

THE

# Golden Chronicle

THE SOUTH HADLEY COUNCIL ON AGING

45 Dayton St., South Hadley MA 01075

Tel. 413-538-5042 • Fax 413-532-8206

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## FEBRUARY 2018

### CENTER STAFF HOW CAN WE HELP YOU? 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.

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) And click on  Bottom of page

## FEBRUARY HAPPENINGS

### LUNCH & LEARN:

Grant funding for IN-HOME safety renovations :  
"Aging In Place"

THURS., FEB 1ST. STARTS AT 11AM

Jim Mazik, Deputy Dir. for Operations for the Pioneer Valley Planning Commission

### FEBRUARY BIRTHDAYS & ANNIVERSARY LUNCH

TUES, FEB 6TH: Call to reserve: 538-5042

### FREDDIE MARION'S VALENTINE'S DAY CELEBRATION & LUNCHEON

WEDNESDAY, FEB. 7TH

SPACE IS LIMITED. Call to reserve: 538-5042

### CHOCOLATES MAKING

THURSDAY THE 8TH 6:00PM TO 7:30PM

See Nancy's Page for details: Call to reserve: 538-5042

**EVENING PROGRAM**

### FAT TUESDAY LUNCH

TUESDAY FEB. 13TH - MARDI GRAS CELEBRATION

Special lunch, wear your green, purple & gold

### GRANDPARENT & GRANDCHILDREN PIZZA & A MOVIE NIGHT

THURSDAY THE 22ND - 5:30PM TO 7:30PM

See Nancy's Page for details: Call to reserve: 538-5042

**EVENING FUN**

### DIABETES EDUCATION SERIES

Diabetes and Healthy Eating"

February 28<sup>th</sup> 10am to 11am:

MARISSA CHIAPPERINO, MPH, RD, CSO, LDN, CDE, CNS

### LUNCH & LEARN:

South Hadley Alcohol & Drug Coalition presentation

WED., FEB 28TH STARTS AT 11AM

INFORMATION ON THE NEW MARIJUANA LAW & THE UPCOMING S.HADELY VOTE

\*\*\*\*\*  
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[lhennessey@southhadleyma.gov](mailto:lhennessey@southhadleyma.gov)

Drawing Dec. 31st. 2018

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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](mailto:John.Scibak@mahouse.gov)

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South Hadley COA - South Hadley, MA 06-5294

# A MESSAGE FROM LESLIE



Welcome February- I hope Punxsutawney Phil does NOT see his shadow. We would like to thank our Electric Light and Christmas Gift Card donors for their generosity. This year the COA was able to assist many seniors and we've received many thank you cards from our recipients and the sentiment of gratitude and appreciation abounds. To our friends at All Saints Episcopal Church in South Hadley and Elaine Konrad, we extend another hearty thank you for adding South Hadley Elders In-Need as recipients of your Angel Tree Gifts for another year. New Senior Center News: An exciting boost to our progress was celebrated on Jan. 10th, when, by unanimous vote, Town Meeting Members voted for a \$200,000 appropriation towards a new Senior Center Stabilization Fund. This month the COA will begin offering evening programming; Thursday the 8th, a night of Chocolate Making and Thursday the 22nd, Pizza & A Movie for grandparents and grandchildren. Check Nancy's page for details. We have a variety of daily activities — find YOUR place at the center; billiards, healthy bones & balance, dance class, art class, music appreciation, volunteering, fit & fun, cribbage, lunch & learn, Tuesday movie, tai chi, quilting and much more. We are waiting for YOU to join us. Leslie

## Jazz Fest: UMASS at SHHS!

Thurs., February 8th, the award winning **UMass Jazz Ensemble 1** will perform from 12:45 - 1:45 at S.H. High School. Concert is free and open to the public. Transportation to/from the senior center will be available. Call to reserve 538-5042

**Jazz Fest - Sunday, February 11th**  
S. H. High School will host an afternoon Jazz concert from 2-5PM featuring student musicians and established performers. **No Transp Avail.**

## Rainbow Supper Club

WMEC & 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 COA, 291 Pine St., Holyoke, MA**

Call 413-538-9020, or email

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

The New Senior Center Fund has grown to **90,720.98!**  
*Thank you!!!*



ENGAGE AT EVERY AGE: MAY 2018

Featuring members from the COA Dance Class

**OHANA SCHOOL OF PERFORMING ARTS PRESENTS:**

**SPREAD THE LOVE:**

**A FUNDRAISER FOR AFRI(K)DUE**

On Saturday, February 17th at 1:30PM, dancers of all ages and abilities will grace the stage at South Hadley High School for dance concert filled with love - for our world, for dance & for all.

