

THE

OCTOBER 2018

# 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



### 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.

#### HOW CAN WE HELP YOU?

Ann Andras, Soc. Service Coord. Ext. 209  
 Paris Brantley, Media & Act. Coord..208  
 Kathy Gallivan, Office Pers.....211  
 Leslie Hennessey, Dir., Editor .....204  
 Ola Herbert, Office Pers.,Transp.....201  
 Lisa Napiorkowski, Assist. Director...203  
 Nancy Yesu, Program & Vol. Coord...205

#### Flu Clinic

Mon. Oct 15th 9am to 1:00  
 Rms 1 & 2  
 Sponsored by RiteAid  
 Pharmacy Bring your insurance  
 card & wear short-sleeves.

### THREE WEDNESDAY EVENINGS IN OCTOBER

Wednesday,  
 October 3rd:  
 5:30-6:30pm

*Mercy LIFE's Program of All-inclusive Care for the Elderly (PACE). Celina Conway, Dir. of Enrollment & Marketing, will explain how the PACE model offers tightly coordinated care and support to help seniors to remain safely at home and avoid moving into a nursing home. This is an innovative healthcare option in Western MA, and you might be surprised who qualifies!*

Wednesday,  
 October 17th  
 6:00 to 8pm

**Rick Boisvere:**  
**An Evening with the Spirits**  
*Spirit Psychic/Medium Rick Boisvere will bring messages from those who have passed.*

Wednesday,  
 October 31st.  
 4:30pm to 6:00pm

**Trick or Treat for the kids. Bring your grandkids, tell the neighbors—The COA has candy!!**  
 5:30pm—7pm  
**Classic Horror Movie**



#### Personal Training Workouts at the COA

Certified, fitness instructor Ryan Davis will lead participants through a workout utilizing a range of equipment. A focus on increasing general strength, balance, & coordination.

**Mondays 8:30-9:30am ONLY \$4.00 per class; per person**

call to reserve 538-5042

**FRIENDS 50/50 RAFFLE**

**OUR ANNUAL COA HALLOWEEN LUNCH & COSTUME CONTEST**

Wednesday, October 31st the festivities begin at 11am and things only get scarier from then on...

Beef Tips w/sauce, scalloped potatoes, peas, rolls & cake  
 Beware...Judging costumes starts at 11:15am  
 Make Reservations 24 hrs. in advance, space is limited 538-5042

Suggested, anonymous donation of \$2.25 for over 60/Under 60 is \$6.00

Come in costume and win a prize, that's if you want to make it out alive.  
 Look out for things that might be lying, you never know what might be hiding...



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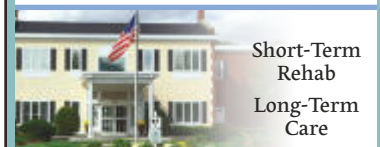
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Fax: (413) 539-5855  
John.Scibak@mahouse.gov



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## Empowering Seniors to Resist Aggression Defensively

Join us at the center on Thursday,  
October 18th from 9:30am to 11:30am

This workshop could save your life.

® The goal of the workshop is to improve the personal safety of seniors through pro-active strategies and physical techniques unique to their age group. You will learn basic techniques, like strikes and blocks which will increase your confidence. Please join us for this informative workshop: Space limited: call to RSVP 538-5042

### “KEEPING FAITH AT END OF LIFE”

A public forum to promote awareness and understanding of critical decisions, caregiving choices and how our faith can guide us on Wednesday, Oct. 17, 2018, 10-11:30 am at the center

How will we respond when our family members are faced with a serious life-threatening illness and the medical system offers a baffling array of choices involving medications, life-sustaining treatment and interventions that might prolong life but possibly bring about greater suffering? The program will feature staff of the Cooley Dickinson VNA & Hospice. Ample time for questions and comments from the audience will be provided.

The program is free and open to the public. For more information and to register please contact the South Hadley Council on Aging, 538-5042.

### SAVE THE DATES!

#### