


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 

MARCH 2018

HOW CAN WE HELP YOU? 538-5042

Leslie, Dir.Ext..204 Lisa, Asst. Dir.Ext.. 203
Ann, Social Services Coor. Ext... 206
Ola, Transportation ...Ext 201
Nancy, Programs/Volunteer Coord. Ext...205
Kathy, Donations...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 55.

THANK YOU!

HOMEWATCH CAREGIVERS
for sponsoring our Fat Tuesday
Mardi Gras luncheon

On FRIDAY, APRIL 13TH, The South Hadley COA will not provide congregate lunch. Please visit one of the other lunch sites funded by West-Mass Eldercare's Nutrition program.
The Granby COA, 10 W. State St.
The Holyoke COA, 291 Pine St.
The Chicopee COA, 5 W. Main St.
The Belchertown COA, 60 State St
The Ware COA, 1 Robbins Rd.

* Home Delivered Meals will be delivered as usually.



Mardi Gras Fun



MARCH HAPPENINGS

March 8: LUNCH & LEARN: CONSUMER PROTECTION: The Senior Savvy Jeopardy! Information & Giveaways!

March 14: CHORALITES ST. PATRICK'S DAY LUNCHEON
Traditional Corned Beef & Cabbage lunch
FRIENDS raffle. Call for reservations

March 16: MENU CHANGE for Home Meals on Wheels clients :
The 3rd Friday of the month: Soup & Sandwich!

March 19: EVENING PROGRAM: POLISH EGG MAKING 6PM-8PM
Call to reserve. Space limited.



SAVE THE DATE: Candidates Lunch: April 3rd!!

MARCH 28TH
FREDDY MARION & DAN KANE PERFORM
AT THE COUNCIL ON AGING!! Call to reserve
Space limited


Birthday
& Anniversary
Tuesday,
March 6th
Call to Reserve



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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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South Hadley COA - South Hadley, MA 06-5294



I Bet You Didn't Know....

- ◆ Last fiscal year, July 1, 2016 to June 30, 2017, **1,172** individuals visited the senior center.
- ◆ Our congregate lunch program served **9,333** meals to seniors
- ◆ Our Home Meal on Wheels program delivered **24,223** hot meals to homebound seniors in South Hadley
- ◆ Our volunteers, 149 of them, provided **17,616.47 hours of volunteer** time to the center. The monetary value of that time is an incredible **425,261.59** dollars!!!

Nutrition for Wound Care

By Christy Maxwell, WMEC Nutritionist

Adequate nutrition is essential for wound healing. A wound, whether it is a paper cut or a diabetic foot ulcer, needs the right amount of key nutrients to heal properly. While many factors can affect the healing process, proper nutrition is something within your control. Here is a list of some key nutrients that have been shown to be beneficial for wound healing.

Protein provides the building blocks (*amino acids*) for healing. Without enough protein, skin becomes thin and fragile; your immune system weakens, leaving your body susceptible to further injury. Sources of protein include meats, eggs, dairy, soy, and beans. Adults over age 65 need around 70-80 grams/day (for a 150 lb adult). For a reference, a chicken breast the size of your palm (3 oz.) has approximately 21 grams of protein, and a cup of chickpeas has around 40 grams.

L-Arginine is an *amino acid* important in the wound healing process. Although the body can make L-Arginine from other protein sources, it may not be able to keep up with demand when the body is under significant stress. Several studies have reported beneficial effects on wound healing with L-Arginine supplementation. Dietary sources include meat, poultry, dairy, cereals & nuts.

Vitamin C is essential for collagen production. Collagen is a protein found in the skin that gives skin its structure. Vitamin C is also a powerful antioxidant, which removes harmful substances from the body. In addition, vitamin C strengthens the immune system, which also aids in the healing process. Good sources of vitamin C include citrus fruits, cauliflower, cabbage, Brussels sprouts, broccoli, and pineapple.

Vitamin A is important for tissue growth. It also acts as an anti-inflammatory agent in the early stages of the wound, which helps healthy cells reproduce and fill it in. Multiple studies report low levels of vitamin A among individuals with chronic wounds. Great sources of vitamin A include carrots, tomatoes, sweet potatoes, broccoli, and spinach. **Zinc** is required for cell reproduction and immunity, and helps to stabilize the skin and transport vitamins A & C throughout the body. Zinc deficiency is known to impair wound healing. For wound treatment, high doses of zinc (20-30 mg/day) may be prescribed for a short duration (10 – 14 days). However, zinc can interfere with other essential minerals, so it is not recommended for long-term use. The highest dietary source of zinc comes from oysters! Other sources include animal products such as beef, pork, and dark meat chicken. Legumes such as baked beans, chickpeas, and cashews are also good sources.

Water is vital for wound healing. Adequate fluid intake keeps tissues hydrated, allowing for nutrients and repair cells to access the wound area. Dehydration can lead to hardening of the skin and delay wound healing. Remember to consult your doctor or healthcare practitioner before taking any supplements. Higher than normal amounts of these nutrients are often recommended (short term) for wound healing; however, these doses may interfere with other medications and/or conditions.

Senior Savvy Jeopardy CONSUMER PROTECTION

Northwestern District Attorney David Sullivan, will ask questions about how to avoid scams, protecting your finances, and other senior consumer issues for seniors.

Are you up for the challenge?
Thurs., March 8, - 10:45-11:45,

Test your knowledge & win prizes!

DIABETES EDUCATION SERIES

March 7th : "Continuing Your Journey" Pharmacist, Christine Petraglia, RPh, MSEd

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

South Hadley Seniors Making a Difference

Brown Bag Tuesdays, a program at the South Hadley Council on Aging, provides bags of non-perishable food items to South Hadley seniors in need.



Brown Bags are assembled by a dedicated group of volunteers at the center every 3rd Tuesday of the month.



TRAVEL CLUB & FRIENDS OF SOUTH HADLEY ELDERLY, INC

TRAVEL CLUB TRIPS



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.



Thank you, FRIENDS!!!!
We thank you for supplying the Valentine cards & stamps for our HMOW Clients

FRIENDS OF THE SOUTH HADLEY ELDERLY, INC. CORNER

You still have time to be eligible for the \$100 Membership Lottery Tree. The name of the lucky winner will be drawn at the St. Patrick's Luncheon on March 14, 2018. We accept memberships throughout the year but by signing up early you have a chance to win the Tree. We also accept donations and memorials at any time.

We're planning our annual raffle for the **Volunteer Appreciation Luncheon - April 13**. Tickets are available now from any Friends Board Member. Grand prize is \$100 GUARANTEED Lottery Tree. We sent out letters of request for donations/gifts to many businesses throughout the area. 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 unused, associated "stuff". We'll take whatever they - or you - care to donate. If you would want to win it, we'll accept it.

Although these words of thanks are late, they were not forgotten. Deep appreciation to the Quilters Group for their significant donation of the quilt proceeds raffled off at the Winter Solstice Luncheon to the Friends. The quilt was beautiful and we were very lucky with ticket sales.

For those of us who say that winter is long enough, keep in mind that Daylight Savings Time is March 11!

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



UMASS NURSING STUDENTS

Meet Matthew, Olivia, Jessica & Haley. They will be with us through April, offering clinics and presentation on Thursdays 9-1pm. (Above, Haley presents information on this year's flu season)



DIRECTOR INVITED TO SHARE SUCCESS!

COA Director Leslie Hennessey was a panelist at a recent public workshop entitled, *Becoming a Dementia Friendly Community*. Leslie shared information about South Hadley's successful Memories Café and offered advice on how Communities might start their own Memory Café. **The South Hadley Memories Café meets every 2nd Tuesday of the month from 10-11:30am.** For more information call 538-5042 or email: lhennessey@southhadleyma.gov



SERVICES & INFORMATION

Support Services at the Council on Aging

Alzheimer's Caregiver Support Group, weekly, Thurs. 10am Free *(Grant funded: WestMass ElderCare)

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

Medical Appointment Transportation call Ann, 538-5042 Free. *(Grant Funded: WestMass ElderCare)

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

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

Hearing Screening with Gary Winn , 2nd Tues. of the month 1:00pm to 3:30pm Free.

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

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

TRANSPORTATION SERVICES

.75 each way

To & from the Council On Aging

Rides must be scheduled 24 hr/advance.

