

THE

**HAPPY NEW YEAR**

# 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



**JANUARY 2018**

### QUESTIONS FOR THE STAFF? 538-5042

Leslie, Director .....Ext. 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

### 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.

**NEW SENIOR CENTER FUND  
\$77,363.48**

Watch channels 22 or 40 for senior center cancellations and closures. Sign up for Alerts from the Town of South Hadley at [www.southhadley.org](http://www.southhadley.org)



Our *FRIENDS* at work:

Thank you Friends of South Hadley Elderly, Inc for the raffle items and entertainment for our Winter Solstice Celebration.

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## January Happenings

**HAPPY NEW YEAR, 2018!!!**

Center closed on Monday, Jan. 1st.

### DANCE CLASS WITH ASHLEY

ASHLEY KOHL FROM OHANA SCHOOL OF PERFORMING ARTS

MORE INFORMATION ON PAGE 5

STARTS WEDNESDAY JAN. 3RD AT 9:15AM

Call to sign-up: 538-5042



### FIT & FUN

DEMO CLASS MONDAY, JAN. 8TH AT 11:15AM: FREE

Join Sidra Ellison for this energizing new exercise program.

No Charge for class. Call to reserve: 538-5042

### JANUARY BIRTHDAYS & ANNIVERSARY LUNCH

TUES, JAN 9TH Call to reserve: 538-5042

### ASK THE PHARMACIST

COFFEE & CONVERSATION ON FRIDAY, JAN. 12TH : 10AM TO 11AM

Join the Holyoke Medical Center's Pharmacist to discuss information about your medications: Generic vs. Brand-name & Drug interactions

Bring your questions and concerns to discuss.

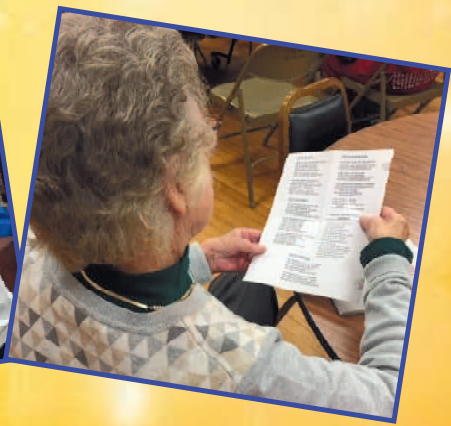
Call to reserve: 538-5042

### COFFEE & CONVERSATION: ASK LESLIE

FRIDAY, JAN. 26TH 10AM TO 11AM

Questions about the new senior center? Our goals for 2018?

Join Leslie for discussion in the dining room.





# BEERS & STORY SOUTH HADLEY FUNERAL HOME

Preplanning • Burial • Cremation  
*A third generation family business  
Serving families since 1919*  
413-533-4400  
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# VERYL'S AUTOMOTIVE SERVICES, INC.

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Licensed for Men & Women

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# WINGATE AT SOUTH HADLEY



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573 Granby Road • South Hadley, MA  
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The Arbors offers affordable  
living apartments and a  
memory support community.

Call: 413.593.0088

For more information or to  
arrange for a guided tour.

929 Memorial Drive, Chicopee • www.arborsassistedliving.com

# Estate Planning • Trusts • Elder Law • Estate Administration



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Karen G. Jackson, Esq.  
573 Northampton St. Holyoke • (413) 532-1200 • www.jlawma.com



# Village Eye Care, PC

Dr. Steven A. Markow, Optometrist

EYE EXAMS - EYEGLASSES

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



# 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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HOME SECURITY TEAM



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## A MESSAGE FROM LESLIE

Wishing you 12 months of  
success, 52 weeks of  
laughter,  
365 days of fun, 8760 hours  
of  
joy, 525600 minutes of good  
luck and 31536000 seconds  
of happiness.



## WMEC NUTRITION ARTICLE

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.

Enter  
to  
Win

## A \$30.00 GIFT CARD!!!

JOIN OUR NEWSLETTER  
EMAIL LIST IN 2018 AND  
YOU WILL BE ENTERED IN A DRAWING  
FOR A \$30.00 GIFT CARD

Stop by the office or email  
[lhennessey@southhadley.ma.gov](mailto:lhennessey@southhadley.ma.gov)  
and join the newsletter email list.  
See it before it is available in print

**Drawing Dec. 28th 2018**

## DIABETES EDUCATION SERIES

February 28<sup>th</sup> : "Diabetes and Healthy Eating" *Registered Dietitian*  
Marissa Chiapperino, MPH, RD, CSO,  
LDN, CDE, CNSC

March 7<sup>th</sup> : "Continuing Your Journey" *Pharmacist*, Christine Petraglia,  
RPh, MSEd

March 14<sup>th</sup> : "On the Road to Better Managing Diabetes" *Registered Nurse*,  
April Medeiros, RN BSN CDE

## Have you been the victim of a Western Union Scam? There may be help!

The Federal Trade Commission is alerting consumers who lost money to scammers who told them to pay via Western Union's money transfer system between January 1, 2004 and January 19, 2017 now can file a claim to get their money back before February 12, 2018.

Affected consumers should go to [www.FTC.gov/WU](http://www.FTC.gov/WU) to file claims, learn more, or get updates on the claims process.

**Filing a claim is free, so consumers should not pay anyone to file a claim on their behalf. No one associated with the claims process will call to ask for consumers' bank account or credit card number.**

(Please know that) some people who have already reported their losses to Western Union, the FTC, or another government agency will receive a form in the mail from the claims administrator, Gilardi & Co.

The form will have a Claim ID and a PIN number to use when filing a claim online via [FTC.gov/WU](http://FTC.gov/WU). Gilardi was hired by the federal Justice Department, which is responsible for returning victims' money as part of its settlement with Western Union.

The Federal Trade Commission works to promote competition, and protect and educate consumers. You can learn more about consumer topics and file a consumer complaint online or by calling 1-877-FTC-HELP (382-4357). Like the FTC on Facebook, follow us on Twitter



## 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 sign up for all trips. Full payment for all trips is due 30 days prior to trip.*

## TRAVEL CLUB PLANNER

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.

## TRANSPORTATION

**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**

## Companion Transportation Program

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

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

**Drivers will take you to and from a medical appointment in their own vehicle. There is no cost to you.**

**Call to learn more about this important service: 538-5042**



Thank you FRIENDS!!



**NEW COFFEE!!!**

**Now serving  
COFFEE PAUSE  
Beverages**

## FRIENDS OF THE SOUTH HADLEY ELDERLY, INC.

January 2017

At our November Annual Meeting we elected a Board of Directors, Directors and Members-at-Large. The following slate was presented and elected: Sheila Adams (President), Claire Bielanski (Vice President), Gail Bielieza (Secretary), Donna Robideau (Treasurer) and Don Lever (Assistant Treasurer). Directors are Jean Lambert, Melide Norman and Joan Aras. Members at Large: Janet Stawasz, Doris Bibeau and Kay Washburn. It's good to see new Friends willing to be on the Board; hopefully, there'll be more next year. Our next quarterly meeting is at 1:00 p.m., January 11, 2018. All are welcome.

We're still soliciting members for the 2018 year. Annual dues are \$5.00. If you sign up by the St. Patrick's Luncheon on March 14, 2018, you'll be eligible for the \$100 lottery tree. The lucky raffle ticket will be pulled at that time.



## SERVICES & INFORMATION

### 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**



### DANCE, DANCE, DANCE WITH ASHLEY JOIN ASHLEY KOHL AT THE CENTER ON WEDNESDAYS AT 9:15AM

This class is for everyone and anyone who wants to have fun.

The class will start with a warmup, including stretches and isolations to get the body prepped and ready to move!

We'll learn several different dances steps. Some classic jazz steps like the jazz square, pivot turns, chasse, kick ball change, etc.

We will also learn some basic "hip hop" steps like raise the roof, heel digs, knees up, roll it down, etc. We'll end the class in the center, with a combination that will incorporate the various steps learned. The music will be energizing, the movement will be uplifting, and the time together will be motivating!

Life is too short to sit out on the fun. No matter your shape, size, age or ability, you deserve to get up and shine! Never miss a chance to dance!

Join the fun and go on an amazing journey...with Ohana's mission of inclusion, good vibes, peace and positivity, no one will get left behind! Free to participants!



### THE FIVE COLLEGE CONSORTIUM

Your link to events at the 5 colleges in the Pioneer Valley.

Concerts, workshops, theater, poetry reading, dance, music, exhibits and lectures. Go to:

[www.fivecolleges.edu/calendar](http://www.fivecolleges.edu/calendar)

thank you

◆ ALL OUR  
WONDERFUL  
MEMBERS for the

holiday wishes, goodies, candies & gifts for the staff! Thank you!

- ◆ THE CHORALITES for a wonderful, holiday concert!
- ◆ LES DICKENSON for the Big-Y Goodies
- ◆ GLORIA MASSE for paper towels and tissues
- ◆ DON LEVER for paper towels and tissues.
- ◆ VIN JACKSON for the numerous Village Commons Gift Cards for our members!!

## FUNDRAISING

### Shopping on-line?

By using Amazon Smile you support the 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](http://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.

## SAFETY

Baby, it's cold outside...  
The center is a warm, cozy place to spend a cold afternoon. Have a coffee & relax in the library

### 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

### 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](mailto:rainbowsupperclub@wmeldercare.org)

# JANUARY 2018

MONDAY	TUESDAY	WEDNESDAY
<p><b>1 CENTER IS CLOSED NEW YEAR'S DAY HOLIDAY</b></p> 	<p><b>2 BIG Y GROCERY SHOPPING</b> 9:30 Beginning Watercolor Class (Rm#6) 10:00 Beginning Exercise (Rm#5) <b>12:45 Movie: "Pretty Woman" (1990) - Rm#5</b> 1:00 Bingo (Rm#2) 1:00 Needlecraft (Rm#3)</p>	<p><b>3 9:15 Dance with Ashley</b> 10:00-11:30 Travel Club (Library) 10:30 Healthy Bones &amp; Balance 10:30-12:30 Learn to Play Mah Jongg 1:00 Mah Jongg (Rm#3) 1:00 Choralites (Dining Room) 1:00 Pitch (Rm#2) <b>1:00 Book Club (Library)</b></p>
<p><b>8 9:30 Foot Nurse (by Appointment Only)</b> 10:00 Music Appreciation (Rm#3) 10:00 Tai Chi (Rm#5) <b>11:15 Fit &amp; Fun (Rm5) - Free Demo Class</b> 1:00-3:00 SHINE (by Appointment Only)-Lib Conf Rm 1:00 Pinochle &amp; Canasta (Dining Rm) 1:00 Mah Jongg (Rm#2) 1:00 Color Me Calm (Rm#3)</p>	<p><b>9 BIG Y GROCERY SHOPPING</b> 9:30 Beginning Watercolor Class (Rm#6) 10:00 Beginning Exercise (Rm#5) <b>11:45 BIRTHDAY/ANNIVERSARY LUNCHEON</b> <b>12:45 Movie: "No Way Out" (1987) - Rm#5</b> 1:00 Bingo (Rm#2) 1:00 Needlecraft (Rm#3)</p>	<p><b>10 9:15 Dance with Ashley</b> <b>9:00-12:00 Hearing Screening</b> 10:00-11:30 Travel Club (Library) 10:30 Healthy Bones &amp; Balance 10:30-12:30 Learn to Play Mah Jongg 1:00 Mah Jongg (Rm#3) 1:00 Choralites (Dining Room) 1:00 Pitch (Rm#2)</p>
<p><b>15 CENTER IS CLOSED MARTIN LUTHER KING, JR. DAY</b></p>	<p><b>16 BIG Y GROCERY SHOPPING</b> 9:30 Beginning Watercolor Class (Rm#6) <b>10:00 LOW VISION GROUP—(RM#1)</b> <b>10:00 BROWN BAG (Rm#3)</b> 10:00 Beginning Exercise (Rm#5) <b>12:45 Movie: "Erin Brockovich" (2000) - Rm#5</b> 1:00 Bingo (Rm#2) 1:00 Needlecraft (Rm#3)</p>	<p><b>17 9:15 Dance with Ashley</b> 10:30 Healthy Bones &amp; Balance 10:00-11:30 Travel Club (Library) 10:30-12:30 Learn to Play Mah Jongg <b>12:30—1pm: Berkshire Music</b> 1:00 Mah Jongg (Rm #3) 1:00 Pitch (Rm#2) 1:00 Choralites (Dining Room)</p>
<p><b>22 9:30 Foot Nurse (by Appointment Only)</b> 10:00 Music Appreciation (Rm#3) 10:00 Tai Chi (Rm#5) <b>11:15 Fit &amp; Fun (Rm5)</b> 1:00 Pinochle &amp; Canasta (Dining Rm) 1:00 Mah Jongg (Rm#2) 1:00 Color Me Calm (Rm#3) <b>6:00 p.m. COA Board Meeting</b></p>	<p><b>23 BIG Y GROCERY SHOPPING</b> <b>9:00 NEWSLETTER COLLATING (Rm#3)</b> <b>9:30 NATIONAL PIE DAY— "Make a Pie"</b> 9:30 Beginning Watercolor Class (Rm#6) 10:00 Beginning Exercise (Rm#5) <b>12:45 Movie: "Calendar Girls" (2003)</b> 1:00 Bingo (Rm#2); 1:00 Needlecraft (Rm#3)</p>	<p><b>24 9:15 Dance with Ashley</b> 10:00-11:30 Travel Club (Library) 10:30 Healthy Bones &amp; Balance 10:30-12:30 Learn to Play Mah Jongg <b>11:45 Lunch with a Cop</b> 1:00 Mah Jongg (Rm #3) 1:00 Choralites (Dining Room) 1:00 Pitch (Rm#2)</p>
<p><b>29 10:00 Music Appreciation (Rm#3);</b> <b>10:00-11:30 Card Making (sign up by 1/25)</b> 10:00 Tai Chi (Rm#5); <b>11:15 Fit &amp; Fun (Rm5)</b> 1:00-3:00 SHINE (by Appointment Only)-Lib Conf Rm 1:00 Pinochle &amp; Canasta (Dining Rm) 1:00 Mah Jongg (Rm#2);</p>	<p><b>30 BIG Y GROCERY SHOPPING</b> 9:30 Beginning Watercolor Class (Rm#6) 10:00 Beginning Exercise (Rm#5) <b>12:45 Movie: "What About Bob" (1991)</b> 1:00 Bingo (Rm#2) 1:00 Needlecraft (Rm#3)</p>	<p><b>31 9:15 Dance with Ashley</b> 10:00-11:30 Travel Club (Library) 10:30 Healthy Bones &amp; Balance 10:30-12:30 Learn to Play Mah Jongg <b>11:15 LUNCH &amp; LEARN: Citizenship</b> 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)**

**Jan 1--HOLIDAY-CENTER IS CLOSED—New Year's Day**  
Jan 2—Roasted Chicken  
Jan 3—Kielbasa/Lazy Pierogi  
Jan 4—Meatloaf  
Jan 5—Parmesan Haddock

Jan 8—Teriyaki Chicken  
Jan 9—French Meat Pie  
Jan 10—Spaghetti & Meatballs  
Jan 11—Beef Stew  
Jan 12—Stuffed Shells w/Sauce

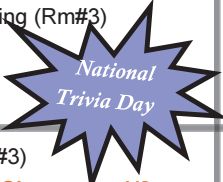
**Jan 15—CENTER IS CLOSED—Martin Luther King Jr. Day**  
Jan 16—BBQ Chicken  
Jan 17—Burger Bar  
Jan 18—Ham & Noodle Casserole  
Jan 19—Salmon Boats

