

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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MAY 2018



*“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.

## 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



**COFFEE & CONVERSATION**  
**New Senior Center update with Leslie**  
**FRIDAY, MAY 18TH at 10AM**  
**In the dining room**

# let's talk



**CHORALITES**  
**SPRING LUNCH**  
**CONCERT**  
**WEDNESDAY, MAY 23RD**



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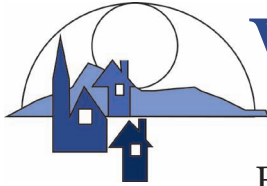
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## A MESSAGE FROM LESLIE

The nicer weather is finally here!

This spring the Council on Aging has been busy putting the finishing touches on the Fitzgerald Memorial Fitness Center and scheduling our summertime, evening programming.

Our series for People Supporting Aging Family Members begins May 7th at 5:30 and will meet the following Monday evenings: 5/14, 5/21 & June 4th. Many South Hadley families are dealing with the effects of a loved one with memory loss and find themselves navigating shifting roles and responsibilities as a caregiver, adjusting to changing communication abilities and making end-of-life decisions. Join us as we discuss the role of the caregiver and identify signs of "caregiver burn-out". This series will provide a supportive venue for discussion and learning.

The Maurice "Fitz" & Margaret Fitzgerald Memorial Fitness Center is open and busy! We ask that you fill out a fitness center information packet before scheduling your orientation. Call 538-5042 to learn more.

We welcomed a new COA team member in April. Paris Brantley joined us as our Media & Activities Coordinator. Paris will be coordinating our media projects, joining in on center activities and will do orientations for the fitness center. Welcome Paris!!

On May 9th, at 6:00pm in the Town Hall Auditorium, Town Meeting Members will vote on an article for the new senior center. Join the audience and show your support. ~ Leslie

### Fitness Center Circuit Workouts with Ryan

Come join us for a gentle circuit workout with fitness instructor Ryan Davis. Ryan will lead participants through a five-station workout utilizing a wide range of equipment.

This class will focus on increasing general strength, balance, and coordination. Classes will be capped at 10 participants so be sure to sign up in advance. Classes begin on Monday, May 14th

**Mondays 8:30-9:30am and Wednesday's at 12:15-1:15pm.**

Call to reserve today: 538-5042 All fitness center paperwork must be filled out and received before joining Ryan's workouts

### FALLS PREVENTION It's as easy as...

**A**sley Kohl's Dance Class on Wednesday mornings at 9:15am

**B**eginning Exercise on Tuesdays and Thursdays at 10am

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

**Tai Chi on Mondays at 10am**

**All New Tap Dancing with Loryn on Mondays at 1pm**

**Fit & Fun on Mondays at 11:15am**

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

**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.

# TRAVEL CLUB & FRIENDS OF SOUTH HADLEY ELDERLY, INC

**Travel Club Hours: Wednesdays: 12pm to 1:30pm & ~NEW HOURS~ Thursdays: 10am to 11am**



**June 18-20, 2018. Stowe Vermont at the Commodore Inn Resort**, a wonderful summer Resort on a 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 with views of rolling hills, valleys, farms, and villages along the Mohawk Trail. We will dine at the Historic Willams Inn on gourmet sandwiches. The performance features Tony Award winner Matthew Brodrick in a comedy, *The Closet*, with Tony nominee's Jessica Hetch and Brooks Ashmanskas Cost, 125.00 Call Dolores Giroux at 536-2779



**July 26, 2018. Whale Watch, Plymouth, MA:** Delightful luncheon at the John Carver Inn set in historic downtown. Stop at Plymouth Rock and head to Cape Cod Bay and Stellwagen Bank. Cost: \$99.00 Call Susan Canedy @ 536-2106.



**August 13, 2018. Block Island:** Lunch at the National Hotel, guided Island Tour which takes us along sandy beaches and up on hilltops with beautiful vistas. Cost is \$99.00 Call Dolores Giroux @ 536-2779.



**September 26, 2018. Tales of the Valley:** Cruising aboard the Rip Van Winkle and luncheon at the Red Brook Restaurant. Three entertaining one-act plays, two-hour cruise aboard the Rip Van Winkle. Cost \$110.00 Call Susan Canedy @ 536-2106.



**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 of Bing Crosby and Frank Sinatra. Coffee and Donuts on arrival. Delicious Family Style Lunch. Cost \$95.00 Call Howie Walsh 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.*

## FRIENDS OF THE SOUTH HADLEY ELDERLY, INC. CORNER

### THE FRIENDS CORNER

Dig out your lucky dice, angels, and figurines and prepare to find your lucky seat. The Friends of the So. Hadley Elderly are sponsoring another **"Super Bingo" on May 17 at 1:00**. We had a good group at the first Super Bingo; looking forward to more people this time. If you came to the first event and enjoyed it, pass the word. If you're interested, why not make reservations for lunch. The meal is scheduled to be oven-roasted chicken, appropriate starch, vegetable & dessert. Suggested donation is \$2.25 for persons over 60; \$6.00 for those "kids" under 60. Please call the Senior Center at 538-5042, extension 201 for a reservation. Must be called in no later than 1:00 p.m. on Wednesday, the 16<sup>th</sup>.

We had a good amount of donations for our Annual Raffle held at the Volunteer Appreciation Luncheon on April 13. Though vendor donations were down, we were still able to give away almost 30 baskets and gift cards, – not to mention the Grand Prize of the GUARANTEED \$100 Lottery Tree. Thanks to all who gave – businesses, Friends and individuals. It's organizations and people like you who make South Hadley a great community. The Friends will be holding their annual Ice Cream Social on July 20, 2018. Get ready for the great McCray's sundaes! More information coming!!

**BINGO MANIA**

**Super Bingo**  
**May 17th**  
**at 1pm**

You are Invited!

**ICE CREAM SOCIAL**

**JULY 20th**

**SAVE THE DATE**

**COA PICNIC AT BUTTERY BROOK PARK:**

**AUG 13TH**

# 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.

**NEW EARS Hearing Screening with Gary Winn, H.I.S.** , 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

\$1.25 each way

Grocery shopping &  
Local medical appointments

Rides must be scheduled 24 hr./advance.

Driver cannot assist with carrying grocery bags. **THREE** bag maximum suggested

Call 538-5042 for reservations

## SENIORS ON THE GO....!



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Call to reserve 538-5042*



*Celebrating at the  
Volunteer Appreciation Luncheon*



Tap Dancing  
Class!  
Starts Monday,  
May 7th  
at  
1pm in the  
Dining room.  
All are  
Welcome



*Irish Scone Making with Kathy*

**AFTER 5:00 in JUNE-**  
**Center is open until 7pm**

**June 4: Final Aging Family  
Members Series**  
**June 13: COA Art Show**  
**June 21: Fitness Center  
Open House**  
**June 28: Summer Movie  
Spectacular: JAWS**

# MAY 2018

MONDAY	TUESDAY	WEDNESDAY
<p><b>COMMUNITY OUTREACH</b>  <b>At 2:00 p.m.</b>  <b>Newton Manor—Wed, May 2</b>  <b>Hubert Place—Wed, May 9</b>  <b>Lathrop Village—Wed, May 23</b></p>	<p><b>1 BIG Y GROCERY SHOPPING</b>            9:30 Beginning Watercolor Class (Rm#3)  <b>9:30 Jewelry Class (Rm#2)</b>            10:00 Beginning Exercise (Rm#5)            12:45 Movie: "Lady Bird" (2017) - (Rm#5)            1:00 Bingo (Rm#2);            1:00 Needlecraft (Rm#3)</p>	<p><b>2</b> 9:15 Dance with Ashley            10:30 Healthy Bones &amp; Balance  <b>12:30-2:30 ERIC CARLE</b>            1:00 Mah Jongg (Rm#3)            1:00 Pitch (Rm#2)            1:00 Choralites (Dining Room)  <b>3:00-4:30 Book Club (L</b></p>
<p><b>7 9:30 Foot Nurse (by Appointment Only)</b>            10:00 Music Appreciation (Rm#3); 10:00 Tai Chi (Rm#5)  <b>10:00 Craft Day with Nancy (Dining Rm) Sign-up by 5/4</b>            1:00 Pinochle &amp; Canasta (Dining Rm)  <b>1:00 Tap Dancing (Dining Room)</b>            1:00 Mah Jongg (Rm#2); <b>1:00 Color Me Calm (Rm#3)</b>  <b>5:30 Family Support Series: "First, Care for You"</b></p>	<p><b>8 BIG Y GROCERY SHOPPING</b>            9:30 Beginning Watercolor Class (Rm#3)  <b>10:00 MEMORIES CAFÉ (Rm#2)</b>            10:00 Beginning Exercise (Rm#5)            12:45 Movie: "Wonder Woman" (2017)- Rm#5            1:00 Bingo (Rm#2)            1:00 Needlecraft (Rm#3)            1:00—3:30pm <b>Gary Winn Hearing Screening—(Rm#1)</b></p>	<p><b>9</b> 9:15 Dance with Ashley            10:30 Healthy Bones &amp; Balance  <b>12:30-2:30 ERIC CARLE</b>            1:00 Mah Jongg (Rm#3)            1:00 Pitch (Rm#2)            1:00 Choralites (Dining Room)</p>
<p><b>14</b> 10:00 Music Appreciation (Rm#3)            10:00 Tai Chi (Rm#5); <b>11:15 Fit &amp; Fun (Rm5)</b>            1:00 Pinochle &amp; Canasta (Dining Rm)            1:00 Mah Jongg (Rm#2)  <b>1:00 Tap Dancing (Dining Room)</b>  <b>5:30 Family Support Series: "Navigating Shifting Roles"</b></p>	<p><b>15 BIG Y GROCERY SHOPPING</b>            9:30 Beginning Watercolor Class (Rm#3)            10:00 Beginning Exercise (Rm#5)  <b>10:00 LOW VISION GROUP—(RM#1)</b>  <b>10:00 BROWN BAG (Rm#3)</b>            12:45 Movie: "The Zoo Keeper's Wife" (2017) - Rm#5            1:00 Bingo (Rm#2); <b>1:00 Needlecraft (Rm#3)</b></p>	<p><b>16</b>            9:15 Dance with Ashley  <b>10:00-11:00—Card Making</b>            10:30 Healthy Bones &amp; Balance            1:00 Mah Jongg (Rm #3)            1:00 Choralites (Dining Room)            1:00 Pitch (Rm#2)</p>
<p><b>21 9:30 Foot Nurse (by Appointment Only)</b>            10:00 Music Appreciation (Rm#3)  <b>10:00 Royal Tea Party to Celebrate The Royal Wedding</b>            10:00 Tai Chi (Rm#5); <b>11:15 Fit &amp; Fun (Rm5)</b>  <b>1:00 Tap Dancing (Dining Room)</b>            1:00 Pinochle &amp; Canasta (Dining Rm)            1:00 Mah Jongg (Rm#2) <b>1:00 Color Me Calm (Rm#3)</b>  <b>5:30 Family Support Series: "Family Communication"</b></p>	<p><b>22 BIG Y GROCERY SHOPPING</b>  <b>9:00 NEWSLETTER COLLATING (Rm#3)</b>            9:30 Beginning Watercolor Class (Rm#3)            10:00 Beginning Exercise (Rm#5)            12:45 Movie: "The Greatest Showman" (2017) - Rm#5            1:00 Bingo (Rm#2)            1:00 Needlecraft (Rm#3)</p>	<p><b>23</b> 9:15 Dance with Ashley            10:30 Healthy Bones &amp; Balance  <b>12:30-2:30 ERIC CARLE</b>            1:00 Mah Jongg (Rm #3)            1:00 Pitch (Rm#2)  <b>1:00 CHORALITES SPRING</b>  <b>Room)</b></p>
<p><b>28</b></p> <p style="font-size: 1.2em;">HOLIDAY MEMORIAL DAY</p>	<p><b>29 BIG Y GROCERY SHOPPING</b>            9:30 Beginning Watercolor Class (Rm#3)            10:00 Beginning Exercise (Rm#5)            12:45 Movie: "The Darkest Hour" (2017) - Rm#5            1:00 Bingo (Rm#2); 1:00 Needlecraft (Rm#3)</p>	<p><b>30</b> 9:15 Dance with Ashley            10:30 Healthy Bones &amp; Balance            1:00 Mah Jongg (Rm #3)            1:00 Choralites (Dining Room)  <b>1:00 Pitch (Rm#2)</b>  <b>1:00-2:30 Barn Quilt Walk</b>  <b>5/25) Seating is limited</b></p>

**SOUP OF THE DAY EVERY FRIDAY FOR CONGREGATE MEALS AND HMOW 3RD FRIDAY OF MONTH  
 FOR FULL MENU GO TO: [WWW.SOUTHHADLEY.ORG/867/COA-LUNCH-MENU](http://WWW.SOUTHHADLEY.ORG/867/COA-LUNCH-MENU)**

May 1—Stuffed Shells w/Sauce  
 May 2—Broccoli Quiche  
 May 3—Roasted Turkey w/Gravy  
 May 4—Breaded Pollock

May 7—Macaroni & Cheese  
 May 8—Roasted Pork w/Gravy  
 May 9—Sweet & Sour Chicken  
 May 10— Cold Plate: Turkey Salad  
 May 11—Veal Patty w/Gravy

May 14—Cheese Lasagna w/Sauce  
 May 15—Baked Ham w/Fruit Sauce  
 May 16—Broccoli Quiche  
 May 17—BBQ Chicken  
 May 18—Fish Sandwich

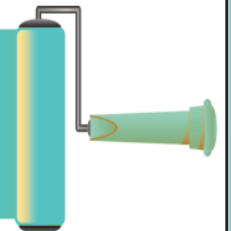
May 21—Stuffed Cabbage w/Sauce  
 May 22—Veal Parmesan  
 May 23—Oven Baked Chicken  
 May 24—Beef Stew  
 May 25—Cold Plate: Tuna Salad