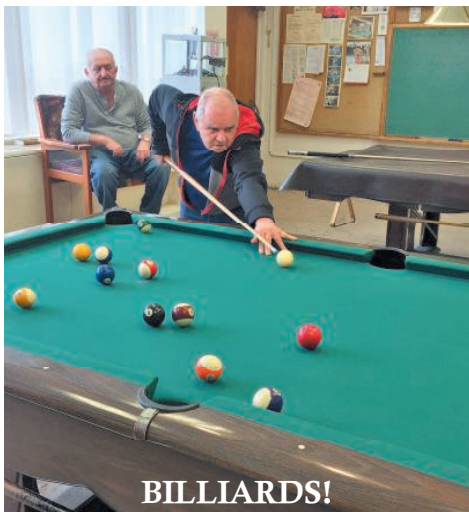
Driver cannot assist with grocery Bags.

\$1.25 each way

Grocery shopping
Local medical appointments

Call 538-5042 for reservations

SENIORS ON THE GO....!



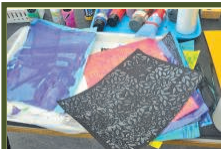
BILLIARDS!



STAYING FIT!



WATER COLORS!



Create with The Carle! Art Classes for Adults: Collage FREE TO SOUTH HADLEY RESIDENTS!

Location: South Hadley Senior Center Teaching Artist: B.Z. Reily
Eight Wednesdays from April 25 – June 13, *12:30 – 2:30 PM

Enrollment limited to 15

\$90 (Members \$72.50, **South Hadley residents free**)

Join us for **Create with The Carle!** a program for adults 55 and older. In this eight-week workshop, participants will have the opportunity to explore a range of techniques for creating collage materials and collage.

Registrations open March 5, call 413- 559- 6307 to reserve your place

Create with The Carle! is presented in partnership with [Aroha Philanthropies](#) in order to support the development and expansion of Vitality Arts programming.



photos courtesy of The Eric Carle Museum of Picture Book Art.

