

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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APRIL 2018

HOW CAN WE HELP YOU? 538-5042

Leslie, Dir.Ext..204 Lisa, Asst. Dir. Ext.. 203
Ann, Social Services Coord. 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!

BEERS & STORY FUNERAL HOME

for sponsoring our **FREDDY MARION & DANE KANE** event



CANDIDATES LUNCH

Tuesday, April 3rd at
10:45am

Your Vote Counts!

This is a great chance for YOU to speak to, and hear from, the candidates running for election in South Hadley on TUESDAY APRIL 10th!



GRAND OPENING

THE MAURICE "FITZ" & MARGARET FITZGERALD MEMORIAL FITNESS CENTER

Thursday, April 12th 10am
Ribbon Cutting & Plaque Installment

Come celebrate with us!

AFTER 5:00

Programming

See page 5



HAPPENINGS IN APRIL

- April 5th: RED SOX OPENING DAY: HOT DOGS FOR LUNCH
- April 9th: COA Board of Directors meeting 4pm
- April 10: MEMORIES CAFÉ 10-11:30AM
- April 11th: DANCE TROUPE PERFORMANCE AT LUNCH, Berkshire Hills Music Academy
- April 16th: Center Closed: Patriots' Day
- April 19th: Grand Friends Technology Day
- April 25: Senior Savvy Jeopardy

On FRIDAY, APRIL 13TH The SHCOA will not provide congregational lunch. You may visit one of the other lunch sites funded by WMEC'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 usual.**

All morning activities are cancelled.



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EYE EXAMS – EYEGASSES

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STATE REPRESENTATIVE JOHN W. SCIBAK

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



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For more information or to arrange for a guided tour.

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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;
- ◆ **4,559** rides were provided on the COA Mini-bus.
- ◆ Rides to, and from, the center were the highest percentage of rides provided, with rides to medical appointments and grocery shopping following slightly behind.
- ◆ The COA mini-bus is a vital resource for South Hadley seniors with transportation needs. The PVTA Tiger Trolley, which was used by many seniors, ended service in S. Hadley in August 2017.

FALLS PREVENTION It's as easy as...

Asley Kohl's Dance Class on Wednesday mornings at 9:15am

Beginning Exercise on Tuesdays and Thursdays at 10am

Chair Yoga (*RENAMED* Seated & Standing Yoga)Thurs at 10am

Exercise is a proven way to prevent falls, by strengthening the muscles that keep us upright and improving our balance. Falls are the leading cause of fatal and nonfatal injuries for older Americans. Falls threaten seniors' safety and independence and generate enormous economic and personal costs. However, falling is not an inevitable result of aging. Through practical lifestyle adjustments and evidence-based falls prevention programs the number of falls among seniors can be substantially reduced.

The South Hadley COA also offers:

Tai Chi on Mondays at 10am

Fit & Fun on Mondays at 11:15am

Healthy Bones & Balance on Wednesdays and Fridays at 10:30am.

And the *Walkie Talkies on Fridays at 9:00am (*Call to find out when the Walkie Talkies start up again)

OPENING APRIL 12th: The Maurice "Fitz" & Margaret Fitzgerald Memorial Fitness Center (call for orientation)

Cooking with Herbs

By Christine Brown, Master Gardener, Nutritionist

Herbs can do more for you than just garnish a dish. They can promote health, influence the flavor and enhance the outcome of a meal. Herbs are plants we have used from the earliest times, not only to flavor food, but also in medicine, to beautify our body, and for other domestic purposes. A current domestic use for bay leaf is to help deter pantry moths, by scattering a few leaves around the cabinets.

Herbs can be used to reduce or even eliminate the need for salt in cooking. A high sodium diet increases our risk of high blood pressure and heart disease. The amount of sodium recommended by the American Heart Association is 2400 mg/day, the equivalent of one teaspoon. Yet many people consume upwards of 4000 mg/day. The use of herbs can give flavor to food without the added salt. Most herbs have antioxidant properties as well, which provide numerous health benefits including reducing the risk of certain cancers.

If you are not experienced in cooking with herbs, start by adding a small amount of freshly chopped herb such as chives, to something like cream cheese, butter, or sour cream. When adding fresh herbs to cold items like cottage cheese, prepare it the night before for the fullest flavor. Again, if you are new to herbs, you may want to start slowly, by adding one herb at a time to get a sense of the taste. When adding herbs to soups or stews, use kitchen twine to tie the stems together, and add the *bouquet garnish* approximately 1 hour before the end of cooking for best flavor. You should remove the *bouquet* before eating the soup.

To prepare herbs, place them in cool water (not cold), and swish around to remove the dirt. Pat herbs dry with a clean towel. For convenience, you can also use a salad spinner and pat dry when done. A pair of kitchen scissors works great to finely chop or mince the herbs. Some stems are fine to use (parsley and basil), while others may be too woody (rosemary and thyme) unless removed prior to eating. One rule of thumb for using fresh vs. dried herbs is as follows: 1/4 teaspoon powdered = 3/4 - 1 teaspoon minced = 2 teaspoons - 1 tablespoon fresh.

Spring is just around the corner, and a time people start to think about planting. Many herbs are perennials, such as sage and thyme, and will come up year after year. Other herbs such as basil and parsley are annuals and must be replanted each year. You can start herbs from seed in a sunny spot indoors, or purchase young plants in late spring/early summer to keep indoors or out. For those without a green thumb, dried herbs are a convenient way to add abundant flavor to your meals. Either way, enjoy all of the taste and health benefits herbs have to offer.



Senior Savvy Jeopardy Challenge WEDNESDAY, APRIL 25TH AT 10:45AM



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? Test your knowledge & win prizes!

TRAVEL CLUB & FRIENDS OF SOUTH HADLEY ELDERLY, INC

Travel Club Hours: Wednesdays: 12pm to 1:30pm &
Thursdays: 10am to 11: 30pm



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 .



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.



June 28, 2018 Williamstown Theatre Festival, Our tour begins as we depart for the Berkshires. We'll see a panorama of rolling hills, valleys, farms, and villages along the Mohawk Trail, nestled in the center of the quintessential New England town, we will dine at the Historic Willams Inn. Our luncheon of gourmet sandwiches. Todays performance features Tony Award winner Matthew Brodrick in a comedy The Closet along with Tony nominee's Jessica Hetch and Brooks Ashmanskas Cost, 125.00 Call Dolores Giroux at 536-2779



Monday, December 10, 2018 Aqua Turf in Plantsville Ct. White Christmas Featuring Rob Zappulla and his 13 piece Big Band, Dinning and Dancing. The Holiday Music if Bing Crosby and Frank Sinatra. Coffee and Donuts on Arrival. Delicious Family Style Lunch. Cost \$95.00. Call

Howie Walsh 413-593-6286

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.



**Our Choralites!!!
For a wonderful
St. Patricks' Day Celebration
Concert**

**Thank you Carey's Flower in
South Hadley for donating
the birthday carnations to
our celebrants!!**

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MAY 17TH : 1PM
SPONSORED BY OUR
FABULOUS
FRIENDS**

Thank you, FRIENDS

Our generous
**FRIENDS OF SOUTH
HADLEY ELDERLY, INC.**
have increased their *yearly*
donation to **\$6,000!** The
COA uses these funds to
underwrite and support
our activities,
programming and center
events.

All we do, we owe to
them!!

FRIENDS OF THE SOUTH HADLEY ELDERLY, INC. CORNER

THE FRIENDS CORNER

Tickets are available for the raffle to be held at the Volunteer Appreciation Luncheon on April 13. Contact any of the Friends Board members: Sheila Adams, Claire Bielanski, Donna Robideau, Don Lever, Gail Biel-inza, Jean Lambert, Melide Norman, Joan Aras, Janet Stawasz, Doris Bibeau, or Kay Washburn. Tickets are \$1 each or book of 6 for \$5. Grand prize is the GUARANTEED \$100 Lottery Tree; numerous other prizes in the form of gift cards, baskets and whatever. If you have anything you want to donate for the raffle, let one of us know.

The Quarterly meeting of the Friends is scheduled for April 5 at 1:00 in the dining room of the Senior Center. All Friends are welcome.

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.

