALLEN*. Day 3, tour of Rock of Ages Quarry. Cost \$370.00 pp double. Call

Howie Walsh, 593-6286.

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. Non refundable for NO shows the day of the trip. A \$5.00 non refundable deposit required upon signup for all trips. Full payment for all trips is due 30 days prior to trip.

TRAVEL CLUB PLANNER POSITION

The Travel Club has an opening for an event planner. This is a volunteer position. Qualifications for the position are:

- Ability to organize a large group
- Experience planning and organizing large events
- Communication skills necessary
- Strong bookkeeping skills and public speaking skills needed
- Ability to work as a team and independently
- Some computer experience is desirable.

Applications are available at the COA reception desk.

FRIEND'S FUNDRAISERS

DECEMBER RAFFLE:

Hand-made Quilt donated by the South Hadley COA Quilter's Club

Tickets: \$1.00 each/ 6 for \$5.00



And 15 + Holiday Basket Raffles
Tickets on sale at the Winter Solstice Celebration



Winners announced at the Winter Solstice Celebration luncheon , Dec. 21st
Call to reserve: 538-5042

FRIENDS OF THE SOUTH HADLEY ELDERLY, INC. December 2017



This is our annual letter to our past, current, and future Friends. Even though the Chronicle is disseminated to the over-60 population, we solicit membership from all age groups. You don't have to be a senior to be a member of the Friends of the South Hadley Elderly, Inc. Our annual dues have not changed – they remain at \$5.00. Friends' membership for 2018 is now being accepted. Make your payment in time for the St. Patrick's Day luncheon and be eligible to win the \$100 lottery tree. Payment can be made at the Senior Center or mailed to Donna Robideau, Treasurer, 12 Edgewater Lane, South Hadley 01075. We also accept donations and memorials.

In the past year the "Friends" provided coffee in the dining room at the Senior Center, free copy service, Valentine's Day gifts to the meals-on-wheels participants, the Ice Cream Social, Super Bingo Prizes, a second computer sign-in for the rear entrance, and an annual donation to the Council on Aging for activities, special luncheons and other necessary uses.

All of this was done with your annual membership fee, as well as your donations for the coffee, general donations and memorials for loved ones, our 50/50 raffles, and proceeds from the raffle held at the April Volunteer Appreciation Night. The success of The Friends of the Elderly Boutique during the past two and one-half years netted the Friends just under \$10,000. This would not be possible were it not for the sales and your generous donations of new and/or clean, gently-used seasonal clothing. We were very sorry to have to close it up but other plans have been made for the space.

FRIENDS OF SOUTH HADLEY ELDERLY, INC

The Friends had a very successful fund-raising event at Johnny's in October. Thanks to the restaurant they gave us 20% of food sales for an evening of dining. The Hampshire County Jail donated a child's rocking horse that we were able to raffle off at the Thanksgiving Luncheon. A beautiful quilt made and donated by our Quilter's Group will be raffled at the Winter Solstice Luncheon December 21, 2017.

Last year was the first time we did a Chinese raffle at the Holiday Luncheon. We plan to do it again –

the same day as the raffle for the quilt. The gifts that we raffle off come from the members of the Friends. We are accepting donations of gift cards, gift baskets, an item or two to be put into a basket. Something you would pick to win. We ask that you drop them off at the Senior Center; someone from the Friends will pick them up.

\$5.00 FRIENDS MEMBERSHIP DUES: NAME:

Address:

DONATION:

MEMORIAL: Made by/on Behalf of:

2017 DONATIONS/MEMORIALS

Kathy Gallivan, Nancy Parks, Anonymous, Harry Chandler, Theresa Szumski, Rita Lawler, Alice Zuvers, So. Hadley Lions Club, Doris Bibeau, Murielle Gendron, Lawrence Kuntz, Brad Allen, Margaret Sullivan, Shirley Bertrain, Adele Moskal, Virginia Wright, Bill Jenkins, Johnny's, Hampshire County Jail, The Quilters Group.

2017 MEMORIALS

Rene Lavidere by Tillie Lavidere; Veryl's Car Care by Bruce Buston; David Gleason by Joanne Gleason; Shirley Eisenstock by James Eisenstock, Chet Towne by Nancy Towne; Molly Demers by Martha Blaney, Jack Remlin by Betsy Remlin, Dot Dupuis by Joanne and Chet Trybus; Rosemary Griffin by Marion Tierney; and, Margaret Fitzgerald by Clark Capital Management Group.

A Thank you to all the diners who attended the Friends of South Hadley Elderly, Inc. fundraiser at Johnny's Bar & Grille.
A total of **\$409.00** was raised.

SUPPORT SERVICES

Support Services at the Council on Aging

Alzheimer's Caregiver Support Group, weekly, Thurs. 10am Free *(Funded by a grant from WestMass ElderCare)

Memories Café, 2nd Tuesday of the month, 10am to 11:30 Free. *(Funded by a grant from WestMass ElderCare)

Medical Appointment Transportation call Ann, 538-5042 Free. *(Funded by a grant from WestMass ElderCare)

Hearing Screening by Gary Winn 2nd Wed., 9am –12pm. Free.

Veterans Support Group, 2nd Thur. of month 10am –11am Free.

Blood Pressure Screening, 2nd Thur of month 12:30-2:30pm Free.

Low Vision Group, 3rd. Tues of the month 10am –11:15am Free.

Shine Counseling, by appt. Call 538-5042 Free.

Foot Nurse (by Appt) 2nd & 4th Monday of the month **Fee: \$28.00**



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

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

DECEMBER 2017

MONDAY	TUESDAY	WEDNESDAY
<p>REACHING OUT TO THE COMMUNITY WITH ANN AT 2:00 P.M.</p> <p>Wed, Dec 6 — at Newton Manor Wed, Dec 13 — at Hubert Place Wed, Dec 27—at Lathrop Village</p>	<p>LUNCH IS SERVED—M-F 11:45-12:15 Make Reservations at least 24 hours in Advance by calling 538-5042</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>Our lunch Program by a Title III Program at WestMass</p>
<p>4 10:00 Holiday Crafts (Dining Room) - Sign-up by December 1st</p> <p>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) 3:00-7:00 p.m. BRIGHT NIGHTS TRIP + YULETREE JUBILEE at Balise (sign-up, space is limited)</p>	<p>5 BIG Y GROCERY SHOPPING HOLIDAY SWEATER CONTEST (Before Lunch) 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 BIRTHDAY/ANNIVERSARY LUNCHEON 12:45 Movie: "A Christmas Memory" 1:00 Bingo (Rm#2) 1:00 Needlecraft (Rm#3)</p>	<p>6 9:30-11:00 Holiday Card Making - Sign-up by December 7th</p> <p>10:00-11:30 Travel Club 10:30 Healthy Bones & Balance 10:30-12:30 Learn to Play Mah Jongg (Room#3) 1:00 Mah Jongg (Rm#3) 1:00 Choralites (Dining Room) 1:00 Pitch (Rm#2)</p>
<p>11 9:30 Foot Nurse (by Appointment Only)</p> <p>10:00 Music Appreciation (Rm#3) 10:00 Tai Chi (Rm#5) 1:00 Pinochle & Canasta (Dining Rm) 1:00 Mah Jongg (Rm#2) 12:30-2:00 Holiday Card Making (Rm #6) - Sign-up by December 7th</p>	<p>12 BIG Y GROCERY SHOPPING 9:30 Beginning Watercolor Class (Rm#6) 10:00 MEMORIES CAFÉ (Rm#2) —Sign-up w/Leslie 10:00 Beginning Exercise (Rm#5) 12:45 Movie: "Christmas Lodge" 1:00 Bingo (Rm#2); 1:00 Needlecraft (Rm#3)</p>	<p>13 10:30 Healthy Bones & Balance</p> <p>10:00-11:30 Travel Club 10:30-12:30 Learn to Play Mah Jongg 11:45 HOLIDAY LUNCHEON FRIENDS 50/50 LUNCHEON 1:00 Mah Jongg (Rm #3); 1:00 Choralites Perform (Dining Room)</p>
<p>18 10:00 Cookie Exchange (Dining Rm) - Sign-up by December 13th</p> <p>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) 4:30-7:00 p.m. BRIGHT NIGHTS TRIP (sign-up, space is limited)</p>	<p>19 BIG Y GROCERY SHOPPING 9:30 Beginning Watercolor Class (Rm#6) 10:00 LOW VISION GROUP—(RM#1) 10:00 BROWN BAG (Rm#3) 10:00 Beginning Exercise (Rm#5) 12:45 Movie: "The Christmas Miracle of Jonathan Toomey" 1:00 Bingo (Rm#2) 1:00 Needlecraft (Rm#3)</p>	<p>20 SENIOR CENTER IS CLOSED</p> <p>10:30-11:30 Travel Club 10:30 Healthy Bones & Balance 11:45 Lunch with a Cop 10:30-12:30 Learn to Play Mah Jongg Only (Rm#3) 1:00 Mah Jongg (Rm #3) 1:00 Choralites (Dining Room) 1:00 Pitch (Rm#2)</p>
<p>25</p> <p style="font-size: 1.2em;">Happy Holiday</p> <p style="font-weight: bold; font-size: 1.1em;">CENTER IS CLOSED</p>	<p>26 BIG Y GROCERY SHOPPING 9:30 Beginning Watercolor Class (Rm#6) 12:45 Movie: "One Christmas" 1:00 Bingo (Rm#2) 1:00 Needlecraft (Rm#3)</p>	<p>27 9:00 NEWSLETTER CLOSING</p> <p>10:30 Healthy Bones & Balance 10:30-12:30 Learn to Play Mah Jongg Only (Rm#3) 1:00 Mah Jongg (Rm #3) 1:00 Choralites (Dining Room)</p>

