

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



JUNE 2018

Springtime Art Festival

Please join us with refreshments & music to celebrate the creativity of our members in our Watercolor, Quilting, Collage & Knitting groups

Wednesday, June 13th, 2018

1:30pm to 4:00pm & 5:00pm to 7:00pm

Their exciting works will be on display and for sale for our community to enjoy

Raffles, Refreshments & Music



Water Color



Quilting



Knitting



Collage

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



Birthdays & Anniversaries
Call to Reserve
MONDAY
JUNE 7TH

BUSY ALL DAY...

WORKING 'TIL 5:00PM??

NO PROBLEM !

The Senior Center has evening programming & activities planned throughout the summer months!!

JUNE HAPPENINGS:

5pm to 7pm

Monday, JUNE 4th

Our final series on Supporting Aging Family Members.

Wednesday, JUNE 13th

Springtime Art Festival

Wednesday, JUNE 20th

Fitness Center Open House

Wednesday, JUNE 27th

Summer Movie Spectacular featuring JAWS

(the original "stay out of the ocean" thriller)

starts promptly at **5pm.**

Join Us for Lunch on July 2nd for Our Fourth of July Celebration with the Berkshire Hills Music Academy. Wear your Red, White & Blue and sing (and dance!) along to Patriotic Songs performed by BHMA

The Beginners Social Stroll Club

All you need to join the new Social Strollers is a good pair of walking shoes and a desire for fresh air and fun!

Starts June 19th at the center 538-5042





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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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Christopher Heights offers affordable assisted living with two locations in Western MA!

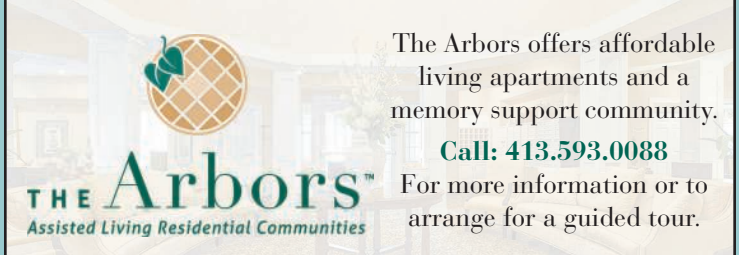
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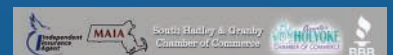
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South Hadley COA - South Hadley, MA 06-5294



Hello Everyone,

New Senior Center Update: On May 9th, Town Meeting Members voted (unanimously) to borrow \$600,000 for the purpose of designing and constructing a new senior center! This is exciting news for our seniors and the community of South Hadley.

The Council on Aging will be open four evenings in June for activities and programming. The center will be open until 7pm and you are invited to play pool, play cards or read in the library. Please see our list of scheduled events on the front page.

If you feel like enjoying some time in the outdoors and want to immerse yourself in nature, you can take a walk through the Mother's Garden. The flowers are blooming and you can sit down on the benches or bring your lunch and sit on the picnic table. If you are feeling more adventurous and want to have a social experience while getting some exercise, think about joining our new Beginning Social Stroll Club. This group is designed for anyone wanting to slowly and gently work up their walking pace and distance. Following the May Institute's best practices for walking clubs, our experienced leaders will guide you through the neighborhoods around the COA and beyond! You are guaranteed to make new friends, see new areas of South Hadley and increase your energy level. Your leashed dog is welcome to join, too. ~ Leslie

Tips and Tricks for Eating More... Even if You Have Less Appetite

By Amanda Abrams, UMass Dietetic Intern

Are you having trouble finishing your meals? Do you feel less hungry than you used to? Have you found your clothes getting loose, even though you weren't trying to lose weight? If you find you have trouble eating enough to maintain your weight and feel like you have energy for your activities, try the tips below

First, talk to your doctor. Poor appetite, dry mouth or taste changes can all be side-effects of medications or health conditions. These are problems your doctor should help you with. If the trouble is with your teeth, see if your dentist can help.