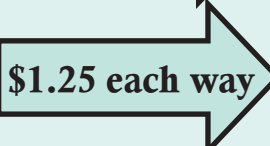
Blood Pressure Screening, 2nd Thur. of month 12:30-2:30pm Free.

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

 <p>.75 each way</p>	<p>To & from the Council On Aging</p>	<p>Rides must be scheduled 24 hr./advance. Driver <u>cannot assist with grocery Bags.</u> Call 538-5042 for reservations</p>
	<p>Grocery shopping Local medical appointments</p>	
 <p>\$1.25 each way</p>		

SENIORS ON THE GO....!



MAH JONGG!



RIDING THE MINI-BUS



FIT & FUN!

Leslie at Loomis Communities

April 25th, 3:00pm.

Join Leslie at Loomis Communities for this informative discussion about the need for a new senior center in South Hadley. The conceptual plans will be available to view. Leslie will cover the history of the project and the process for developing the conceptual design.



TRIAD: a community policing initiative between seniors, law enforcement, and service providers to increase safety through education & crime prevention

- “Are You OK?”
- Residential Box Program
- File of Life
- House Numbering
Call 538-5042

AFTER 5:00

Programming: May & June

April 18th: Ed Popielarczyk

Intergenerational

May 7th, 14th, 21st & June 4th

A series for people supporting aging family members.

June 13th: Council on Aging Art Show.

June 26th: Summer Movie: JAWS

APRIL 2018

MONDAY	TUESDAY	WEDNESDAY
<p>2 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>3 BIG Y GROCERY SHOPPING 9:30 Beginning Watercolor Class (Rm#3) 10:00 Beginning Exercise (Rm#5) 11:15 CANDIDATES LUNCHEON 12:45 Movie: "Meet the Parents" (2001) - Rm#5 1:00 Bingo (Rm#2); 1:00 Needlecraft (Rm#3)</p>	<p>4 9:15 Dance with Ashley 8:45-1:00 AARP Tax Ass 10:30 Healthy Bones & B 1:00 Mah Jongg (Rm#3) 1:00 Pitch (Rm#2) 1:00 Choralites (Dining R 3:00-4:30 Book Club (L</p>
<p>9 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 Craft Day with Nancy (Dining Rm) Sign-up by 4/6 10:00 Tai Chi (Rm#5); 1:00 Pinochle & Canasta (Dining Rm) 1:00 Mah Jongg (Rm#2); 1:00 Color Me Calm (Rm#3)</p>	<p>10 BIG Y GROCERY SHOPPING 9:30 Beginning Watercolor Class (Rm#3) 10:00 MEMORIES CAFÉ (Rm#2) 10:00 Beginning Exercise (Rm#5) 11:45 BIRTHDAY/ANNIVERSARY LUNCHEON 12:45 Movie: "The Stooge" (1953)- Rm#5 1:00 Bingo (Rm#2); 1:00 Needlecraft (Rm#3) 1:00—3:30pm Gary Winn Hearing Screening—(Rm#1)</p>	<p>11 9:15 Dance with Ashley 8:45-1:00 AARP Tax Ass 10:30 Healthy Bones & B 12:30 Berkshire Hills— 1:00 Mah Jongg (Rm#3) 1:00 Pitch (Rm#2) 1:00 Choralites (Dining R</p>
 <p>16 CENTER IS CLOSED PATRIOT'S DAY</p>	<p>17 BIG Y GROCERY SHOPPING 9:30 Beginning Watercolor Class (Rm#3) 10:00 Beginning Exercise (Rm#5) 10:00 Grandparent/Child Crafts (Dining Rm) Sign-up by 4/13 10:00 LOW VISION GROUP—(RM#1) 10:00 BROWN BAG (Rm#3) 12:45 Movie: "The Pink Panther" (1964) - Rm#5 1:00 Bingo (Rm#2); 1:00 Needlecraft (Rm#3)</p>	<p>18 WEAR POLKA DOTS 9:15 Dance with Ashley 10:30 Healthy Bones & B 1:00 Mah Jongg (Rm #3) 1:00 Choralites (Dining R 1:00 Pitch (Rm#2) 5:30 PIZZA & ENTERTA 6:00 BALLOONS & MA the Dining Room</p>
<p>23 9:30 Foot Nurse (by Appointment Only) 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>24 BIG Y GROCERY SHOPPING 9:00 NEWSLETTER COLLATING (Rm#3) 9:30 Beginning Watercolor Class (Rm#3) 10:00 Beginning Exercise (Rm#5) 12:45 Movie: "Grumpy Old Men" (1993) - Rm#5 1:00 Bingo (Rm#2); 1:00 Needlecraft (Rm#3)</p>	<p>25 9:15 Dance with Ashley 10:30 Healthy Bones & B 10:45 LUNCH & LEARN Senior Savvy Jeopa 12:30-2:30 ERIC CARLE 1:00 Mah Jongg (Rm #3) 1:00 Choralites (Dining R 1:00 Pitch (Rm#2)</p>
<p>30 NATIONAL JAZZ DAY 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 Berkshire Hills Jazz Trio 11:15 Fit & Fun (Rm5) 1:00 Pinochle & Canasta (Dining Rm) 1:00 Mah Jongg (Rm#2)</p>		<p style="text-align: center;">COMMUNITY MEALS Will Resume in Newton Manor Hubert Place Lathrop Villa</p>