MARCH 2018

MONDAY	TUESDAY	WEDNESDAY
<p>COMMUNITY OUTREACH Will Resume in APRIL at 2:00 p.m. Newton Manor—Wed, April 4 Hubert Place—Wed, April 11 Lathrop Village—Wed, April 25</p>	<p>Our Lunch Program is Funded By a Title III-C Nutrition Program Grant from WestMass ElderCare</p>	<p>LUNCH IS SERVED Make Reservations Advance by calling donation for lunch or older; guests <u>under</u> Per West</p>
<p>5 10:00 Music Appreciation (Rm#3) 10:00 Tai Chi (Rm#5) 11:15 Fit & Fun (Rm5) 1:00 Pinochle & Canasta (Dining Rm) 1:00 Mah Jongg (Rm#2) 1:00 Color Me Calm (Rm#3)</p>	<p>6 BIG Y GROCERY SHOPPING 9:30 Beginning Watercolor Class (Rm#3) 9:30-11:30 Jewelry Making—Rm#2 (Signup by 3/2) 10:00 Beginning Exercise (Rm#5) 10:00 Making Oreo Cookie Balls w/Ann in the Dining Room(Signup by 3/2) 11:45 BIRTHDAY/ANNIVERSARY LUNCHEON 12:45 Movie: "Runaway Jury" (2003) - Rm#5 1:00 Bingo (Rm#2); 1:00 Needlecraft (Rm#3)</p>	<p>7 9:15 Dance with AARP 8:45-1:00 AARP Tax Ass 10:00-11:30 Travel Club 10:30 Healthy Bones & I 1:00 Mah Jongg (Rm#3) 1:00 Pitch (Rm#2) 1:00 Choralites (Dining Rm) 3:00-4:30 Book Club (L)</p>
<p>12 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); 11:15 Fit & Fun (Rm5) 12:30-2:00 Card Making (Rm3) - (Signup by 3/8) 1:00 Pinochle & Canasta (Dining Rm) 1:00 Mah Jongg (Rm#2)</p>	<p>13 BIG Y GROCERY SHOPPING 9:30 Beginning Watercolor Class (Rm#3) 9:30 Scone Making with Kathy (Rm #6) 10:00 Beginning Exercise (Rm#5) 10:00 MEMORIES CAFÉ (Rm#2) 12:45 Movie: "Fracture" (2007) - Rm#5 1:00 Bingo (Rm#2); 1:00 Needlecraft (Rm#3) 1:00—3:30pm GARY WINN HEARING SCREENING</p>	<p>14 9:15 Dance with AARP 8:45-1:00 AARP Tax Ass 10:00-11:30 Travel Club 10:30 Healthy Bones & I 12:30 CHORALITES ST 1:00 Mah Jongg (Rm #3) 1:00 Pitch (Rm#2)</p>
<p>19 9:30-11:00 Polish Easter Egg Making (Rm#2) (signup by 3/15) 10:00 Music Appreciation (Rm#3) 10:00 Tai Chi (Rm#5); 11:15 Fit & Fun (Rm5) 1:00 Color Me Calm (Rm#3) 1:00 Pinochle & Canasta (Dining Rm) 1:00 Mah Jongg (Rm#2) 6:00-8:00pm Polish Easter Egg Making (signup by 3/15)</p>	<p>20 BIG Y GROCERY SHOPPING 9:30 Beginning Watercolor Class (Rm#3) 10:00 LOW VISION GROUP—(Rm#1) 10:00 BROWN BAG (Rm#3) 10:00 Beginning Exercise (Rm#5) 12:45 Movie: "Deception" (2008) 1:00 Bingo (Rm#2); 1:00 Needlecraft (Rm#3)</p>	<p>21 9:15 Dance with AARP 8:45-1:00 AARP Tax Ass 10:00-11:30 Travel Club 10:30 Healthy Bones & I 1:00 Mah Jongg (Rm #3) 1:00 Choralites (Dining Rm) 1:00 Pitch (Rm#2)</p>
<p>26 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) 11:15 Fit & Fun (Rm5) 1:00 Pinochle & Canasta (Dining Rm) 1:00 Mah Jongg (Rm#2);</p>	<p>27BIG Y GROCERY SHOPPING 9:00 NEWSLETTER COLLATING (Rm#3) 9:30 Beginning Watercolor Class (Rm#6) 10:00 Beginning Exercise (Rm#5) 12:45 Movie: "The Dark Knight" (2008) 1:00 Bingo (Rm#2) 1:00 Needlecraft (Rm#3)</p>	<p>28 9:15 Dance with AARP 8:45-1:00 AARP Tax Ass 10:00-11:30 Travel Club 10:00 Diabetic Support 10:30 Healthy Bones & I 12:30 FREDDIE MARIO 1:00 Mah Jongg (Rm #3) 1:00 Pitch (Rm#2)</p>

SOUP OF THE DAY EVERY <u>FRIDAY</u> FULL MENU ON WEBSITE: HTTP:WWW.SOUTHHADLEY.ORG/683/NEWSLETTER			
Mar 1—Liver & Onions Mar 2—Grilled Tomato & Cheese w/Soup Mar 5—Teriyaki Chicken Mar 6—French Meat Pie Mar 7—Tortellini Alfredo Mar 8—Beef Stew Mar. 9— Stuffed Shells w/sauce	Mar 12 —Salisbury Steak w/grvy Mar 13—BBQ Chicken Mar 14— St Patrick's Day lunch: Corned Beef & Cabbage Mar 15—Spag. w/meatballs Mar 16 -Fish Sandwich w/Soup	Mar 19—Shepherd's Pie Mar 20—Beef Tips w/Sauce Mar 21—American Chop Suey Mar 22—Roasted Turkey w/Gravy Mar 23—Fiesta Pollock	Mar 26—Lasagna w/Meat Sauce Mar 27—Oven Fried Chicken Mar 28—Roast Pork w/Gravy Mar 29—Meatloaf w/Gravy Mar 30—Macaroni & Cheese