**May 28—CENTER IS CLOSED**  
 May 29—Chicken Breast w/ Gravy  
 May 30—Mild Beef Chili  
 May 31—Liver & Onions

# CALENDAR

WEDNESDAY	THURSDAY	FRIDAY
<p>ley (Rm#5)                      balance (Rm#5)  <b>E—Collage Class (Rm#5)</b></p> <p>room)  <b>Library)</b></p>	<p><b>3</b> 9:30 Watercolor Class (Rm#3)  <b>10:00 Seated &amp; Standing Yoga (Rm#2)</b>                      10:00 Beginning Exercise (Rm#5)                      10:00 Alzheimer's Support Group (Rm#1)  <b>11:45 BIRTHDAY/ANNIVERSARY LUNCHEON</b>                      1:00 Chip Poker (Rm#4)                      1:00 Quilting (Rm#3); 1:00 Scrabble (Library)</p>	<p><b>4 NATIONAL FIREFIGHTERS DAY</b>  <b>BIG Y GROCERY SHOPPING</b>                      10:00 Coffee &amp; Conversation (Dining Room)                      10:30 Healthy Bones &amp; Balance (Rm#5)  <b>11:45 Lunch with Local Firefighters</b>                      1:00 Bridge (Rm#3)                      1:00 Canasta (Dining Room)                      1:00 Cribbage (Rm#2); 1:00 Knitting (Library)</p>
<p>ley (Rm#5)                      balance (Rm#5)  <b>E—Collage Class (Rm#5)</b></p> <p>room)</p>	<p><b>10</b> 9:30 Watercolor Class (Rm#3)  <b>10:00 Seated &amp; Standing Yoga (Rm#2)</b>                      10:00 Veterans Group (conference room)                      10:00 Beginning Exercise (Rm#5)  <b>12:15 "Laughter Pharmacist"</b>  <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)</p>	<p><b>11 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>(Rm#5)  <b>ing (Rm#2)</b>                      balance (Rm#5)</p> <p>room)</p>	<p><b>17</b> 9:30 Watercolor Class (Rm#3)                      10:00 Beginning Exercise (Rm#5)  <b>10:00 Seated &amp; Standing Yoga (Rm#2)</b>  <b>1:00 Super Bingo Sponsored by the Friends</b>                      1:00 Chip Poker (Rm#4)                      1:00 Quilting (Rm#3)                      1:00 Scrabble (Library)</p>	<p><b>18 BIG Y GROCERY SHOPPING</b>                      10:00 Coffee &amp; Conversation with Leslie (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)                      balance (Rm#5)  <b>E—Collage Class (Rm#5)</b></p> <p><b>ING CONCERT (Dining</b></p>	<p><b>24</b> 9:30 Watercolor Class (Rm#3)                      10:00 Beginning Exercise (Rm#5)  <b>10:00 Seated &amp; Standing Yoga (Rm#2)</b>                      1:00 Chip Poker (Rm#4)                      1:00 Quilting (Rm#3);                      1:00 Scrabble (Library)</p>	<p><b>25 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>shley (Rm#5)                      balance (Rm#5)                      )                      room);  <b>n Tour in Granby (sign up by</b></p>	<p><b>31</b> 9:30 Watercolor Class (Rm#3)                      10:00 Beginning Exercise (Rm#5)  <b>10:00 Seated &amp; Standing Yoga (Rm#2)</b>  <b>12:15 Berkshire Hills Sax Quartet</b>                      1:00 Chip Poker (Rm#4)                      1:00 Quilting (Rm#3)                      1:00 Scrabble (Library)</p>	<p><b>Our Lunch Program is Funded                      By the Federal Title III-C</b></p> <p><b>LUNCH IS SERVED—M-F 11:45-12:15</b>                      Make reservations at least 24 hours in                      advance by calling 538-5042. The suggested dona-                      tion for lunch is \$2.25 for participants 60 or older;                      guests <u>under</u> 60 will be charged \$6.00—Per Federal                      Regulations</p>

**SUPPORT THE ADVERTISERS  
 THAT SUPPORT OUR COMMUNITY**



## SOCIAL SERVICES



### CHOOSING A NURSING HOME

Choosing a nursing home for yourself or a loved one is a very important decision. Discuss the issue thoroughly with the elder involved and their personal physician. Carefully choose a central area for those family members and friends who will be visiting the elder, and identify nursing homes within those limits. The Executive Office of Elder Affairs and *Mass.gov* recommend the following steps when researching a skilled nursing facility:

#### Step 1: Gather information and prepare for personal visits

- ◆ Contact the facility's admissions representative to schedule an appointment for an informational meeting and tour of each facility. Ask for a copy of the facility's brochure, admissions policy and the resident's bill of rights.
- ◆ Contact the Executive Office of Elder Affairs and ask to speak with the ombudsman who covers the facilities you are interested in.
- ◆ Go to <https://www.mass.gov/guides/choosing-a-nursing-home> and use the "Survey Performance Tool for Nursing Homes" or request a copy of survey findings and complaint reports for the facilities you are considering.

#### Step 2: Suggested topics & questions to ask at each visit

- ◆ Can residents retain their personal physician?
- ◆ What is the staff to resident ratio?
- ◆ Is there adequate privacy and space in residents rooms?
- ◆ Are meals served in an appealing manner and at proper temperature?
- ◆ What are the facility's policies concerning family visits?
- ◆ Is the facility approved to accept Medicare or Medicaid patients?
- ◆ Do residents appear to be well cared for and properly groomed?
- ◆ Is the facility clean?
- ◆ When was the facility's last survey conducted?
- ◆ Have cited deficiencies been corrected?

#### Step 3: Visit each of the nursing homes

- ◆ Tour the nursing home and observe staff interactions with residents.
- ◆ Ask questions and make observations.

#### Step 4: Narrow your choices and make a selection

- ◆ Narrow choices and re-visit the facilities under consideration again at a different time of day if possible.
- ◆ Contact the admissions staff for advice about the admissions process.