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

Dec 1--Baked Salmon Fillets w/Lemon

Dec 4—Shepherds Pie w/Gravy
Dec 5—Roasted Turkey w/Gravy

Dec 11—Stuffed Shells w/Tomato Sauce
Dec 12—Baked Ham

Dec 18—Baked Chicken w/Gravy
Dec 19—Veal Parmesan

Dec 25—HOLIDAY—CENTER IS CLOSED

Dec 26—Chicken Breast Patty w/Gravy
Dec 27—Mild Beef Chili

Dec 6—BBQ Chicken
Dec 7—Liver & Onions

Dec 13—Stuffed Chicken Breast*
Dec 14—Broccoli Quiche

Dec 20—Stuffed Cabbage w/Sauce
Dec 21—Beef Tips w/Sauce

Dec 28—Sweet & Sour Chicken

Dec 8—Veal Patty w/Gravy

Dec 15—Tuna Casserole

Dec 22—Macaroni & Cheese

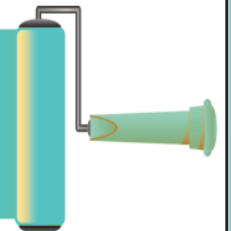
Dec 29—Lasagna w/Meat Sauce



CALENDAR

WEDNESDAY	THURSDAY	FRIDAY
<p>Program is Funded</p> <p>-C Nutrition</p> <p>Grant from</p> <p>ElderCare</p>	<p>Mitten Tree</p> <p>Accepting Donations as of Dec 1</p> <p>of New or Handmade Mittens</p> <p>All will be Donated to a</p> <p>Local Charity</p>	<p>1 BIG Y GROCERY SHOPPING</p> <p>10:00 Coffee & Conversation w/Officer Fleming & Friends (Dining Room)</p> <p>10:30 Healthy Bones & Balance (Rm#5)</p> <p>1:00 Bridge (Rm#3)</p> <p>1:00 Canasta (Dining Room)</p> <p>1:00 Cribbage (Rm#2)</p> <p>1:00 Knitting (Library)</p>
<p>Knitting (Rm #6) -</p> <p>December 1st</p> <p>Canasta (Rm#5)</p> <p>Hadah Jongg—Beginner only</p> <p>Quilting (Rm#3)</p>	<p>7 HOLIDAY SWEATER CONTEST (Before Lunch)</p> <p>9:30 Watercolor Class (Rm#3)</p> <p>9:30-11:30 Jewelry Making—(Rm #6) - Sign up by 12/4</p> <p>10:00 Veterans Group (Rm#2)</p> <p>10:00 Beginning Exercise (Rm#5)</p> <p>10:00 Alzheimer's Support Group (Rm#1)</p> <p>10-11:30 Travel Club (Library Conf. Rm.)</p> <p>12:30-2:00 Blood Pressure with Nurse; 1:00 Chair Yoga</p> <p>1:00 Chip Poker (Rm#4); 1:00 Quilting (Rm#3)</p> <p>1:00 Scrabble (Library)</p> <p>4:00-8:00 p.m. HOLYOKE MALL SHOPPING TRIP</p>	<p>8 BIG Y GROCERY SHOPPING</p> <p>10:30 Healthy Bones & Balance (Rm#5)</p> <p>1:00 Bridge (Rm#3)</p> <p>1:00 Canasta (Dining Room)</p> <p>1:00 Cribbage (Rm#2);</p> <p>1:00 Knitting (Library)</p>