Eat on a regular schedule. Your sense of hunger may get weaker as you get older, so don't wait to feel hungry, eat when it's time to eat. If you find yourself feeling hungrier at certain times of day, take advantage of it and eat more then.

Try smaller meals of more calorie-rich foods. Some options are toast with peanut butter, cottage cheese with some fruit, or half a turkey sandwich with avocado.

Add seasonings. Your sense of taste might not be as strong as it once was, so try adding more spices to foods, like Mrs. Dash. But go easy on the salt and sugar.

Drink liquids separately. If you feel like you get full too quickly, it might help to not drink liquids during meals. On the other hand, if dry mouth is an issue try taking small sips in between bites to make swallowing easier.

Move more. Take a walk or do some chair exercises to work up an appetite!

Why is it important? Eating enough lowers your risk of falls, illness and injuries and helps you heal more quickly if you do get hurt or sick. If you're having trouble getting the nutrition you need, try the tips above and see what works best for you!



The South Hadley Memories Café

Meetings every 2nd Tuesday of the Month

10am to 11:30am At the South Hadley Council on Aging

June 12th & July 10th

A welcoming place for people with memory loss to spend time with family or a

Friend. Experienced Facilitator Friendly atmosphere Activities

Lending Library for caregivers coffee & snack

Fitness Center Circuit Workouts with Ryan

Come join us for a gentle circuit workout with certified, 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 you must sign up in advance. Fee is \$4.00 paid to the COA

Mondays 8:30-9:30am Call to reserve today: 538-5042

All fitness center paperwork must be filled out and received before joining Ryan's workouts

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: 2 nights, 2 breakfasts, 2 dinners. Enjoy cruising and dining aboard the SPIRIT OF ETHAN ALLEN and touring 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 Williams Inn. Our luncheon of gourmet sandwiches. Today's performance features Tony Award winner Matthew Brodrick in a comedy The Closet along with Tony nominees Jessica Hetch and Brooks Ashmanskas. Cost \$125.00 Call Dolores Giroux @ 536-2779.



July 26, 2018. Whale Watch, Plymouth, MA: Luncheon at the John Carver Inn, stop at Plymouth Rock and head to Cape Cod Bay for the Whale Watch. Cost: \$99.00 Call Susan Canedy @ 536-2106.



DATE CHANGE: August 20, 2018. Block Island: Guided Island Tour and lunch at the National Hotel. 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. Cost \$110.00 Call Susan Canedy @ 536-2106.



November 8, 2018: Dreamland Wax Museum, Boston, MA. View spectacular works of art, enjoy lunch at Maggiano's Little Italy and shopping at Faneuil Hall. Cost \$90.00 - Call Howie Walsh @ 593-6286.



December 10, 2018. Aqua Turf Club, Plantsville, CT. White Christmas featuring Rob Zappulla and his 13 piece Big Band, dining and dancing. 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

Ain't this weather great! After freezing for so long – winter and our so-called spring – we get to go right into summer. 'Course the complainers who have an issue with everything can now report it's too hot. We can't please everyone.

This issue is being written before the event happens, so I hope I'm not putting the hex on it. I'm referring, of course, to another "Super" bingo held May 17. I'm sure it was another success with many attendees and winners. If I'm wrong, my crystal ball needs cleaning (so what else is new?). Unless you're one of the dozen or so Friends who attend our quarterly meetings, you're probably not aware that we have increased our annual donation to the Council on Aging from \$5,000 to \$6,000 annually – given at \$1500 beginning of each quarter. This money is used by the COA for various activities and programs not otherwise covered in their operating budget. Members of the Friends will usually be present at these events; however, there are times when we are not available. As you may recall we've sounded the horn for more members to become involved BUT our cries have gone unheeded. All that being said – we are always looking for new members (\$5.00) per year and donations and/or memorials in any denomination.

Our next quarterly meeting will be at 1:00 on July 12 at the Senior Center. Hope to see more of our "Friends" there.



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

You are Invited!



Sponsored By Our Friends of South Hadley Elderly, Inc.

Any day the temperature is 90 degrees and Over, Come In for a Complementary Popsicle

See Ola or an office volunteer for a ticket!

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 12:30-2:00pm 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....!



Playing Senior Savvy Jeopardy with Hampshire District Attorney David Sullivan

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

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)



Join us in the dining room on
June 14th for a Flag Day Ceremony
with Members of the Veterans of
Foreign Wars Post 3104

JUNE 2018

MONDAY	TUESDAY	WEDNESDAY
<p>COMMUNITY OUTREACH At 2:00 p.m. Newton Manor—Wed, June 6 Hubert Place—Wed, June 13 Lathrop Village—Wed, June 27</p>	<p>Our Lunch Program is Funded By the Federal Title III-C Older Americans Act</p> <p style="color: #008080;">LUNCH IS SERVED—M-F 11:45-12:15 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>	
<p>4 10:00 Music Appreciation (Rm#3); 10:00 Tai Chi (Rm#5) 1:00 Pinochle & Canasta (Dining Rm) 1:00 Color Me Calm (Rm#3) 1:00 Tap Dancing (Rm#5) 1:00 Mah Jongg (Rm#2); 1:00 Color Me Calm (Rm#3) 5:30 Family Support Series: "When It's Time to Talk About Palliative Care and Hospice"</p>	<p>5 BIG Y GROCERY SHOPPING 9:30 Beginning Watercolor Class (Rm#3) 10:00 Beginning Exercise (Rm#5) 12:45 Movie: "Citizen Kane" (1941) - Rm#5 1:00 Bingo (Rm#2) 1:00 Needlecraft (Rm#3)</p>	<p>6 "National Yoyo Day" 9:15 Dance with Ashley 10:30 Healthy Bones & Balance 12:30-2:30 ERIC CARLE 1:00 Mah Jongg (Rm#3) 1:00 Pitch (Rm#2)</p>
<p>11 9:30 Foot Nurse (by Appointment Only) 9:45 SHINE (By Appointment Only) 10:00 Music Appreciation (Rm#3) 10:00 Tai Chi (Rm#5); 11:15 Fit & Fun (Rm5) 1:00 Tap Dancing (Rm#5) 1:00 Pinochle & Canasta (Dining Rm) 1:00 Mah Jongg (Rm#2)</p>	<p>12 BIG Y GROCERY SHOPPING "Red Rose Day" 9:30 Beginning Watercolor Class (Rm#3) 10:00 MEMORIES CAFÉ (Rm#2)  10:00 Beginning Exercise (Rm#5) 12:45 Movie: "Psycho" (1960) - Rm#5 1:00 Bingo (Rm#2); 1:00 Needlecraft (Rm#3) 1:00—3:30pm Gary Winn Hearing Screening—(Rm#1)</p>	<p>13 9:15 Dance with Ashley 10:00-11:00—Card Making 10:30 Healthy Bones & Balance 12:30-2:30 ERIC CARLE 1:00 Mah Jongg (Rm #3) 1:00 Pitch (Rm#2); 1:30 to 4pm and 5:00-7:00</p>
<p>18 10:00 Music Appreciation (Rm#3) 10:00 Tai Chi (Rm#5); 10:00 Dining Room Décor Class 11:15 Fit & Fun (Rm5) 1:00 Tap Dancing (Rm#5) 1:00 Color Me Calm (Rm#3) 1:00 Pinochle & Canasta (Dining Rm) 1:00 Mah Jongg (Rm#2)</p>	<p>19 BIG Y GROCERY SHOPPING 9:30 Beginning Watercolor Class (Rm#3) 10:00 Beginning Exercise (Rm#5) 10:00 LOW VISION GROUP—(Rm#1) 10:00 BROWN BAG (Rm#3) 11:15 PIONEER VALLEY PERFORMING ARTS (Singing) 12:45 Movie: "All About Eve" (1950) - Rm#5 1:00 Bingo (Rm#2); 1:00 Needlecraft (Rm#3)</p>	<p>20 9:15 Dance with Ashley 10:30 Healthy Bones & Balance 1:00 Mah Jongg (Rm #3) 1:00 Pitch (Rm#2) 5:00-7:00 Fitness Open House</p>
<p>25 9:30 Foot Nurse (by Appointment Only) 9:45 SHINE (By Appointment Only) 10:00 Music Appreciation (Rm#3) 10:00 Tai Chi (Rm#5); 11:15 Fit & Fun (Rm5) 1:00 Tap Dancing (Rm#5) 1:00 Pinochle & Canasta (Dining Rm) 1:00 Mah Jongg (Rm#2)</p>	<p>26 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: "Grapes of Wrath" (1940) - Rm#5 1:00 Bingo (Rm#2); 1:00 Needlecraft (Rm#3)</p>	<p>27 9:15 Dance with Ashley 10:30 Healthy Bones & Balance 1:00 Mah Jongg (Rm #3) 1:00 Pitch (Rm#2) 5:00 pm Movie "Jaws"</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**