SOUP OF THE DAY EVERY FRIDAY — FULL MENU ON WEBSITE: WWW.SOUTHHADLEY.ORG/683/NEWSLETTER

Apr 2—Broccoli Quiche	Apr 9—BBQ Chicken	April 16—Center is Closed	April 23—Spaghetti w/Meatballs
Apr 3—Beef Tips w/Gravy	Apr 10—French Meat Pie	Apr 17—Sweet & Sour Chicken	Apr 24—Stuffed Cabbage w/Sauce
Apr 4—Stuffed Shellsw/Sauce	Apr 11—Cheese Lasagna/Sauce	Apr 18—Burger Bar/Beef Patty	Apr 25—Oven Baked Chicken
Apr 5—Low Salt Hot Dog	Apr 12— Roast Turkey w/Gravy	Apr 19—Veal Patty w/Gravy	Apr 26—Shepherd's Pie w/Gravy
Apr 6—Ruben Sandwich	Apr 13—Broccoli Quiche	Apr 20—Chicken Breast Sandwich	Apr 27—Baked Salmon w/Lemon
			Apr 30—Liver & Onions

CALENDAR

WEDNESDAY	THURSDAY	FRIDAY
<p>Shley (Rm#5) Assistance-by Appt.) (Rm.1 & 2) Balance (Rm#5)</p> <p>Room) Library)</p>	<p>5 9:30 Watercolor Class (Rm#3) WEAR RED SOX 10:00 Seated & Standing Yoga (Rm#2) ATTIRE 10:00 Beginning Exercise (Rm#5) OPENING 10:00 Alzheimer's Support Group (Rm#1) DAY 1:00 Chip Poker (Rm#4) 1:00 Quilting (Rm#3); 1:00 Scrabble (Library) 2:00 OPENING DAY RED SOX GAME—Dining Room</p>	<p>6 BIG Y GROCERY SHOPPING 10:00 Coffee & Conversation w/Officer Fleming (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) Assistance-by Appt.) (Rm.1 & 2) Balance (Rm#5) Dance Troupe Perform</p> <p>Room)</p>	<p>12 9:30 Watercolor Class (Rm#3) 10:00 Seated & Standing Yoga (Rm#2) 10:00 Cooking Demo w/UMASS Nursing Students 10:00 Veterans Group (conf. room) 10:00 Beginning Exercise (Rm#5) 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>13 BIG Y GROCERY SHOPPING 11:00 VOLUNTEER APPRECIATION LUNCHEON (By Invitation ONLY) 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>T DAY (Rm#5) Balance (Rm#5)</p> <p>Room)</p> <p>INMENT (Sign-up by 4/13) IGIC with Ed Popielarczyk in</p>	<p>19 9:30 Watercolor Class (Rm#3) 10:00 Beginning Exercise (Rm#5) 10:00 Seated & Standing Yoga (Rm#2) 10:00 Alzheimer's Support Group (Rm#1) 12:30 TECH DAY- (Rm#2) Signup by 4/13 1:00 Chip Poker (Rm#4); 1:00 Quilting (Rm#3) 1:00 Scrabble (Library)</p>	<p>20 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>Shley (Rm#5) Balance (Rm#5) CONSUMER PROTECTION rdy —Info & Giveaways E DAY—Collage Class (Rm#5)</p> <p>Room);</p>	<p>26 9:30 Watercolor Class (Rm#3) 10:00 "National Pretzel Day" Chocolate Covered Pretzel Making (Dining Rm)-signup by 4/23 10:00 Beginning Exercise (Rm#5) 10:00 Seated & Standing Yoga (Rm#2) 1:00 Chip Poker (Rm#4) 1:00 Quilting (Rm#3) 1:00 Scrabble (Library)</p>	<p>27 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>TY OUTREACH APRIL at 2:00 p.m. or—Wed, April 4 e—Wed, April 11 ge—Wed, April 25</p>	<p>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 under 60 will be charged \$6.00—Per Federal Regulations</p>	<p>Our Lunch Program is Funded By the Federal Title III-C Older Americans Act</p>



**THE MAURICE "FITZ" & MARGARET FITZGERALD
MEMORIAL FITNESS CENTER**

OPENING APRIL 12TH AT 10AM

SIGN-UP FOR ORIENTATION DAY/TIME STARTING APRIL 5TH

538-5042

The Fitness Center is free to South Hadley Council on Aging members. All members must fill out the consent packet and sign-up for an orientation before using the fitness center.

Elliptical



Seated Elliptical



Air Bike



Treadmill



Recumbent Bike



Flat Incline Bench



Urethane Dumbbells



Exercise should be
regarded as a
tribute to the heart

Gene Tunney

SOCIAL SERVICES



COMMUNITY OUTREACH VISITS

Hopefully Spring has Sprung! My Community Outreach Visits to Newton Manor, Hubert Place and Lathrop Village will resume in April on a regular basis. I will be keeping the same schedule as previous...the first Wednesday at Newton Manor, the 2nd at Hubert Place and the 4th Wednesday of every month I'll be at Lathrop Village. I will be extending the time a little longer, from 2:00 p.m. to 3:30 p.m. since we often need more time to wrap up our conversation. Dates and times will also be listed on our calendar page.



SNAP –FOOD STAMP UPDATE:

As of January 22, 2018 the Department of Transitional Assistance or DTA has established a special office just for Seniors. The Senior Assistance Office or SAO will be serving SNAP clients aged 60 and over with any business related to an existing SNAP account or applying for SNAP for the first time. A special phone line has been set up just for seniors where you will speak to a live person. That number is **833.712.8027**. I recently had the pleasure of touring the new office in Holyoke and meeting some of the workers available just for you! SNAP seniors who are served by the SAO can still do business with DTA in-person by going to their local DTA office which is located at 100 Front Street in Holyoke. If you need my help to navigate a problem with your SNAP account, we will be able to contact the SAO together. This is a very exciting new concept and I applaud the Department of Transitional Assistance for recognizing that seniors are a unique population that can benefit from a more personal approach. Remember, as a member of the Holyoke DTA Advisory Board I can be your voice, please don't hesitate to contact me at 538.5042 ext.206



ARE YOU A GRANDPARENT RAISING YOUR GRANDCHILD?

The Senior Center is currently exploring the idea of hosting a support group for "Grandparents raising Grandchildren". The purpose of the group is not only to lend support to one another, but a place to find information and support services available to all grandparents who are the sole caregiver to their grandchildren.

For more information, call Ann @ 538.5042 x206

FUEL ASSISTANCE 2017/2018-IT'S NOT TOO LATE.....

Fuel assistance is available until April 30th. Contact Ann @ 538.5042 ext. 206 for an appointment and the Fuel Aid guidelines.

MASS BAR
Association

Dial-A-Lawyer

Free Legal Advice

Thursday, April
12th 2018

4:00 – 7:00 p.m.

Call (413) 782-1659

***Do you have legal concerns
or questions?***

***Do you need free legal
information?***

Call (413) 782-1659 to speak
with an attorney!