**For a list of additional Consumer and Provider Service Organizations call Ann @ 538.5042 ext.206**

### THE COMPANION ESCORT PROGRAM

Are you aware that the Council on Aging



has a grant for medical transportation? Our drivers transport eligible passengers to a medical appointment, wait and return the elder to their home. There is no fee for the elder. Through the grant funding we pay the driver an hourly wage and mileage. One passenger James, commented "This program is essential, without it I couldn't survive". "The Companions are wonderful, and Ann is very helpful"! To learn more about the Companion/Escort Program, contact Ann @ 538.5042 ext. 206



#### A word from Ann:

*"It is with a heavy heart that I say good bye to one of our Companion drivers, Carol Poirier. Carol is relocating to be closer to family. In the 5 years that I have coordinated this program, Carol has been a delight! Flexible, dependable, and so caring. She will be missed. So long and much happiness in your next journey"!*



#### Brown Bag News!

On May 15th, one of the Food Bank of Western Mass Nutrition Coordinators Mariah, will bring tasty food samples for you to enjoy and recipes to share! Stop in when picking up your Brown Bag.

# THE MAURICE "FITZ" & MARGARET FITZGERALD

MEMORIAL FITNESS CENTER SIGN-UP FOR ORIENTATION DAY/TIME

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**



## *The South Hadley Memories Café*

Meetings every 2nd Tuesday of  
the Month

10am to 11:30am

At the South Hadley Council on  
Aging

45 Dayton St., S. Hadley

538-5042

- ◆ A welcoming place for people with memory loss to spend time with family or a Friend.
- ◆ Experienced Facilitators
- ◆ Friendly atmosphere
- ◆ Support
- ◆ Activities
- ◆ Lending Library for caregivers
- ◆ Coffee & snack



## ACTIVITY/VOLUNTEER COORDINATOR PAGE



*MAY movies theme-*  
*"2017 RELEASES"*  
*at 12:45 on Tuesdays*

May 1 -"Lady Bird "with Saoirse Ronan and Laurie Metcalf

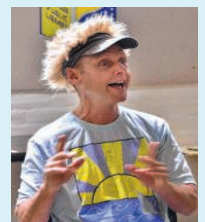
May 8- "Wonder Woman" with Robin Wright & Gal Godot

May 15- "The Zookeeper's Wife" with Jessica Chastain

May 22-"The Greatest Showman" with Hugh Jackman

Come join us for a time of smiles and laughter with Mark Sherry. "Laugh For the Health Of It" will be presented on Thursday, May 10 at 12 :15 in the Dining Room. A recent write up said " it's based on the idea that laughter releases endorphins which decrease stress hormones in our body. When you laugh, things biochemically change in your body...that's amazing."

This program is supported by the South Hadley Cultural Council (part of the MA Cultural Council). We thank the SHCC for their support!



## COMMUNITY INFORMATION



**TRIAD:** The South Hadley Police Department was the 1st in the state to implement this new, free safety program!

The S. Hadley Police Dept, in partnership with the MedicAlert Foundation offer:

**A Free, Personalized Medical Alert bracelet with 24/7 emergency response service.**

Do you have a loved-one at risk of wandering, due to dementia or autism.

Learn more about this potentially life-saving program, contact Officer Steve Fleming at the S. H.P.D. (413)538-8231, ext. 3713 or email at [sfleming@shschools.com](mailto:sfleming@shschools.com)

Look for the SHCOA

Holyoke + South Hadley

5.6.18 • 11am-3pm  
On the Rte. 116 Bridge

River ROLL + STROLL

Just us people on the bridge!

# ACTIVITY/VOLUNTEER COORDINATOR PAGE

## VOLUNTEER APPRECIATION LUNCH



The Mother's Garden at the COA needs volunteers!! Volunteers are needed 1x per wk to work on the gardens at the Council on Aging. The window boxes need watering and if you can sign-up to water them, it would be most appreciated. Please call the COA office at 538-5042 and leave your name/number. We will get in touch

### UPCOMING ACTIVITIES

Jewelry class with Sandy on Tuesday, May 1 @ 9:30 am



We will celebrate May birthdays/anniversaries on Thursday, May 3 during lunch-call the office if you celebrate a May birthday or anniversary.