Tickets will be \$10 each. They can be purchased in advance beginning Jan. 31st.

## 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

Hydration and Older Adults  
By Christy Maxwell, WMEC Nutritionist

Despite the frigid temperatures, the need for water is as important now, as it is in July and August, particularly as we age. Older adults have a lower amount of water in their bodies, and are may have conditions or take medications that increase water loss. Additionally, our sense of thirst declines as we age, which can make staying hydrated even more challenging!

Water makes up half of our body – without it, we would not survive. Water is an essential nutrient, and important for many bodily functions. It helps reduce constipation, keeps our joints moving freely, protects our organs, and keeps us cool in the summer and warm in the winter. The average adult needs approximately six to eight cups (48 to 64 ounces) of water daily depending on body size and activity level.

Early signs of dehydration include, dry mouth, fatigue, headache, and darkened urine. Dehydration can progress quickly resulting in confusion, dizziness, weakness, and rapid breathing. Chronic dehydration can lead to an increased risk of kidney stones, urinary tract infections, urinary and bladder cancer, as well as pneumonia. Dehydration is one of the top 10 reasons older adults are hospitalized.

While water is the best choice, all fluids contribute to fluid intake, including caffeinated beverages such as tea and coffee. Many foods, such as fruits, vegetables, soups, and yogurt, have a high water content, which also adds to the total amount consumed. Set reminders to drink throughout the day, especially in the winter months, in order to stay healthy and help reduce your risk of dehydration.



## 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.



May 16th 2018 A Thimble Islands Sightseeing Cruise Aboard the SEA MIST a beautiful, narrated cruise through the famous Thimble Islands. Relax and enjoy the beauty and history of the islands. Trip includes a

stop at Lyman Orchards to shop/browse. Lunch is choice of Beef, Fish or Chicken at Maritime Grille. Cost is \$85.00pp. Call Susan Canedy at 536-2106 .

*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.*

## HELP WANTED: 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.



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Name Friends of South Hadley Elderly, Inc. as your charity of choice.

South Hadley Senior Center | When will YOU be join US?

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## FRIENDS OF THE SOUTH HADLEY ELDERLY, INC.

We're preparing our cards and gift for the Meals on Wheels participants. These will be distributed to the households during the week of Valentine's Day.

We're still soliciting members for the 2018 year; annual dues are \$5.00. Although we accept members throughout the year, when 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. Remember, we also accept donations and memorials at any time.

We're planning our annual raffle for the night of Volunteer Appreciation - April 13. Tickets will be available for sale shortly. Remember: Grand Prize is \$100 GUARANTEED Lottery Tree. Although we send out request letters to many businesses throughout the area, we can use your help. When you utilize your hairdresser/barber, medical/legal professional, restaurant, bank, etc., please ask them to donate to the raffle. It might make it easier for these businesses when they can connect a face to a request. Gift cards/certificates in any amount are always appreciated as are gift baskets and other associated "stuff". We'll take whatever they - or you - care to donate. If you would want to win it, we'll accept it.

The next quarterly meeting of the Friends is April 5 at 1:00. Hope to see you there.