Jan 22—Shepherds Pie  
Jan 23—Liver & Onions  
Jan 24—American Chop Suey  
Jan 25—Roasted Turkey w/Gravy  
Jan 26—Fiesta Pollock

Dec 29—Lasagna w/Meat Sauce  
Dec 30—Oven-Fried Chicken  
Dec 31—Macaroni & Cheese

# CALENDAR

WEDNESDAY	THURSDAY	FRIDAY
<p><b>4</b> (Rm#5) Library Conf. Rm.) Dance (Rm#5) Jah Jongg-Intermediate Rm3</p>	<p><b>4</b> 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 Chip Poker (Rm#4); 1:00 Quilting (Rm#3) 1:00 Chair Yoga (Rm#5) 1:00 Scrabble (Library)</p>	<p><b>5</b> <b>BIG Y GROCERY SHOPPING</b> 10:00 Coffee &amp; Conversation w/Officer Fleming &amp; Friends (Dining Room) 10:30 Healthy Bones &amp; Balance (Rm#5) 1:00 Bridge (Rm#3) 1:00 Canasta (Dining Room) 1:00 Cribbage (Rm#2) 1:00 Knitting (Library)</p>
<p><b>11</b> (Rm#5) Library Conf. Rm.) Dance (Rm#5) Jah Jongg-Intermediate Rm3</p>	<p><b>11</b> 9:30 Watercolor Class (Rm#3) <b>9:30-11:30 Jewelry Class (Rm#6)-Sign up by 1/8</b> 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.) <b>12:30-2:00 Blood Pressure with Nurse</b> 1:00 Chip Poker (Rm#4); 1:00 Quilting (Rm#3) 1:00 Chair Yoga (Rm#5) 1:00 Scrabble (Library)</p>	<p><b>12</b> <b>BIG Y GROCERY SHOPPING</b> <b>10:00-11:00 Coffee &amp; Conversation— with Holyoke Medical Center Pharmacy Department (Dining Rm)</b> 10:30 Healthy Bones &amp; Balance (Rm#5) <b>10:30-12:30 Beginner Bridge (Rm#3)</b> 1:00 Bridge (Rm#3) 1:00 Canasta (Dining Room) 1:00 Cribbage (Rm#2) 1:00 Knitting (Library)</p>
<p><b>18</b> (Rm#5) Dance (Rm#5) Library Conf. Rm.) Jah Jongg-Intermediate Rm3 Academy Dance Troupe</p>	<p><b>18</b> 9:30 Watercolor #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 Chip Poker (Rm#4) 1:00 Quilting (Rm#3) 1:00 Chair Yoga (Rm#5) 1:00 Scrabble (Library)</p>	<p><b>19</b> <b>BIG Y GROCERY SHOPPING</b> 10:00 Coffee &amp; Conversation (Dining Room) 10:30 Healthy Bones &amp; Balance (Rm#5) <b>10:30-12:30 Beginner Bridge (Rm#3)</b> 1:00 Bridge (Rm#3) 1:00 Canasta (Dining Room) 1:00 Cribbage (Rm#2) 1:00 Knitting (Library)</p>
<p><b>25</b> (Rm#5) Library Conf. Rm.) Dance (Rm#5) Jah Jongg-Intermediate Rm3</p>	<p><b>25</b> 9:30 Watercolor Class (Rm#3) 10:00 Beginning Exercise (Rm#5) 10:00-11:30 Travel Club (Library Conf. Rm.) 1:00 Chip Poker (Rm#4) 1:00 Quilting (Rm#3) 1:00 Chair Yoga (Rm#5) 1:00 Scrabble (Library)</p>	<p><b>26</b> <b>BIG Y GROCERY SHOPPING</b> 10:00 Coffee &amp; Conversation (Dining Room) 10:30 Healthy Bones &amp; Balance (Rm#5) 1:00 Bridge (Rm#3) 1:00 Canasta (Dining Room) 1:00 Cribbage (Rm#2) 1:00 Knitting (Library)</p>
<p><b>Our Lunch Program is Funded By a Title III-C Nutrition Program Grant from WestMass ElderCare</b></p>	<p><b>Our Lunch Program is Funded By a Title III-C Nutrition Program Grant from WestMass ElderCare</b></p>	<p><b>LUNCH IS SERVED—M-F 11:45-12:15</b> 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 <u>under</u> 60 will be charged \$6.00 Per WestMass Elder Care</p>