June 1—Grilled Cheese
Sandwich w/Tomato



June 4—BBQ Chicken
June 5—Roasted Turkey w/Gravy
June 6—Cheese Lasagna/Sauce
June 7—French Meat Pie/Gravy
June 8—Breaded Pollock

June 11—Cold Plate: Turkey Salad
June 12—Sweet & Sour Chicken
June 13—Burger Bar
June 14—Veal Patty/Gravy
June 15—Chicken Breast Sandwich

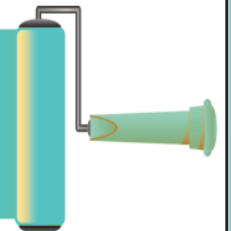
June 18—Spaghetti/Meatballs
June 19—Stuffed Cabbage
June 20—Oven Baked Chicken
June 21—Shepherd's Pie/Gravy
June 22—Baked Salmon /Lemon

June 25—Liver & Onions
June 26—Broccoli Quiche
June 27—Meatloaf/Gravy
June 28—Baked Ham/Fruit Sauce
June 29—Cold Plate: Egg Salad

CALENDAR

WEDNESDAY	THURSDAY	FRIDAY
		<p>1 BIG Y GROCERY SHOPPING 10:00 Coffee & Conversation (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>Pro Day” (Rm#5) Balance (Rm#5) —Collage Class (Rm#5)</p> 	<p>7 9:30 Watercolor Class (Rm#3) 10:00 Seated & Standing Yoga (Rm#2) 10:00 Beginning Exercise (Rm#5) 10:00 Alzheimer’s Support Group (Rm#1) 11:45 BIRTHDAY/ANNIVERSARY LUNCHEON 1:00 Chip Poker (Rm#4) 1:00 Quilting (Rm#3); 1:00 Scrabble (Library)</p>	<p>8 BIG Y GROCERY SHOPPING 10:00 Coffee & Conversation (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>Shley (Rm#5) ing (Rm#2) Balance (Rm#5) —Collage Class (Rm#5) 00 Springtime Art Festival</p>	<p>14 9:30 Watercolor Class (Rm#3) 10:00 Beginning Exercise (Rm#5); 10:00 Flag Day Craft (Dining Rm) 10:00 Veterans Group (conf room) 10:00 Seated & Standing Yoga (Rm#2) 11:30 “FLAG DAY” CEREMONY 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>15 BIG Y GROCERY SHOPPING 10:00 Coffee & Conversation with Leslie (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>Shley (Rm#5) Balance (Rm#5) House</p>	<p>21 9:30 Watercolor Class (Rm#3) 10:00 Beginning Exercise (Rm#5) 10:00 Seated & Standing Yoga (Rm#2) 12:15 Tom & Steve Duo (Polish Music)-Dining Room 1:00 Chip Poker (Rm#4) 1:00 Quilting (Rm#3); 1:00 Scrabble (Library)</p>	<p>22 BIG Y GROCERY SHOPPING 10:00 Coffee & Conversation (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>Shley (Rm#5) Balance (Rm#5) (1975)</p> 	<p>28 9:30 Watercolor Class (Rm#3) 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>29 BIG Y GROCERY SHOPPING 10:00 Coffee & Conversation (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) Hug for Health Day — Give a Hug</p>