## 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 )  
**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**



#### WHEN MAKING A TAX-AIDE APPT

- PLEASE call between  
**8:30am — 1:00pm ONLY.**

**Ask for OLA**

**Please do not leave messages on the  
Answering machine for Tax appts.**

#### COA TRANSPORTATION SERVICES

**Grocery Shopping? Local Medical Appointments?**

**Mon. —Fri. 9am to 3pm.**

Cost 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 hrs in advance. **CALL 538-5042**

### TAX TIME AT THE COA: WHAT TO BRING To Your TAX-AIDE APPOINTMENT

**From last year for Affordable Care Act:** If you (or anyone on your tax return) purchased health care insurance through the Marketplace exchange, you **MUST bring Form 1095-A** (which will be mailed to you by Jan 31). Additionally, if you have been granted an exemption from coverage you **MUST bring your Exemption Certificate Number (ECN)**, given by the Marketplace exchange. Else we cannot do your tax return. If you have a government-sponsored program (eg, Medicare, most Medicaid), an employer-sponsored plan, or individual health coverage, you will not be receiving a 1095-A or an ECN, and your tax return will be done as before.

#### **IDENTIFICATION/General:**

- Social Security Cards** and **Photo ID Drivers License** (Bring SS Cards for **all** dependents)
- Prior Year's (2016) Tax Returns (Fed + Mass) and any workpapers in AARP envelope
- Listing of any **Quarterly Tax Payments** made in Tax Year 2017
- Checkbook:** if you want to "**direct deposit**" any refund
- Original** notarized **Power of Attorney** (or Executor) documents: if signing on behalf of Taxpayer
- If Non-Medicare, a copy of the **HC-1099** (proof of insurance for MASS)
- If Legally **BLIND:** bring current Certificate of Blindness
- If Permanently and Totally **DISABLED:** bring Doctor's certificate

**INCOME** (Any of these that apply): -Year-end **Social Security SSA-1099** form showing benefits received, (or **RRB-1099**).

-Any 1099 Forms: **Interest** (1099-INT) to include Municipal Bond Interest, **Dividends** (1099-DIV), **Retirement Incm** (1099-R), Proceeds from **Stock/Bond Sales** (1099-B) including original purchase price of any assets sold, **Unemployment Comp** (1099-G), Non-Employment Compensation (1099-MISC); or **Forms K-1**.

- Employer **Wages W-2** or **Gambling W-2G** or **Unemployment Insurance**
- Other Cash Income** (eg, Alimony, Jury Duty pay, etc): ALL must be reported

**CIRCUIT BREAKER Credit** (ONLY for those **over-65** who own or rent--non-subsidized housing)

- Actual Real Estate Tax bills (All): showing your Ownership, (or a printout) from town hall
- Actual paid Water + Sewer bills (NOT applicable to Hadley)

**DEDUCTIONS/CREDITS** (Any of these that apply): -Real Estate taxes paid

- Alimony paid (to include Recipient's SSN)
- IRA contributions -Child Care provider information
- College Tuition payments: need Form 1098-T from college, & Receipts for College supplies; Student Loan Interest
- Residential Energy Credit: Bring record of any credits taken from 2005-2016
- Loss Carryforwards: if you have sold stocks or bonds at a loss in prior years

**DEDUCTIONS if Itemizing** (ONLY if the total is greater than your Standard Deduction):

- Record of all State Income tax paid-Form 1098 -Home Mortgage interest -Medical/Dental Receipts, to include Health/LTC insurance premiums - Receipts for Charitable Contributions -Auto Excise Tax bill