## SUPPORT THE ADVERTISERS THAT SUPPORT OUR COMMUNITY

## OUTREACH SERVICES

### WHERE DO I FIND HELP FOR MOM? HOW CAN I HELP DAD MAINTAIN HIS INDEPENDENCE?

Every day I receive telephone calls from the adult children of elders living in South Hadley. Many of these calls come from children who no longer live in this area. Most are located many, many miles from their parents and are struggling with how to hire help for their parent from an agency or privately.

I realized today while working on my newsletter page, just how very often I refer to our "Area Agency on Aging": **WestMass ElderCare, Inc.** WMEC is located at 4 Valley Mill Road in Holyoke, just over the lower bridge from South Hadley.

**WestMass ElderCare** offers an array of programs and services to preserve independence. They are there to meet the individual needs of our elders at the different stages of his or her life. Services range from in-home support, crisis prevention and nursing home advocacy.

#### **Additional Services Provided**

- Home Care ~Personal Care Management ~ Nutrition
- Information & Referral ~Housing Options ~Options Counseling
- Adult Family Care~ Money Management
- Family Caregiver Support~ Long Term Care Ombudsman
- Clinical Assessment and Eligibility

If you need to reach WestMass ElderCare, Inc. call 413.538.9020 or 800.462.2301.



#### **FUEL ASSISTANCE 2017/2018**

I'm still assisting South Hadley seniors with Fuel Assistance.

It's not too late to apply! Contact Ann @ 538.5042 ext. 206 for an appointment and the Fuel Aid guidelines.

#### **COMMUNITY OUTREACH VISITS**

My Community Outreach visits at Newton Manor, Hubert Place and Lathrop Village will be on hold for the months of January and February. Many of you have to walk outside in the elements to meet with me in the Community Room. Weather permitting, I will resume in March....Let's all hope for an early SPRING!



#### **LUNCH AND LEARN**

Please join Ann in the dining room on January 31st @ 11:15 a.m. for a brief discussion on how you can take advantage of the Circuit Breaker Tax Credit.



As we begin a new year, I'd like to say THANK YOU to all our VOLUNTEERS. Our center is incredibly busy and our volunteers work in many different ways to keep us running smoothly. Volunteers logged over 14,000 hours in 2017.

When you see one of our volunteers please take a moment to say thanks.

~Nancy Yesu

Activity & Volunteer Coordinator

**VOLUNTEER OPENINGS**– We are in need of a person to help set up the dining room and serve lunch on Tuesdays and/or Thursdays. Time frame is 9:15-12:30. (you don't have to commit to every week-even once a month is appreciated)

We are in need of substitutes for dining room set up. (our sub list is a little shy right now)

We are in need of a substitute packer (not driver) for our Home Meals on Wheels program.

Time frame is 8:30-12:30

# ACTIVITY/VOLUNTEER COORDINATOR PAGE

## JANUARY MOVIE SERIES- "by request"

Jan. 2 "Pretty Woman" (1990) with Richard Gere and Julia Roberts

Jan. 9- "No Way Out" (1987) with Gene Hackman & Kevin Costner

Jan. 16- "Erin Brockovich" (2000) with Julia Roberts

Jan. 23- "Calendar Girls" (2003) with Helen Mirren

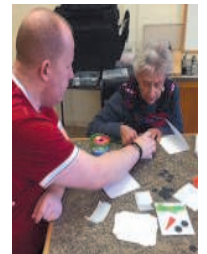
Jan. 30- "What About Bob" (1991) With Richard Dreyfuss & Bill Murray  
EVERY TUESDAY AT 12:45pm



Thank you to Terry Roberts for making and donating the special centerpieces that were given away after our Winter Solstice luncheon.