CALENDAR

WEDNESDAY	THURSDAY	FRIDAY
<p>VED—M-F 11:45-12:15 ons at least 24 hours in 538-5042. The suggested is \$2.25 for participants 60 er 60 will be charged \$6.00 Mass Elder Care</p>	<p>1 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)</p>	<p>2 BIG Y GROCERY SHOPPING 10:00 Coffee & Conversation w/Officer Fleming (Dining Room) 10:30 Healthy Bones & Balance (Rm#5) 1:00 Bridge (Rm#3) 1:00 Canasta (Dining Room) 1:00 Cribbage (Rm#2); 1:00 Knitting (Library)</p>
<p>Ashley (Rm#5) ssistance-by Appt.) (Rm.1 & 2) (Library Conf. Rm.) Balance (Rm#5)) Room) Library)</p>	<p>8 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.) 11:15 LUNCH & LEARN: Consumer Protection 12:30-2:00 Blood Pressure with Nurse 1:00 Chip Poker (Rm#4) 1:00 Quilting (Rm#3) 1:00 Scrabble (Library)</p>	<p>9 BIG Y GROCERY SHOPPING 10:00 Coffee & Conversation (Dining Room) 10:30 Healthy Bones & Balance (Rm#5) 11:00-12:30 Bereavement Support (Rm#1) 1:00 Bridge (Rm#3) 1:00 Canasta (Dining Room) 1:00 Cribbage (Rm#2) 1:00 Knitting (Library)</p>
<p>Ashley (Rm#5) ssistance-by Appt.) (Rm.1 & 2) (Library Conf. Rm.) Balance (Rm#5) . PATRICK'S DAY CONCERT)</p>	<p>15 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)</p>	<p>16 BIG Y GROCERY SHOPPING 10:00 Coffee & Conversation (Dining Room) 10:30 Healthy Bones & Balance (Rm#5) 11:00-12:30 Bereavement Support (Rm#1) 1:00 Bridge (Rm#3) 1:00 Canasta (Dining Room) 1:00 Cribbage (Rm#2) ; 1:00 Knitting (Library)</p>
<p>Ashley (Rm#5) ssistance-by Appt.) (Rm.1 & 2) (Library Conf. Rm.) Balance (Rm#5)) Room);</p>	<p>22 9:30 Watercolor Class (Rm#3) 10:00 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)</p>	<p>23 BIG Y GROCERY SHOPPING 10:00 Coffee & Conversation (Dining Room) 10:30 Healthy Bones & Balance (Rm#5) 11:00-12:30 Bereavement Support (Rm#1) 1:00 Bridge (Rm#3) 1:00 Canasta (Dining Room) 1:00 Cribbage (Rm#2) 1:00 Knitting (Library)</p>
<p>Ashley (Rm#5) ssistance-by Appt.) (Rm.1 & 2) (Library Conf. Rm.) t Group (Rm. 3) Balance (Rm#5) ON W/DAN KANE & FRIENDS)</p>	<p>29 9:30 Watercolor Class (Rm#3) 10:00 Beginning Exercise (Rm#5) 10:00 Easter Egg Dying w/Kids (Dining Room) Sig- up by 3/23 10:00-11:30 Travel Club (Lib. Conf. Rm.) 1:00 Chip Poker (Rm#4) 1:00 Quilting (Rm#3) 1:00 Scrabble (Library)</p>	<p>30 BIG Y GROCERY SHOPPING 10:00 Coffee & Conversation (Dining Room) 10:30 Healthy Bones & Balance (Rm#5) 11:00-12:30 Bereavement Support (Rm#1) 1:00 Bridge (Rm#3) 1:00 Canasta (Dining Room) 1:00 Cribbage (Rm#2) 1:00 Knitting (Library)</p>



SOCIAL SERVICES

MAXIMIZE YOUR SNAP BENEFITS!

FOR THOSE OF YOU WHO HAVE SNAP-FOOD STAMP BENEFITS.....

Tell DTA ~ Department of Transitional Assistance about your additional expenses. Many elders do not realize they can increase their SNAP benefits by reporting certain information to DTA.

- Utility Costs:** Heating, Cooling, Electricity, Trash Collection, Water and Sewer and Telephone
- Shelter Costs:** Rent, Mortgage including Principle, Interest, Taxes and Insurance, Condo Fees
- Dependent Care Costs:** Tell DTA about your adult dependent care costs (Adult Day Care)
- Medical Costs:** Elderly or disabled clients may claim Co-pays, Prescriptions, Over-the-Counter Medications, Health Insurance Premiums, Transportation to and from medical appointments, eyeglasses and dental care. For help in applying for the first time or completing your re-certification paperwork, call Ann @ 538.5042 ext. 206.