<p>Healthy Bones & Balance (Rm#5)</p> <p>Hadah Jongg—Beginners Only</p> <p>RAFFLE WITH CHORALITES</p> <p>RAFFLE</p> <p>1:00 Pitch (Rm#2)</p> <p>(Dining Room)</p>	<p>14</p> <p>9:00a.m.-2:00 p.m. HADLEY MALL & ATKINS TRIP</p> <p>9:30 Watercolor #3; 10:00 Beginning Exercise (Rm#5)</p> <p>10:00 Alzheimer's Support Group (Rm#1)</p> <p>10-11:30 Travel Club (Library Conf. Rm.)</p> <p>1:00 Chair Yoga (Rm#5); 1:00 Chip Poker (Rm#4)</p> <p>1:00 Quilting (Rm#3); 1:00 Scrabble (Library)</p>	<p>15 BIG Y GROCERY SHOPPING</p> <p>10:00 Coffee & Conversation (Dining Room)</p> <p>10:30 Healthy Bones & Balance (Rm#5)</p> <p>1:00 Bridge (Rm#3)</p> <p>1:00 Canasta (Dining Room)</p> <p>1:00 Cribbage (Rm#2)</p> <p>1:00 Knitting (Library)</p>
<p>CLOSED UNTIL 10:30 A.M.</p> <p>Canasta (Rm#5)</p> <p>Hadah Jongg—Non-Beginners</p> <p>Quilting (Rm#3)</p>	<p>21 WINTER SOLTICE CELEBRATION</p> <p>9:30 Watercolor Class (Rm#3)</p> <p>10:00 Beginning Exercise (Rm#5) - Last Class</p> <p>10:00 Alzheimer's Support Group (Rm#1)</p> <p>10:00-11:30 Travel Club (Library Conf. Rm.)</p> <p>12:15 ENTERTAINMENT WITH DAVIS BATES</p> <p>Friends Quilt Raffle/Drawing & Chinese Raffle</p> <p>1:00 Chair Yoga (Rm#5); 1:00 Chip Poker (Rm#4);</p> <p>1:00 Quilting (Rm#3); 1:00 Scrabble (Library)</p>	<p>22 BIG Y GROCERY SHOPPING</p> <p>10:00 Coffee & Conversation (Dining Room)</p> <p>10:30 Healthy Bones & Balance (Rm#5)</p> <p>1:00 Bridge (Rm#3)</p> <p>1:00 Canasta (Dining Room)</p> <p>1:00 Cribbage (Rm#2)</p> <p>1:00 Knitting (Library)</p>
<p>QUILTING (Rm#3)</p> <p>Canasta (Rm#5)</p> <p>Hadah Jongg—Non-Beginners</p> <p>Quilting (Rm#3)</p> <p>1:00 Pitch (Rm#2)</p>	<p>28</p> <p>9:30 Watercolor Class (Rm#3)</p> <p>10:00 Alzheimer's Support Group (Rm#1)</p> <p>10-11:30 Travel Club (Library Conf. Rm.)</p> <p>1:00 Chair Yoga (Rm#5); 1:00 Chip Poker (Rm#4);</p> <p>1:00 Quilting (Rm#3); 1:00 Scrabble (Library)</p>	<p>29 BIG Y GROCERY SHOPPING</p> <p>10:00 Coffee & Conversation (Dining Room)</p> <p>10:30 Healthy Bones & Balance (Rm#5)</p> <p>1:00 Bridge (Rm#3)</p> <p>1:00 Canasta (Dining Room)</p> <p>1:00 Cribbage (Rm#2); 1:00 Knitting (Library)</p>

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HOLIDAY HAPPENINGS



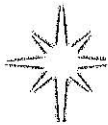
We have loads of things happening in December. JOIN US!

Friday, Dec 1- Mitten Tree will be up in the dining room ready to accept your donations of NEW or HANDMADE mittens, gloves, scarves and hats.

Adult and child sizes welcome. All items will be donated to local charities.



Monday, Dec 4- Join Nancy in the Din Rm at 10 to make a holiday craft. Sign up required



Monday, Dec 4 3:00-7:30 Sign up to see the Holiday Tree display at Balise Toyota and then continue on to see Bright Nights display in Forest Park.



The Balise dealership showroom has been transformed into a winter wonderland filled with decorated holiday trees. There will be an opportunity to purchase raffle tickets to win the decorated trees. Entrance to the event is free and there will be time and access for a quick bathroom break before re-boarding the van to go to Bright Nights.

Sign up in office.



Tuesday, Dec 5 and/or Thursday, Dec 7- Wear your Holiday sweater to lunch today.

Wednesday, Dec 6 from 9:30-11 OR Monday, Dec. 11 from 12:30-2:00 in Din Rm come make a few handmade holiday cards. Our volunteer Tammy and her son, Danny will assist us. These cards are high quality and you will be amazed at how easy they are to make. Sign up required.

Happy Winter Holidays!



Thursday, Dec 7th NEW JEWELRY CLASS!. Sandy Merrill will teach you how to make a pair of earrings, bracelet or necklace with beads provided for you. We had an enormous amount of beads donated to us so there will be plenty to choose from. *There may be a small charge for "extra fancy" beads. Class is from 9:30-11:30.

Make something for yourself or for a gift. Sign up in office.

Wednesday, Dec 13- Choralites perform Holiday concert following lunch.



Monday, Dec 8 at 10:00 am Cookie exchange. Details on back page.



Thursday, December 21 (following lunch)Winter Solstice party with Winter/Holiday songs and stories by Davis Bates. Quilt raffle and Chinese raffle. Great door prize giveaways too!



DECEMBER MOVIE SERIES-

Our theme is "Christmas" movies

Dec. 5- "A Christmas Memory"(1997) starring Patty Duke & Piper Laurie

Dec. 12- "Christmas Lodge" (2011) with Victoria Banks and Michael Shanks

Dec. 19 -"The Christmas Miracle of Jonathan Toomey"(2007) with Joely Richardson & Tom Berenger

Dec. 26 -"One Christmas"(2009) with Katherine Hepburn

EVERY TUESDAY AT 12:45pm



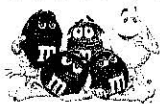
We are in need of a volunteer to be in charge of the lunch book on Tuesday, Wednesday, Friday or any combination of those days. The hours are 10:30-11:45. The job involves sitting at the check in desk and checking in people for lunch. Please call Nancy if you can help.



Thank you to Joyce Joyal for leading multiple classes to teach folks how to play Mah Jongg. Classes will continue on Dec 6 & Dec 13 for beginners from 10:30-12:30.

Non beginner classes will be held on Dec 20 & Dec 27 from 10:30-12:30.