Spanish speaking attorney
available.

Co-sponsored by
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University School of Law,
The Republican, El Pueblo Latino,
the MA Association of
Hispanic Attorneys and

Loomis Village

Retirement Living With New England Charm



Come see our neighborhood!

Loomis Village is nestled into the gently rolling hillside with views of Mt. Tom in the distance. Just steps away, the Village Center, offering dining, fitness, education and events, bustles with daily activity. Discover an affordable, worry-free lifestyle with conveniences such as interior and exterior home maintenance, scheduled transportation and access to care options should your needs change in the future – from home care to assisted living to nursing care.

Visit our central neighborhood location with access to shopping, culture and classes at five colleges!



LoomisVillage
A member of The Loomis Communities

20 Bayon Drive • South Hadley, MA 01075 • 413-588-5102
www.LoomisVillage.org



*“Youth is the gift of nature, but age is work of art,”
—Stanislaw Jerzy Lec*



A Series for People Supporting Aging Family Members

Monday, May 7, 5:30 pm - First, Care for You

Caring for yourself is one of the most important, and most often forgotten, things a caregiver can do. When your needs are taken care of, the person you care for will benefit as well. Led by Barbara Perman, PhD

Monday, May 14, 5:30 pm - Navigating Shifting Roles

“Compassion is not a relationship between a healer and the wounded. It’s a relationship between equals,” Pema Chodron. Discussion will focus on navigating the shifting family roles. Led by Cynthia Jacelon, PhD, RN

Monday, May 21, 5:30 pm - Family Communication

Adjusting expectations to the realities of life changes. Communicating with family members about changes in health and adjusting family gatherings to make them enjoyable for all participants. Led by Rachel Tierney, PhD, RN

Monday, June 4, 5:30 pm - When It’s Time to Talk About Palliative Care and Hospice

Families are neither comfortable with, nor used to, discussing serious illness or dying. Discussion will help family members better understand importance of advanced care planning for the later stages of life. Led by Maureen Groden, RN, MS, CHPN

Talks are free and open to the public, all are welcome to attend one or the entire series to be held at:

**South Hadley Senior Center
45 Dayton Street
South Hadley, MA**

**Light refreshments will be served
Limited seating, please RSVP 538-5042**

**Talks and refreshments sponsored by Loomis Village
20 Bayon Drive, South Hadley, MA**

About the presenters:

Maureen Groden, RN, MS, CHPN

has over 25 years experience in hospice, palliative care and education. Maureen is certified as a hospice and palliative care R.N., has taught nursing at several local universities, and has presented at numerous conferences, primarily on palliative care.

Cynthia Jacelon, PhD, RN is an

Associate Professor in the School of Nursing at the University of Massachusetts Amherst. She is an advocate for promoting dignity, function, self-management of chronic health problems, and independence in older adults.

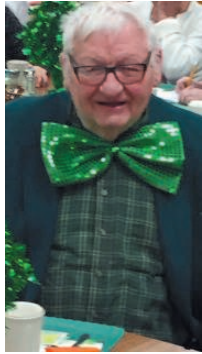
Barbara Perman, PhD, is President and Founder of Moving Mentor, Inc. She is a pioneer in the growing field of senior move management and co-author of the book “No Ordinary Move, Relocating Your Aging Parents, A Guide for Boomers.” She is also Wise Aging Program Director at the Institute for Jewish Spirituality.

Rachel Tierney, PhD, RN is a Loomis Village resident and retired psychiatric clinical nurse specialist, advocate for the Alzheimer’s Association and a member of the Dementia Friendly Communities Coalition.

THANK YOU
CHORALITES

for a wonderful celebration
of St. Patrick's Day!

Our Colleen and her court



Our Home Meals on
Wheels volunteers are
making a difference eve-
ry week day here in

South Hadley. They
pack all the lunches



(some days
close to
100 meals) for our home
bound seniors. They
also help serve our
lunch time meal in the
dining room.



Thank You!