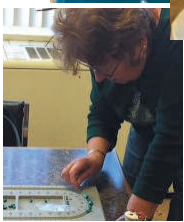
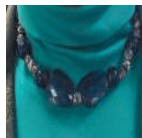
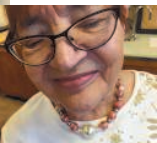
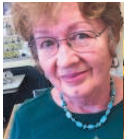


**THANK YOU TO TAMMY & DANNY & PATRICK FOR VOLUNTEERING THEIR TIME AND TALENT TO HELP US MAKE HAND MADE HOLIDAY CARDS. WE HELD 3 DIFFERENT CLASSES AND EACH CLASS WAS FILLED WITH CREATIVITY AND JOY. THEY WILL BE BACK IN FEBRUARY- STAY TUNED!**



Our first jewelry class was a success. Sandy, our teacher, will be back on January 11th from

9:30-11:15 for another class. Most items can be made for under \$5.00 and many can be made at no cost. Come give it a try!



This year we visited the Balise

Jubilee of Trees Festival in West Springfield. The show-room was filled with donated, decorated trees.



BRIDGE LESSONS are being offered every Friday beginning January 12- Feb 2. Lessons are from 11am-12 noon Sign up in main office



Berkshire Hills new dance troupe will be here for their inaugural performance on Wednesday, January 17 from 12:30-1:00. Join us!



We are in need of the following...  
Cookie cutters-any shape or size  
Pipe cleaners- any color but would prefer red, green, yellow, brown, white  
Scrabble tiles (any letter)



Thank you to all who participated in our Holiday sweater contest. There were lots of festive outfits to be



## FREE DEMENTIA & ALZHEIMER'S SUPPORT OPPORTUNITIES

### FREE TECHNOLOGY, TRAINING AND RESPITE CARE IS AVAILABLE FOR PEOPLE WITH DEMENTIA AND THEIR CAREGIVERS:

1. Until 2/28/2018, the Executive Office of Elder Affairs is offering technology to help family caregivers face the challenges of dementia. Examples are listed below. Some restrictions apply.

#### Assistance tools and gear:

- Portable digital music players with personalized playlists
- GPS and other tracking devices
- Electronic medication management systems (without required membership)
- Communication aids (such as telephone devices and electronic tablets)
- Video monitoring devices
- Electronic sensory devices (such as robotic pets)
- Counseling and support on the available technologies

2. "Savvy Caregiver" training for family caregivers of persons with dementia is available until 8/31/2018. Some restrictions apply.

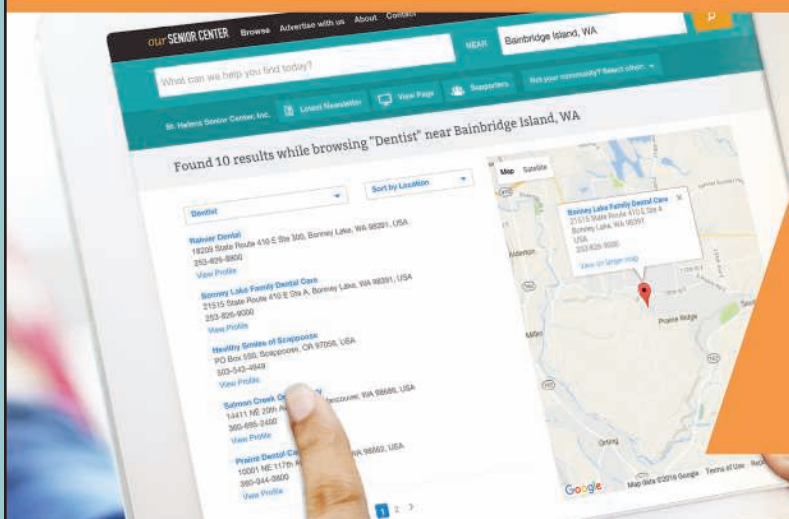
To find Savvy Caregiver training near you, visit [www.healthyliving4me.org/workshop-schedule](http://www.healthyliving4me.org/workshop-schedule). → To learn more regarding either of these support opportunities, contact a caregiver specialist at your regional Elder Care Agency at [800AgeInfo.com](http://800AgeInfo.com). For respite care assistance (through 2/28/18) to enable caregivers to attend the training, contact a caregiver specialist at your regional Elder Care Agency.