2 week commitment is needed to properly learn the game. Sign up in the main office.



We are in need of bags of red/green M&M candies

Ping pong balls & Candy canes

Plastic storage containers that have dividing sections (used for our jewelry class)

**Multi-colored cardstock stacks-can be found at Michael's /AC Moore
12x12 size or 8x10 size**

Paper dinner size napkins- any color (except white)

Scrabble tiles



Cookie exchange

Monday Dec 18th from 10-10:30

Registration required by Dec 14.

Please bring 2 dozen holiday cookies with you.

For every 2 dozen you BRING, you LEAVE with 2 dozen cookies.

Please label if they include nuts.



Prizes awarded for Most Festive, Best Tasting and Most Creative.

OUTREACH SERVICES

A WORD FROM ANN TO THE GENEROUS RESIDENTS AND BUSINESSES OF SOUTH HADLEY.....

As always you have given so very generously to the Council on Aging Holiday Gift Card program. I see first hand the reaction from our elders when they are witness to your giving spirit. Many of your senior neighbors are just making ends meet, barely able to pay their heating bills or buy groceries. Elders living on a fixed income often dread the holidays and the extra expenses that shopping and meal planning bring. Once again, we are asking you to remember our elders with a donation of a grocery gift card from Big Y, Stop & Shop or PriceRite. Monetary gifts to our "Lights On" fund are appreciated as well. Your gifts will be shared with South Hadley elders in mid December. Gift cards can be dropped off in the main office, Monday thru Friday, 8:00 a.m. to 4:30 p.m. I include the following message with all gift cards and electric light credits:



"Holiday Greetings....The gift card or electric light credit that you are receiving comes from the KIND hearts of the Businesses and Good Citizens of South Hadley".

Thank you for helping us to make the season a little merrier and brighter for our senior residents! *Ann*

FUEL ASSISTANCE 2017/2018



It's not too late to apply for Fuel Assistance! The heating aid year runs from November 1st to April 30th. Winter has yet to arrive. Contact Ann @ 538.5042 for an appointment and the Fuel Aid guidelines.

COMMUNITY OUTREACH VISITS

ATTENTION: all Newton Manor, Hubert Place and Lathrop Village residents! I will be holding my monthly visits in December and bringing a special door prize! And of course some delicious holiday treats. Check the calendar on pages 6 & 7 for the time and date!



A FEW MORE PRACTICAL GIFTS FOR SENIORS:

- Stamps and mailing supplies
- Cleaning service
- Gas gift cards
- Movie tickets
- Lawn Care Service




Monthly Newsletter
Collating will be on
Wednesday, Dec. 27th

To report suspected elder abuse, please call the statewide 24-hour hotline. All calls (day or night, 7 days a week) will go directly to the MA based call center **1-800-922-2275**, regardless of location of reporter of the elder.



Shopping on-line for the Holidays?

Consider using Amazon Smile and support the organization that supports our Council on Aging.

- * Amazon donates 0.5% of the price of your eligible AmazonSmile purchases to the charitable organization of your choice.
- * AmazonSmile is the same Amazon you know. Same products, same prices, same service.
- * Support your charitable organization by starting your shopping at smile.amazon.com.

It's EASY & There is NO cost to you
Please name Friends of South Hadley Elderly, Inc. as your charity of choice.

PLEASE & THANK YOU!



OLA ASKS YOU...

Please, fill out your File of Life.

If you have one—please fill it out!!

If there is an emergency—fire & safety personnel go to your refrigerator and look for your File of Life. This important information resource saves time and lives!! **If you don't have one? Call 538-5042.**

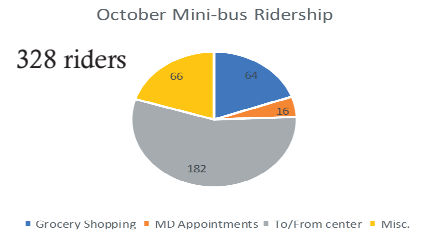


- ◆ OUR FABULOUS, HARD-WORKING VOLUNTEERS for all they do to keep our center working smoothly. We truly could not do it without you!!