Our UMass nursing
students will be here on **April 5 to dis-
cuss allergies vs. colds** and how to tell
the difference. Also, on **April 12th**
they will lead a **demo on healthy
cooking in a crock pot**. We will pro-
vide recipes for convenient and
hearty meals that you can pre prep
and put in your freezer until you're



ready to eat! Sign up in
the office for
April 12 event



**LOOKING FOR
clear glass only**



salt & pepper shakers,
small empty baskets,(NO
Easter themed baskets),

Irish music CDs,

yellow (only) ribbon,
lace doilies, straw hats,
beads for our jewelry class,



baseballs, footballs and

Plastic

yellow daffodil flowers



Would you like to volunteer at the COA but are still working during
the day? Email me nyesu@southhadleyma.gov and we can review some
ways you can help without being in the building. We have
several folks and even a few high school students who help out at
home on projects. Let's talk!

UPCOMING ACTIVITIES

May 1-jewelry class with Sandy @9:30

May 10-Join us to
Laugh For the Health of It @12:30

May 21- we will have a "royal tea" at 1:00pm to celebrate
the royal wedding



APRIL MOVIE SERIES- "Comedies"

April 3- "Meet The Parents" (2001) with Ben Stiler & Robert DeNero

April 10- "The Stooge" (1953) with Dean Martin & Jerry Lewis

April 17- "The Pink Panther" (1964) with David Niven & Robert Wagner

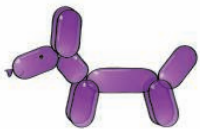
April 24- "Grumpy Old Men" (1993) with Walter Matthau & Jack Lemmon
EVERY TUESDAY AT 12:45pm

TECH DAY AHEAD-Join us **Thursday, April 19 from 12:30-2:00** as students from the YMCA assist you with any questions you have about tech devices. **Need help programming your phone? Want to learn how to send email? Learn how to read a book on your Kindle or Nook.** Students can help with these and many more requests. This program was **VERY** popular last year so sign up soon.

Space is limited.



EVENING PROGRAM ALERT



Ed Popielarczyk (well known local magician and balloon artist) will be here to entertain us on Wednesday, April 18. We will be serving pizza at 5:30 and Ed will begin at 6 with his program of magic and balloon animals. Sign up is required by April 13th. Bring your grandchildren or come yourself to enjoy this evening activity. Sign up by April 16 in the office.

Please support our evening programs so we can continue to offer them!



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. Music by the Humblebees

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



UPCOMING ACTIVITIES

Red Sox Opening Day- celebrate with us on **Thursday, April 5**. The game will be shown in the dining room at **2:00pm**.

Wear your **Red Sox apparel** to show your New England pride.



Mystery craft time with Nancy on **April 9 at 10** in Dining Room (Sign up by April 6)



Berkshire Hills Dance troupe will be here to entertain at 12:30 on Wednesday, April 11

School vacation week craft time for grandparents/child on **Tuesday, April 17 at 10**. Sign up in office by April 13



Celebrate polka dot day on Wednesday, April 18 by wearing your finest **polka dot** clothes

April 19th—Grand-friends Tech day (see side box for details)



National pretzel day-make chocolate covered pretzels with Nancy on **Thursday, April 26 at 10**. (Sign up required by 4/23)



National Jazz day on **Monday, April 30**, the jazz trio from Berkshire Hills will entertain us before lunch

LEGAL TIPS

LEGAL TIPS BY ELDER LAW ATTORNEY KAREN G. JACKSON:

THE BIG FIVE

I recommend that virtually every person of age 18 or older have what I call, "The Big Five": 1) The Will; 2) The Health Care Proxy; 3) The Advance Directive; 4) The HIPAA Release; and, 5) The Power of Attorney.

The **Will** names who will receive the money, real estate and all other assets upon the death of the person signing the Will. The Will names who will be in charge of the distribution. The Will names the guardian(s) of children under age 18 in the event of the loss of both parents. Without a Will, the assets can go to strangers. With a Will, no one needs to travel to probate court.

The **Health Care Proxy** "springs alive" if a physician states in the medical records that the patient is unable to decide or communicate the patient's health care decisions. In that situation, the named agent makes the health care decisions on behalf of the patient. Without a Proxy, a Guardianship proceeding must be filed in probate court.