# FEBRUARY 2018

MONDAY	TUESDAY	WEDNESDAY
		
<p><b>5</b> 9:30-11:00 Card Making (Rm2)            10:00 Music Appreciation (Rm#3)            10:00 Tai Chi (Rm#5)  <b>11:30 Sample a Nutella Treat in Dining Room</b>  <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)</p>	<p><b>6</b> BIG Y GROCERY SHOPPING            9:30 Beginning Watercolor Class (Rm#3)            10:00 Beginning Exercise (Rm#5)  <b>11:45 BIRTHDAY/ANNIVERSARY LUNCHEON</b>            12:45 Movie: "The African Queen" (1951) - Rm#5            1:00 Bingo (Rm#2)            1:00 Needlecraft (Rm#3)</p>	<p><b>7</b> 9:15 Dance with Ash  <b>8:45-1:00 AARP Tax Assi</b>            10:00-11:30 Travel Club (L            10:30 Healthy Bones &amp; Bal  <b>11:45 VALENTINES LUNC</b>  <b>12:30 ENTERTAINMENT V</b>  <b>the Dan Kane Singers)</b>            1:00 Mah Jongg (Rm#3)  <b>NO</b> Choralites today            1:00 Pitch (Rm#2)</p>
<p><b>12</b> 9:30 Foot Nurse (by Appointment Only)            10:00 Music Appreciation (Rm#3)            10:00 Tai Chi (Rm#5)  <b>10:00 Valentine Craft w/Nancy (Dining Room)</b>  <b>11:15 Fit &amp; Fun (Rm5)</b>            1:00 Pinochle &amp; Canasta (Dining Rm)            1:00 Mah Jongg (Rm#2)  <b>4:00 p.m. COA Board Meeting</b></p>	<p><b>13</b> BIG Y GROCERY SHOPPING  <b>MARDI GRAS CELEBRATION (Breakfast for Lunch)</b>            9:30 Beginning Watercolor Class (Rm#3)            10:00 Beginning Exercise (Rm#5)  <b>10:00 MEMORIES CAFÉ (Rm#2) - Sign up w/Leslie</b>  <b>11:15 Berkshire Hills Music Academy (Dining Room)</b>            12:45 Movie: "Annie Hall" (1977) - Rm#5            1:00 Bingo (Rm#2); 1:00 Needlecraft (Rm#3)</p>	<p><b>14</b> 9:15 Dance with Ash  <b>8:45-1:00 AARP Tax Assi</b>  <b>10:00 Chocolate Making v</b>            10:00-11:30 Travel Club (L            10:30 Healthy Bones &amp; Bal            1:00 Mah Jongg (Rm #3)            1:00 Pitch (Rm#2)            1:00 Choralites (Dining Ro</p>
<p><b>19</b></p> <p style="font-size: 1.2em; font-weight: bold;">CENTER IS CLOSED PRESIDENTS' DAY</p>	<p><b>20</b> BIG Y GROCERY SHOPPING            9:30 Beginning Watercolor Class (Rm#3)  <b>10:00 NO LOW VISION GROUP—(RM#1)</b>  <b>10:00 BROWN BAG (Rm#3)</b>            10:00 <b>NO</b> Beginning Exercise (Rm#5)            12:45 Movie: "Moonstruck" (1987)            1:00 Bingo (Rm#2); 1:00 Needlecraft (Rm#3)</p>	<p><b>21</b> 9:15 Dance with As  <b>8:45-1:00 AARP Tax Assi</b>            10:00-11:30 Travel Club (L  <b>10:00 Vacation Week Cra</b>  <b>room) - Sign Up at</b>            10:30 Healthy Bones &amp; Bal  <b>11:45 Lunch with a Cop</b>            1:00 Mah Jongg (Rm #3)            1:00 Choralites (Dining Ro</p>
<p><b>26</b> 9:30 Foot Nurse (by Appointment Only)            9:45-1:00 SHINE (by Appointment Only)-Lib Conf Rm            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)</p>	<p><b>27</b> BIG Y GROCERY SHOPPING  <b>9:00 NEWSLETTER COLLATING (Rm#3)</b>            9:30 Beginning Watercolor Class (Rm#6)            10:00 <b>NO</b> Beginning Exercise (Rm#5)            12:45 Movie: "From Here to Eternity" (1953)            1:00 Bingo (Rm#2)            1:00 Needlecraft (Rm#3)</p>	<p><b>28</b> 9:15 Dance with Ash  <b>8:45-1:00 AARP Tax Assi</b>            10:00-11:30 Travel Club (L  <b>10:00 Diabetic Support G</b>            10:30 Healthy Bones &amp; Bal  <b>11:00 LUNCH &amp; LEARN: I</b>            1:00 Mah Jongg (Rm #3)            1:00 Choralites (Dining Ro</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)**