- ◆ OUR FRIENDS OF SOUTH HADLEY ELDERLY, INC for the fundraising you do for the COA
- ◆ LES DICKENSON for the Big-Y Goodies
- ◆ KNOW YOUR TOWN for hosting our open house for the new senior center designs.
- ◆ CHIEF PARENTELLA & OFFICER STEVE FLEMING for our Lunch With A Cop visits.
- ◆ SGT. BRIAN WILLETTE, Commander of South Hadley VFW 3104 for the Veterans Day Honor Guard presentation.
- ◆ BILLY & JIM for preparing such a delicious Thanksgiving meal and meals all year long!
- ◆ MADELYN GINLEY for the donated quilt.
- ◆ DYLAN MILLER for the Halloween lollipops

TRANSPORTATION

SENIORS ON THE GO



South Hadley COA Mini-Bus Service:

Do you need a ride to the COA?

Grocery Shopping?

Local Medical Appointments?

Monday—Friday from 9am to 3pm.
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

PVTA TICKETS

PVTA's ADA & Senior Van passes are available for sale at the center.

A booklet of 20 tickets (passes) \$47.50

10 tickets/.50 each for \$4.75

INFORMATION

TaxAide Program Volunteer Opportunity

AARP Foundation Tax-Aide is the nation's largest volunteer-run tax preparation & assistance service. Please volunteer as a Tax Counselor and work with area residents in preparing their tax returns on the computer.

Basic computer skills & some experience filing your own tax returns helpful, along with a willingness to make a one day/per wk time commitment during 10-week tax season. Hands-on training is provided and we have experienced Counselors to assist at all sites.

To fill out an application www.aarpfoundation.org/TaxaideVolunteer.

Questions/ additional info. Contact Lary Grossman, email : elg@BradyGrossman.com; Michael Quinlan, Jintss-b51@yahoo.com.

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

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

ELDER LAW ATTORNEY LETTER

LEGAL TIPS BY ELDER LAW ATTORNEY KAREN G. JACKSON THE CAREGIVER AGREEMENT

Here is the problem: Let's say Dad is elderly and frail. Dad lives alone. He needs help with his personal care, such as taking medicine, trips to the doctor, shopping, cleaning, food preparation, and so on. Daughter helps him. Occasionally, Dad pays Daughter for the help. Later Dad enters a skilled nursing home and applies for MassHealth benefits to pay for his long-term care. (Medical insurance does not pay for nursing home care.) The MassHealth application is submitted along with Dad's bank statements. After reviewing Dad's bank statements, the MassHealth caseworker asks about the checks paid to Daughter. The caseworker is told that the money was used to pay for Dad's care. The caseworker asks to see the caregiver contract. The caseworker is told that it was an oral agreement. The caseworker asks to see Daughter's income tax returns to prove that the money was treated as income and that the income taxes were paid. As is virtually always the case, Daughter did not report Dad's payments on her tax return. The caseworker calls the payments **gifts** to Daughter. Dad will not receive MassHealth benefits until all gifts Dad made within the five-year lookback have been "cured." Daughter, or someone else, must pay Dad back.