Friday, May 4th -National Firefighter day. We have invited firefighters from South Hadley to join us for lunch

Surprise craft time with Nancy, Monday, May 7 at 10am. Sign up by May 4th in the office

Laughter For the Health of It \*see write up on page 8



Thursday, May 10 @ 12:00

Card making with Tammy and Danny on Wednesday, May 16 from 10-11:30



Super BINGO sponsored by the FRIENDS on Thursday, May 17 at 1:00pm

Monday, May 21 celebrate the royal wedding by having a cup of tea and watching highlights of the wedding in the dining room. Wear your royal hat! Monday, May 21 at 10:00 am



## LEGAL TIPS

### LEGAL TIPS BY ELDER LAW ATTORNEY KAREN G. JACKSON MEDICARE: TWO TIPS AND TRAPS

Here is the scenario: Mrs. Green, a widow, is taken by ambulance to the hospital due to a medical emergency. After she has been treated at the hospital "for a few" days she is not well enough to go home directly from the hospital. With the help of her family, she chooses and is moved to a rehabilitation facility, or rehab unit of a nursing home. The family expects her Medicare benefits to pay 100% of her first 20 days and know that Mrs. Green must pay a daily co-pay of \$167.50 from day 21 up to 100 days for her rehab. The family assumes that Mrs. Green's Medicare Part A will pay for her hospitalization.

**Tip/Trap #1:** If Mrs. Green was not an **admitted patient** at the hospital for at least **three midnights in a row** Medicare will not pay for her rehab. And, for those days she was not admitted, she will be billed under Part B, as an out-patient, which is much more expensive than Part A. The medical records must be read to determine the actual time of **admission**. Her surroundings provide no clue. For example, she could be in the Emergency Department waiting for a room and be admitted. Or, she could be in a semi-private room for two weeks "**under observation**" and not admitted (True story). If Mrs. Green is placed "Under Observation" or does not stay for three midnights, she can appeal this decision. **Tip/Trap #2:** If Mrs.

Green avoided the first trap, watch out for the second trap. Medicare rehab treatment and payments must continue up to the maximum of 100 days as long as Mrs. Green's medical condition is improving, maintained, **or even if her deterioration is slowed or prevented** as a result of the rehab services. If Medicare benefits are stopped too soon, Mrs. Green can appeal. For more information, [jlawma.com](http://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](mailto: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

## MAY 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:

### AL FERNANDES

Bea Fernandes

### AMELIA DZIJA

Gerri Bennett

### JAMES O'CONNOR

Gerri Bennett

### KAY FLEMING

Sunshine Cribbage Club

### LUANNE REYNOLDS

Noella Loiselle

### SUSAN LEVER

Don Lever

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

Ed Thompson

Freddy Marion & Dan Kane  
Performance Donations

### 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.

### South Hadley Dental Associates, Inc.



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

**413-536-4455**

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www.loomiscommunities.org



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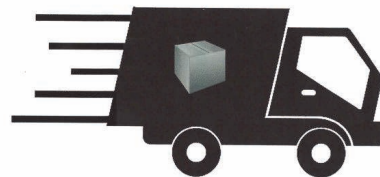
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CONTACT

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[scarpenter@4LPi.com](mailto:scarpenter@4LPi.com) or (800) 477-4574 x6348



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



**FREE Community Shredding Event ~ June 2nd - 9am to 11am ~ South Hadley High school**

**WIN A \$30.00 GIFT CARD! JOIN OUR NEWSLETTER EMAIL LIST IN 2018 AND YOU 'LL BE ENTERED IN A DRAWING FOR A \$30.00 GIFT CARD. JUST EMAIL LESLIE AT: [LHENNESSEY@SOUTHHADLEYMA.GOV](mailto:LHENNESSEY@SOUTHHADLEYMA.GOV) DRAWING DEC. 31ST. 2018**

**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.**



**Please support us by making a donation**

Simply check-off the account you would like to have your donation go to. Please provide us with the necessary acknowledgement information. Please Print:

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Contribution in memory or, in honor of: \_\_\_\_\_

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**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.