The **Advance Directive** directs in advance what type of health care the person signing the Directive desires in the event the patient is terminally ill or in a permanent vegetative state without a reasonable expectation of recovery. Without this document, the Proxy may not know the patient's choice, a very terrible situation for all concerned.

The **HIPAA Release** permits the Health Care Proxy to have access to the patient's medical records. Without this document, care providers tell the Proxy

to go to probate court for permission.

The **Power of Attorney** allows the named agent to sign checks, contracts, deeds and any other legal document on behalf of the person signing the Power of Attorney. Without this document, a Conservatorship proceeding must be filed in probate court.

The **Big Five** is a gift to family and friends because court involvement is greatly minimized or avoided entirely. For more information, jlawma.com or 413-532-1200.

Rainbow Supper Club of Holyoke

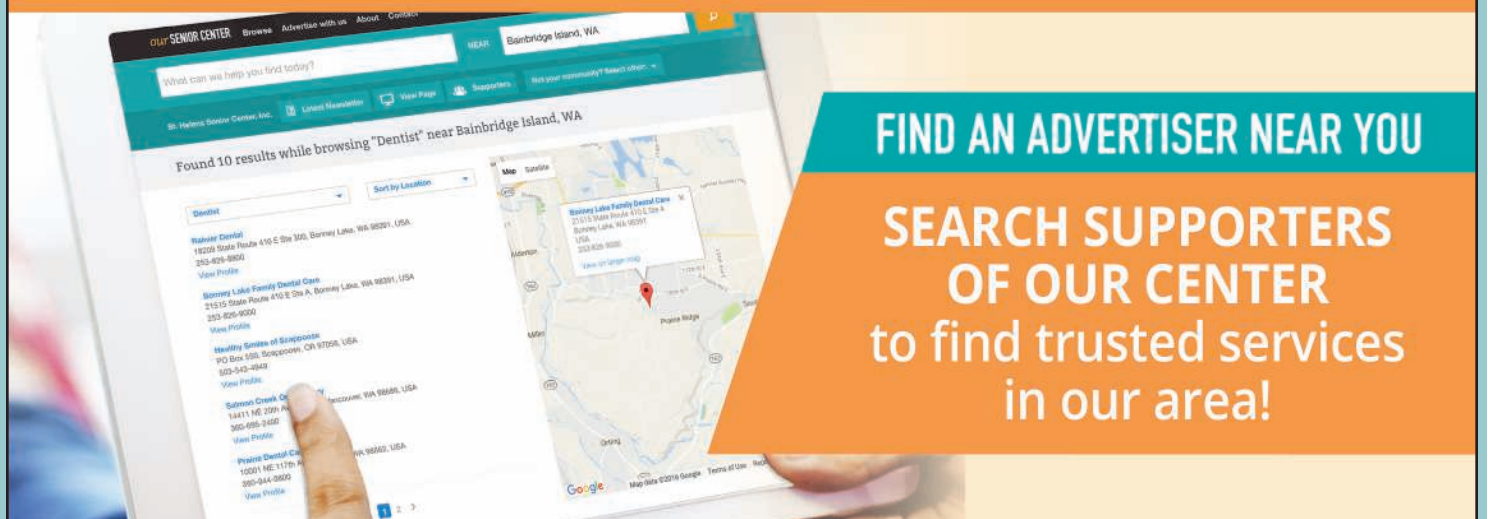
WMEC & the Holyoke COA, invite all Lesbian, Gay, Bi-sexual, Transgender seniors, age 60 and older, younger partners, friends and allies. **1st Wed of the Month 5pm-7pm, Holyoke Council on Aging, 291 Pine St., Holyoke** Call 413-538-9020, or email: rainbowsupperclub@wmeldercare.org

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:

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

Anonymous Donor

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South Hadley Dental Associates, Inc.



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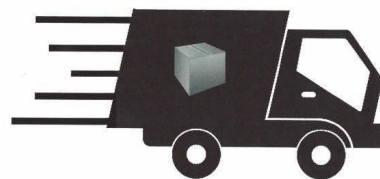
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The South Hadley COA reserves the right to utilize photos of participants for publicity purposes. Participants not wanting their photo used must notify the center in writing.

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

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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.