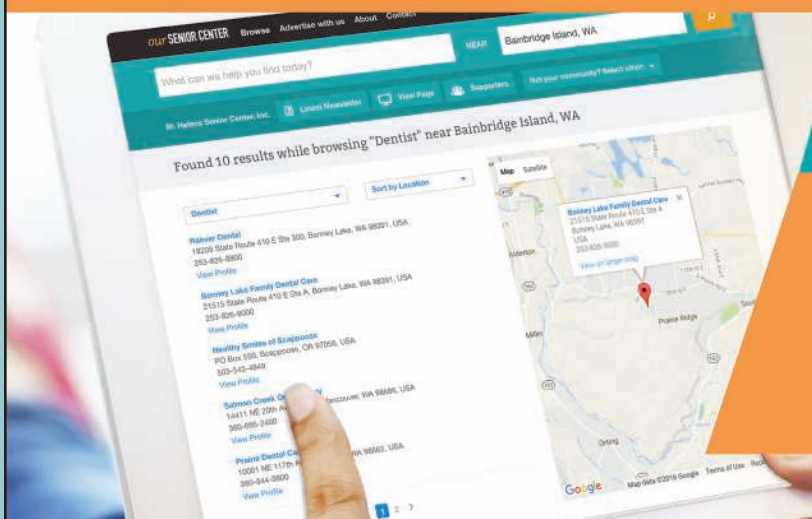
The solution: A written Caregiver Agreement is signed by Dad, or by the person named in Dad's Durable Power of Attorney; and, is signed by each of Dad's caregivers. The caregiver can be a child or anyone else. Every caregiver must report Dad's payments as income and pay the income taxes every year. Because the caregiver usually is not a bonded, trained professional, I recommend an hourly rate not to exceed \$15. The services provided must be actually needed by Dad. I suggest that the caregiver be paid weekly or every other week. A Caregiver Agreement also makes it fairer among siblings: the child helping more gets paid more. For more information, jlawma.com or 413-532-1200.

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.

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.

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IN MEMORIAM

DECEMBER 2017 NEWSLETTER – MEMORIAL DONATIONS

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 WERE MADE IN MEMORY OF LOVED ONES INDICATED IN CAPS:

AL FERNANDES

Bea Fernandes

ANNA CHANDLER

Harry Chandler

CHARLES LARSON

Nancy Larson

Laura Larson & Connor Wall

CHRISTINE MCCULLOUGH

Don McCullough

BEN SULLIVAN

Barbara Sullivan

BRUNO PATRUNO

Rita Patruno

CARL KIONTKE (5th Anniversary)

Lorraine Kiontke

BLANCHET & TURGEON FAMILY

Pierrette Blanchet

STANLEY STRZEMPKO

Judie Strzempko

DONALD P. GILPATRICK

Barbara Gilpatrick

FLORENCE GALLIVAN

Kathy Gallivan

Julie & Joe Quenneville

HELEN KOCENIAK

Alice Pelc

JACKIE HERD

Bea Fernandes

Marie Tamburro

JUDY FLEMING

Barbara Sullivan

MARILYN SICOTTE

Alice Pelc

PHILLIP HERBERT (4th Anniversary)

Ola Herbert & Don Dec

SUSAN LEVER

Donald Lever

CLARA ODOM

James Odom

GEORGE FORTIER, LEONARD & BETTY LANDRY, GEORGE SR. & DONALD FORTIER, RON FRITZ & BILL LAMBERT

Judith Fortier

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

Delores Giroux

Dhipati Chanda

Edward & Kathleen Kopec

Gail Bielizna

Joyce Mahoney

John Sexton

Lawrence & Helen Batley

Russell & Gloria Brown—South

Hadley High School (Class of 1952)

IN HONOR OF GERRY BENNETT

(Caregiver-Support Group Leader)

Nancy Boyd & Arthur Munisteri

South Hadley
Dental Associates, Inc.



Marjorie S. Block, D.M.D.
Jacinthe Giroux D.D.S.

413-536-4455

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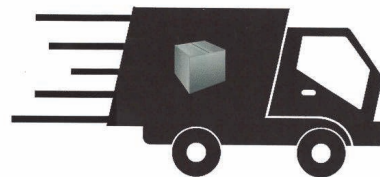
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WANT YOUR NEWSLETTER EMAILED TO YOU—CONTACT LESLIE AT lhennessey@southhadleyma.gov

The South Hadley COA reserves the right to utilize photos of participants for publicity purposes. Participants not wanting their photo used must notify the center in writing.

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. Please provide us with the acknowledgement information. **PLEASE PRINT**

DONATION FROM: _____ ADDRESS: _____

Contribution in memory or, in honor of: _____

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

Name: _____ Address: _____

Relationship to deceased: _____

<input type="checkbox"/> Wherever Needed Most	<input type="checkbox"/> Holiday 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"/> Subsidized Senior Transportation	<input type="checkbox"/> Services Account

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.**