Save the date...

VOLUNTEER APPRECIATION LUNCHEON

(for those who have
volunteered at least
12 hours in 2017)

will be Friday, April 13

Doors will open at 11. Lunch at
11:45 followed by entertainment
at 12:30.

Music by the Humblebees

Stay tuned for details but get your

black and **yellow**
outfits ready to wear.

It's going to "bee"
a great time!



UPCOMING ACTIVITIES

We will have some special activities during April

vacation week. Stay tuned.

Red Sox opening Day-

celebrate with us on

Thursday, April 5.

Berkshire Hills Dance troupe will

be here to

entertain at 11:30

on Wednesday, April 11

Celebrate polka dot day on

Wednesday, April 18

National pretzel day-enjoy
chocolate covered pretzels on

Thursday, April 26

National Jazz day on

Monday, April 30, the jazz trio
from Berkshire Hills will entertain
us before lunch.

FUEL ASSISTANCE 2017/2018

Fuel Assistance help is
still available! Contact
Ann @ 538-5042 ext. 206
for an appointment and
the Fuel Aid
guidelines.



We think she's special
Too! Recently, a
recipient of Ann's
support and advocacy
surprised her with a
Thank YOU Gift !!

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

With Bereavement Counselor Cary Quigley M. Ed.

**When: Friday 11am-12:30pm, running Fridays: March 9
through April 27 at the South Hadley Senior Center/COA**

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

PROGRAM/VOLUNTEER COORDINATOR PAGE

MARCH MOVIE SERIES- "Suspense"

March 6 - "Runaway Jury" (2003) with Gene Hackman & Dustin Hoffman

March 13- "Fracture" (2007) with Anthony Hopkins & Ryan Gosling

March 20 - "Deception" (2008) with Ewan McGregor & Hugh Jackman

March 26 - "The Dark Knight" (2008) with Christian Bale & Heath Ledger

EVERY TUESDAY AT 12:45pm



Celebrate National Oreo Cookie Day by **making Oreo cookie balls** with Social Services Coordinator, Ann at **10:00 am on Tuesday, March 6** in the small kitchen.

Sign up required beginning March 1. Space is limited.

yum.

Back by popular demand Kathy will lead another class in **Irish scone making.**



9:30 on Tuesday, March 13

Sign up is limited

Easter Egg dying-



Friday, March 30 at 10:00am.

Please bring your own hard boiled eggs to color (all other supplies will be provided). **Bring your grandchildren** (school is off March 30)

**FUN
AHEAD**

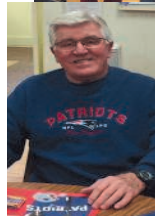
Join Tammy in making some beautiful hand made cards on Monday, March 12 @ 12:30. The theme will be "springtime" cards. Please sign up in office by March 8.

EVENING PROGRAM ALERT

Polish Batik Easter Egg Workshop led by Susan of the Polish Heritage Ctr.



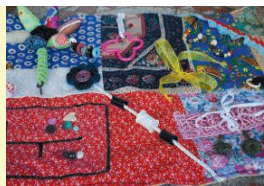
Monday, March 19
from 9:30-11 am and also
repeated again from 6-8pm
Bring your own hard boiled
eggs



Our Super bowl Party



Freddie Marion and Dan Kane will be here on Wednesday, March 28 to entertain us following lunch. Sign up early in the office!



The quilting group is looking for the following items to be used with a project they are making called "**sensory fidget blankets**". These lap sized blankets will be donated to those with memory challenges. Wood or plastic bracelets, small zippers, large wooden beads, wrist coil key fobs, keys, **empty** thread spools, clean shoelaces, hair scrunchies, curtain rings, large earrings, Velcro strips, plastic hair rollers, large metal washers (nothing sharp). Thanks.

Thank you to one of our high school volunteers, Julia, for making Valentine inspired cupcakes for us to enjoy. What a special treat.



ELDER LAW ARTICLE

LEGAL TIPS BY ELDER LAW ATTORNEY KAREN G. JACKSON: THE POWER OF REVOCABLE TRUSTS

Revocable Trusts are quite powerful because so many goals can be achieved in one legal document. For example, estate taxes can be avoided or minimized; probate administrations avoided; financial monitoring provided for the young or for those who are unable to manage their own financial affairs; and, protection given when there are separate sets of beneficiaries, such as children of a prior marriage. A Trust is private; and, unlike a Will, it is not filed in Probate Court unless litigation is involved, which is rare.