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SOCIAL SERVICES



RMV~ Registry of Motor Vehicles Changes....How Do I Get Ready?

The RMV has recently made changes in how we renew our Massachusetts Driver License. They offer two types of driver's licenses and identification cards: **REAL ID'S and Standard Cards**. Drivers can select the type of credential they would like and review the checklist of acceptable documents for each when getting or renewing your driver's license or ID card.

REAL ID~

- ♦ **CANNOT** be processed online-you must visit an RMV Service Center or AAA members can visit a AAA branch.
- ♦ Proof of U.S. citizenship or lawful presence is required.
- ♦ The **REAL ID** is a valid driver's license or identification card.
- ♦ The **REAL ID** is valid for up to 5 years or length of stay in the U.S.
- ♦ **CAN** be used to board a plane in the U.S. or enter federal buildings after **October 2020**.
- ♦ A **REAL ID** is an acceptable form of identification for federal purposes.

STANDARD LICENSE/ID CARD~

- ♦ **CAN** potentially be processed online.
- ♦ Proof of U.S. citizenship or lawful presence required.
- ♦ Is a valid driver's license or identification card.
- ♦ Is valid for up to 5 years or length of stay in the U.S.
- ♦ **CANNOT** be used to board a plane in the U.S. or enter federal buildings after **OCTOBER 2020**.
- ♦ Is an **UNACCEPTABLE** form of identification for federal purposes.

A **REAL ID** license/ID card costs the same as a **STANDARD LICENSE/ID** card.

DOCUMENT CHECKLIST~ You will need documents and/or proof of your Social Security number, U.S. citizenship or lawful presence, and Massachusetts residency, as required by federal and state law.

- ♦ **All documents MUST be originals.** The **RMV** cannot accept laminated documents. **DO NOT** laminate your Social Security or Medicare card.
- ♦ You can get ready online for your license/ID. Start your application online at **mass.gov/ID**.

For more information on the **REAL ID** or a list of the proper documents needed to bring to your local **RMV** call Ann @ 538.5042 extension 206.

We partnered with the United Way and the Holyoke YMCA for a tech day where students came to help our seniors with learning how to use their tech devices.



👁️👁️ Looking for-Any size *(square shape only) glass flower vases, red/white/blue silk flowers, small American flags, cake stands, floral foam, plastic lemons or apples, German beer steins, baseball gloves.

DID YOU KNOW– if it's over 90 degrees you can come into the COA and request a refreshing popsicle?



COMING IN JULY...

Berkshire Hills performs 7/2

Make blueberry muffins 7/11

Strawberry shortcake making 7/16

Jewelry class with Sandy 7/18

Ice cream social 7/20

Card making with Tammy 7/25

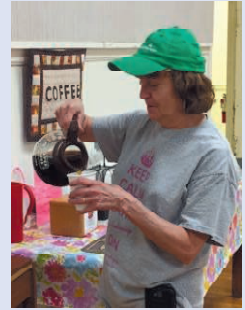
***June movies— Classic
Black and White Films
at 12:45 on Tuesdays***

June 5- "Citizen Kane" (1941)
with Orson Welles

June 12- "Psycho" (1960) with
Anthony Perkins & Janet Leigh

June 19- "All About Eve" (1950)
with Betty Davis & Ann Baxter

Our Dining Room Volunteers make a difference EVERY DAY.
Thank you for all you do for us here at the SHCOA.