Feb 1—Beef Tips w/Sauce	Feb 8—Liver & Onions	Feb 15—BBQ Chicken	Feb 22—Beef Stew
Feb 2—Baked Salmon w/Lemon	Feb 9—Veal Patty w/Gravy	Feb 16—Tuna Casserole	Feb 23—Macaroni & Cheese
Feb 5—Shepherds Pie w/Gravy	Feb 12—Stuffed Shells w/Sauce	Feb 19— <b>CENTER CLOSED</b>	Feb 26—Lasagna w/Meat Sauce
Feb 6—Roasted Turkey w/Gravy	Feb 13—Breakfast for Lunch	Feb 20—Veal Parmesan	Feb 27—Chic. Breast w/Gravy
Feb 7—Pot Roast w/Gravy	Feb 14—Broccoli Quiche	Feb 21—Stuffed Cabbage w/Sauce	Feb 28—Mild Beef Chili

# CALENDAR

WEDNESDAY	THURSDAY	FRIDAY
	<p><b>1</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 Scrabble (Library)            1:00 Chair Yoga (Rm#5)</p>	<p><b>2</b> <b>BIG Y GROCERY SHOPPING</b>            10:00 Coffee &amp; Conversation w/Officer Fleming &amp; Friends (Dining Room)  <b>10:30-12:30 Beginner Bridge (Rm#3)</b>            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>ley (Rm#5)  <b>stance-by Appt.) (Rm.1 &amp; 2)</b>            ibrary Conf. Rm.)            ance (Rm#5)  <b>CHEON</b>  <b>WITH FREDDIE MARION (of</b></p> 	<p><b>8</b> 9:30 Watercolor Class (Rm#3)            10:00 Veterans Group (Rm#2)            10:00 Beginning Exercise (Rm#5)            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 Scrabble (Library)            1:00 Chair Yoga (Rm#5)</p>	<p><b>9</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>ley (Rm#5)  <b>stance-by Appt.) (Rm.1 &amp; 2)</b>  <b>w/Nancy (Sign up by Feb 9)</b>            ibrary Conf. Rm.)            ance (Rm#5)</p> 	<p><b>15</b> 9:30 Watercolor Class (Rm#3)            10:00 Beginning Exercise (Rm#5)            10:00 Alzheimer's Support Group (Rm#1) If Needed            10:00-11:30 Travel Club (Library Conf. Rm.)            1:00 Chip Poker (Rm#4)            1:00 Quilting (Rm#3)            1:00 Scrabble (Library)            1:00 Chair Yoga (Rm#5)</p>	<p><b>16</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>hley (Rm#5)  <b>stance-by Appt.) (Rm.1 &amp; 2)</b>            ibrary Conf. Rm.)  <b>ft with Grandchild (Dining</b>  <b>Office by Feb. 16</b>            ance (Rm#5)</p>	<p><b>22</b> 9:30 Watercolor Class (Rm#3)            10:00 <b>NO</b> Beginning Exercise (Rm#5)            10:00-11:30 Travel Club (Lib. Conf. Rm.)            1:00 Chip Poker (Rm#4)            1:00 Quilting (Rm#3)            1:00 Scrabble (Library)            1:00 Chair Yoga (Rm#5)  <b>2:30 Vacation Week Movie-Bring Your Grandchildren to see "Charlotte's Web" - Sign up by Feb. 20 (Rm5)</b></p> 	<p><b>23</b> <b>BIG Y GROCERY SHOPPING</b>            10:00 Coffee &amp; Conversation (Dining Room)  <b>10:00 Vacation Week Craft with Grandchild (Rm2) -- Sign up at Office by Feb. 20</b>            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>ley (Rm#5)  <b>stance-by Appt.) (Rm.1 &amp; 2)</b>            ibrary Conf. Rm.)  <b>roup (Rm. 3)</b>            ance (Rm#5)  <b>Drug &amp; Alcohol Coalition</b>            1:00 Pitch (Rm#2)            om); 1:00 Pitch (Rm#2)</p>	<p style="text-align: center;"><b>Our Lunch Program is Funded            By a Title III-C Nutrition            Program Grant from            WestMass ElderCare</b></p>	<p style="text-align: center;"><b>LUNCH IS SERVED—M-F 11:45-12:15            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</b></p>



## OUTREACH SERVICES

### BROWN BAG: FOOD FOR ELDERS

The Brown Bag: Food for Elders program provides a FREE bag of healthy groceries to eligible seniors once a month at the South Hadley Senior Center. The food items are specifically selected to meet seniors' special dietary requirements to help them stay healthy and active.