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.

# OUR SENIOR CENTER

## A convenient source for local services



### FIND AN ADVERTISER NEAR YOU

### SEARCH SUPPORTERS OF OUR CENTER to find trusted services in our area!

Sign up to have our newsletter emailed to you! [ourseniorcenter.com](http://ourseniorcenter.com)

# IN MEMORIAM

## JANUARY 2018 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:

CHARLES W. SHERRIT  
Esther, Cindy & Maggie Sherrit

CAROLYN DICKINSON  
Kathleen Kennedy

DR. CENCIZ KAYI  
Carol Kayi

CHRISTOPHER & SOPHIE  
RATKIEWICZ  
Janice Faginski

DON LEONARD  
Joan Descant

DONALD ST. PIERRE  
Dorothy St. Pierre

EUGENE DESCANT  
Joan Descant

FENI DOMENICI  
Melide Normand

HELEN KENNEDY  
Kathleen Kennedy

ISABELLA & TOM SIMPSON  
Dave & Linda Simpson

JEAN PYDYCH  
Tillie Laverdiere

JOHN M. PAULIN (5th Anniversary)  
Elaine Paulin

LEO DUGUAY  
Jo Duguay

LIDIA MENDES  
Manual Mendes

RENE LAVERDIERE  
Tillie Laverdiere

EMMA MROCZEK

MERIDITH GRAMMATICAS  
Chris Grammaticas

NORM GAGNON  
Dave & Linda Simpson

PAUL WHITTEN  
Elaine Whitten

ROBERT M. BERTRAM  
Lynn Bertram

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

Claude & Terry Lambert  
Diane V. Scheinost  
Joan Aras

Larry Kuntz  
Richard & Janet Rudolph  
Sandy & Jim O'Connell  
Stella Warzenski

South Hadley  
Dental Associates, Inc.



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

413-536-4455

15 DAYTON STREET, SOUTH HADLEY



Loomis Village offers independent living and assisted living apartments, villas, and cottages for adults 62 and older with a vibrant, active, maintenance-free lifestyle including access to a continuum of care should your needs change.

Call today for a tour  
413-588-5102



LoomisVillage  
A member of The Loomis Communities

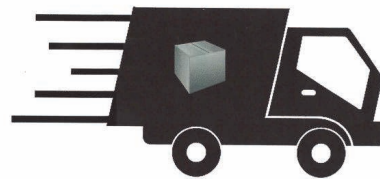
20 Bayon Drive  
South Hadley, MA  
www.loomiscommunities.org

➤ Reach the Senior Market  
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CONTACT

Susanne Carpenter to place an ad today!  
scarpenter@4LPi.com or (800) 477-4574 x6348

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COUNCIL ON AGING  
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THE GOLDEN CHRONICLE IS PRINTED WITH FUNDS PROVIDED BY THE MASSACHUSETTS EXECUTIVE OFFICE OF ELDER AFFAIRS & BY OUR ADVERTISERS. WHILE THE SHCOA CANNOT ENDORSE THE ADVERTISERS, WE ASK THAT YOU PATRONIZE THEIR BUSINESS.



TO GET YOUR NEWSLETTER EMAILED TO YOU—AND TO ENTER THE 2018 RAFFLE  
CONTACT LESLIE AT [lhennessey@southhadleyma.gov](mailto: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"/> 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.