Laugh for the Health of It
with Mark Sherry
the "Laughter Pharmacist"
has been rescheduled to
TUESDAY, JULY 17 at 12:15.

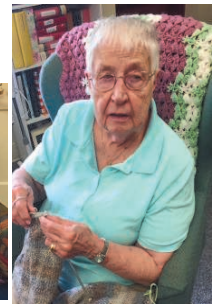
Spring craft class...some brave
😊 seniors took a chance and
joined in on a
surprise craft
class.



JUNE
Highlight's
Birthdays will be
celebrated on June 7th
—please call the office
if you have a June
birthday or
anniversary
Flag Day craft-6/14
at 11:15 am
Centerpiece decorat-
ing with Nancy/Paris
on 6/18 at 10 am
TOM & STEVE DUO
-Polish music on 6/21
following lunch
JAWS movie 6/27
from 5:00-7pm



Our knitting group has been hard at work mak-
ing knitted squares for "Project Amigo." They
are also working on making blankets for
"Project Linus." These blankets will stay in
western Mass and be given out to local
children in crisis. **THANK YOU KNITTERS!**



LEGAL TIPS

ELDER LAW ATTORNEY KAREN G. JACKSON SPECIAL NEEDS TRUSTS ARE VERY SPECIAL!

Special Needs Trusts, also called Supplemental Needs Trusts ("SNTs") are very special. Why? Because SNTs hold money and other assets safely for the beneficiary's wants and needs.

I call all trusts a "piggy bank." The Grantor, the person who will put the money and other assets into the trust, signs the SNT. The trust is also signed by the Trustee, the person who will take care of the financial needs of the beneficiary. The initial Trustee is usually the Grantor, but not always, and successor Trustees are named in the SNT. Once the transfer of assets has been accomplished, the piggy bank now has the "coins" in its belly.

There are two major types of beneficiaries: 1) a person who will lose public benefits if the assets are given directly to the beneficiary; and, 2) a person who is unable to manage his/her financial affairs. The assets in the SNT can only be used for the benefit of the beneficiary named in the SNT. The beneficiary can never be a Trustee.

There are two types of SNTs: First Party and Third Party. First Party SNTs must be used if the Grantor is the beneficiary. In other words, the assets are owned by the beneficiary. A couple of examples: the beneficiary received an inheritance; or, received money from a personal injury case; or, the beneficiary saved funds from employment or was given gifts from others. A First Party SNT has strict rules and is audited annually. And, at the beneficiary's death, any remaining funds in the SNT must be paid to any federal or state agency owed money for supporting the beneficiary; this is known as "the pay-back" clause. A Third Party SNT is much preferred because there is no payback clause and the rules are much looser. It is important for a parent, for example, to set up this type of SNT so the SNT, not the beneficiary, receives the inheritance. For more information, jlawma.com or 413-532-1200.

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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JUNE 2018 NEWSLETTER – MEMORIAL DONATIONS

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from

Curran-O'Brien Funeral Home

Thank you!

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Linda Duguay/St. Patrick's
Ladies Guild
Lawrence Kuntz
Ron Barthelette

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.



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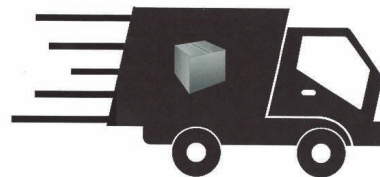
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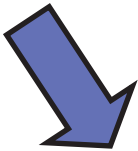
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FREE Community Shredding Event ~ June 2nd - 9am to 11am ~ South Hadley High school

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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.