The Brown Bag program is for people over the age of 55 who meet certain income guidelines. If you qualify for SSI, Mass Health, Fuel Assistance, Veteran's Aid or have a documented disability for which you receive SSDI, you probably qualify to receive the Brown Bag.

Donations are never required for the Brown Bag program. The program is fully funded by The Food Bank of Western Massachusetts, with much of the food being provided by the state and federal government. Some examples of food frequently available in the Brown Bag are: low-sodium soup, vegetables, spaghetti sauce, canned chicken and tuna, macaroni & cheese, canned stew, rice, spaghetti, fruit, and fruit juices, cheese, yogurt, shelf milk, some fresh foods such as onions, potatoes, carrots, butternut squash and kale.

The Brown Bag for South Hadley residents is held on the third Tuesday of every month. Participants are welcomed to pick up their bags between 10:00 a.m. and 11:00 a.m. For more information or to apply for the Brown Bag call Ann at 538-5042 extension 206.

e

*A very special THANK YOU to our hard-working group of Brown Bag Volunteers!*

### 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.

If you have applied for fuel assistance and are concerned that you have not received your approval notification, maybe I can help navigate the application status hot-line.

Please don't hesitate to contact me.

*Stay warm,  
Ann*

### REPORT ELDER ABUSE

To report suspected elder abuse, please call the statewide 24-hour hotline at [1-800-922-2275](tel:1-800-922-2275)

### ~ ATTENTION~

#### **New Medicare Program for Diabetic Testing Supplies**

To have Medicare pay for **diabetic testing supplies** delivered to your home, you will need to use a Medicare national mail-order supplier. If you don't want to use mail-order, you can go to a local pharmacy or storefront **that accepts Medicare assignment** and you will get the same low mail-order cost. For additional information call 1-800-MEDICARE (1-800-633-4227)

If you would like a list of Medicare approved mail-order suppliers, please contact me at 538-5042 ext. 206.

## **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).

## **LEGAL TIPS**

### **BY ELDER LAW ATTORNEY KAREN G. JACKSON ELDER FINANCIAL ABUSE**

Unfortunately, unscrupulous people take advantage of elders. It has been reported to me that someone is currently posing as a contractor in the South Hadley area taking money from people under false pretenses. This person does not pull permits, is not licensed, and is not insured.

Fortunately, there are helpful resources available for cases of suspected consumer fraud. If someone purports to be a home improvement contractor, call the Massachusetts Office of Consumer Affairs: 617-973-8787. This Office will look up the name of the person and/or business and determine whether or not the alleged contractor is registered in Massachusetts. The business is not permitted to register if unlicensed. The representative will help the consumer file a complaint. If the person or business received money from the consumer, this state office will help the consumer enter into arbitration with the person who accepted the consumer's money so a full or partial refund of funds paid can be secured.

For other types of consumer fraud, call the Attorney General's office at 617-727-8400 from 10-4 Monday through Friday. Also see [mass.gov/get-consumer-support](http://mass.gov/get-consumer-support). The AG's Office will guide the consumer through the complaint process.

In addition to consumer fraud, other types of elder financial abuse are also of great concern. This could be an adult child or other family member or care provider tricking or taking money or other assets from a frail and susceptible elder. If unsure whether or not the conduct rises to the level of elder financial abuse, call the Greater Springfield Senior Services office at 413-781-8800 and a representative will help sort it out. The representative can also help with social support and techniques to help pay the bills if the senior is financially stretched as a result of the financial abuse.

If the misconduct is clear, call the elder abuse hot line at 800-922-2275.