Massachusetts estate taxes can be avoided or minimized for estates up to \$2 million dollars if each spouse of a married couple signs a revocable trust and immediately funds the trust. By funding, I mean transferring money, real estate and other non-retirement benefits into the trust before the death of the owner. A properly drafted trust can be named the beneficiary of retirement assets.

The power of trusts is also in their flexibility and/or when “bells and whistles”, special instructions, are needed, as long as the directions are practical, can be stated in clear terms, and the Trustee can legally perform those directions. The Trust can direct the Trustee to pay the trust funds at different time periods for certain specified reasons, such as how funds are to be used for educational purposes, when houses and other real property can be conveyed, and so on.

Trusts do not stand alone in a person's estate plan. Everyone who has a trust (frankly, everyone over age 18, with or without a trust) must also obtain what I call, “The Big Five”: A Will, Health Care Proxy, Durable Power of Attorney, Advance Directive, and HIPAA Release.

Revocable Trusts are not the only type of trusts. By one example, a Supplemental Needs Trust is critically important when the goal is to shelter assets for the benefit of a disabled beneficiary. For more information, jlawma.com or 413-532-1200.

MAY 17, 2018
SUPER BINGO

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

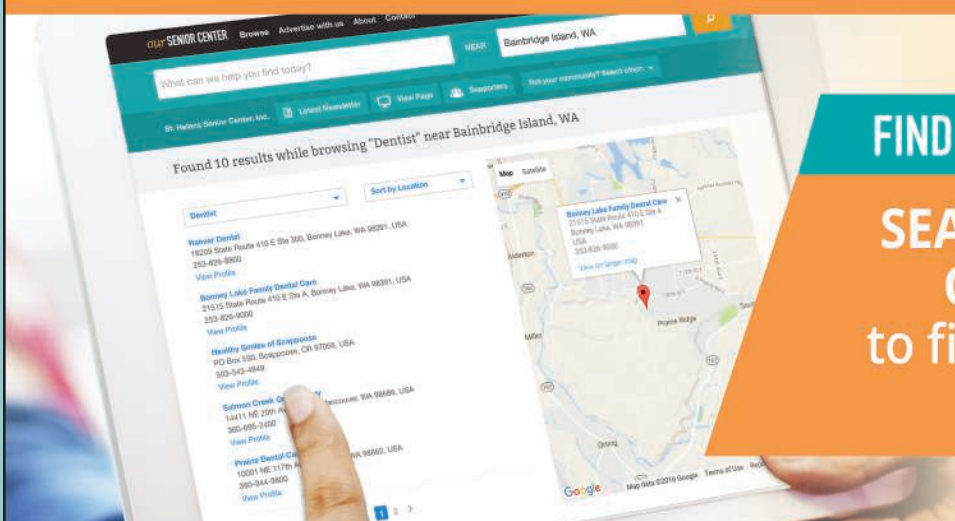
rainbowsupperclub@wmeldercare.org

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

MARCY 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:

CAROL BLANCHARD

Mr. & Mrs. Richard Turban

DANIELS & WEINBLATT FAMILIES

Robert Daniels
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HOWARD KIRKPATRICK

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Gerri Bennett
Mary Boulais

WILLIAM PAQUETTE

The COA Cribbage
Sunshine Club

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

Bruce Docherty

Chuck & Terry Malone

Dorothy Kelly, M.D.

Friends of the South Hadley Elderly, Inc.

Genevieve Mroczek

Jack Brady

Noella Loiselle

Richard Belanger

Robert M. Schwartz

Roger & Kathryn Colombe

South Hadley Dental Associates, Inc.



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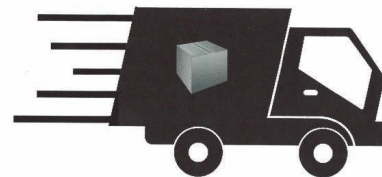
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The South Hadley COA reserves the right to utilize photos of participants for publicity purposes. Participants not wanting their photo used must notify the center in writing.

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: _____

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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.