For additional information, see [mass.gov/topics/seniors](http://mass.gov/topics/seniors). Jackson Law, [jlawma.com](http://jlawma.com), 413-532-1200.

## ACTIVITY/VOLUNTEER COORDINATOR PAGE

### FEBRUARY VACATION WEEK ACTIVITIES.

Grandparents-come join us at the center for some specially planned activities you can participate in with your grandchildren/ great grandchildren

\*Even if you don't have grandchildren you are welcome to join us for the fun!

Chocolate Candy Making

**Wednesday**, February 21 at 10:00 am. Sign up by Feb 16 in the office with name and age of grandchildren/great grandchildren.

**Thursday**, Feb 22 at 2:30pm

"Charlotte's Web" movie will be shown in the Exercise Room. Snack will be provided. Please sign up in the office by Feb 20 so we can properly plan.



**Thursday**, February 22- 6:30pm  
Pizza & Movie.

We will provide pizza at 5:30 with movie directly following. Movie will be Charlotte's Web.

Sign up with name and age of child by Feb 20 so we can properly plan.



**Friday**, February 23-10:00am

Winter craft. Sign up by Feb 20 so we can properly plan.  
Suitable for age 4 and up.

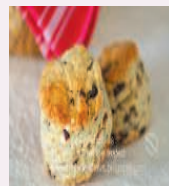


Coming in March-stay tuned...bring a friend.  
Celebrate National Oreo Cookie Day by making Oreo balls with Social Services Coordinator, Ann at 10:00 am in the small kitchen. Sign up required beginning March 1. Space is limited.

Back by popular demand Kathy will lead another class

in Irish Scone making.  
9:30 on Tuesday, March 13

Sign up is limited beginning March 1.



Polish Batik Easter Egg Workshop led by Susan of the Polish Heritage Ctr. Monday, March 19 from 9:30-11 am and also again from 6-8pm

Sweethearts All

By T.L.R.

Sweethearts, Sweethearts

I have many, I do!

On the day I was born

I met quite a few

Parents, grandparents to

name a few

I grew and made friends

Who were sweet too

The list kept growing

On the day I said, "I do"

My partner, best friend, we

made two.

Children were added, and

the list grew

Time went by, and we grew

older

Weddings, births, and

friendships

The cycle repeated

And the list grew on

Tho death took it's share of

my sweethearts

Their memories still live

within me

Because Love never dies

But grows in memory

Always room for one more

The heart welcomes many

loves

And gives in return

Respect, caring and sharing

Ever welcoming new friends

and family

This February 14 remember

that you don't need to have

A pecial friend

or sweetheart,

Just be one.

**FEBRUARY MOVIE SERIES— "Romance"**

Feb. 6 "The African Queen" (1951) with Humphrey Bogart & Katharine Hepburn

Feb. 13 "Annie Hall" (1977) with Woody Allen & Diane Keaton

Feb. 20 "Moonstruck" (1987) with Cher & Nicolas Cage

Feb. 26 "From Here to Eternity" (1953) with Burt Lancaster & Deborah Kerr  
EVERY TUESDAY AT 12:45pm



Thank you to everyone who contributed to our first "Mitten Tree."

We collected quite a variety of hats, gloves, mittens and scarves. They have been donated locally to the Springfield Rescue Mission, South Hadley Neighbors Helping Neighbors Food Pantry and the Holyoke shelter for women.



Join us Wednesday, February 7th

for our Valentine Lunch. Seating is limited so call the office to reserve your space. **Freddie Marion (of the Dan Kane Singers)**

will be our entertainment following lunch.



Valentine craft with Nancy on Monday, Feb 12th at 10 in Dining Room. Please sign up by Feb 8th.



World Nutella Day is Monday, Feb 5. Come taste a Nutella treat at 11:30 in Dining Room



Tammy & Danny will be back on Monday, Feb 5 at 9:30 to make handmade cards. Please sign up by Feb 2 so we can properly prepare resources.

Focus for this class will be Valentine cards



Mardi Gras "Breakfast for Lunch" Tuesday, Feb 13.

Wear green, gold and purple today! Berkshire Hills will entertain us at 11:15

Photos from a recent water color class When will YOU join US at the COA?



We are in need of the following...

Packages of colored napkins (any color appreciated but in real need of red, yellow, green and black napkins)

Conversation hearts candy (large bags)

Miscellaneous CLEAN!! hats of any kind



## 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.

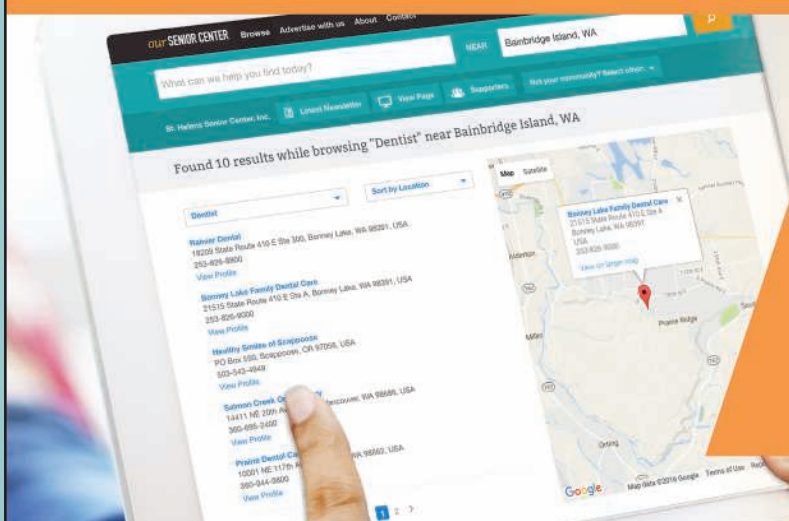
To find Savvy Caregiver training near you, visit [www.healthyliving4me.org/workshop-schedule](http://www.healthyliving4me.org/workshop-schedule). → To learn more regarding either of these support opportunities, contact a caregiver specialist at your regional Elder Care Agency at [800AgeInfo.com](http://800AgeInfo.com). 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

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# IN MEMORIAM

## FEBRUARY 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 SERVICES PROVIDED. THE FOLLOWING DONATIONS WERE MADE IN MEMORY OF LOVED ONES INDICATED IN CAPS:

### EMMA MROCZEK

Sandy Mroczek-McAleer

### ISABELLA & TOM SIMPSON

Doug & Linda Simpson

### NORM GAGNON

Doug & Linda Simpson

### ALDEN MCCLAFLIN

Gordon & Phyllis McClafin

### ANDREW MACKO

Gordon & Phyllis McClafin

### ARNOLD WOJCIAK

Kathleen Toland

### BETTY BURNETT

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### DONNA POTVIN

Janie Brochu

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### JANET M. BALICKI

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Jack Fleming

### LIONEL BRINDAMOUR

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Mary Bourdeau

### RUTH DESJEUNES

Don Desjeunes

### STEPHEN ROBBINS

William Robbins

### TOM TETLOW

Irene Tetlow

### WALTER MELLBERG

Gloria Boudreau

### CARL & HELEN POPIELARZ

Gilles & Claire Rouleau

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

Constance Grise

Donna M. Robideau

E Ink Corporation

Edward & Kathleen Kopec

Eileen Burke

Gary L. Jordan

George & Mary Hojnoski

Jennett Teece

Joyce Tencza

Judy & Paul Dobosh

Linda Lavigne

Mr. & Mrs. Leo Sieracki

So. Hadley/Granby Chamber  
of Commerce

## South Hadley Dental Associates, Inc.



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

**413-536-4455**

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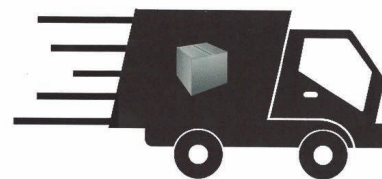
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**TO GET YOUR NEWSLETTER EMAILED TO YOU—AND TO ENTER THE 2018 RAFFLE CONTACT LESLIE AT [lhennessey@southhadleyma.gov](mailto:lhennessey@southhadleyma.gov)**

**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.**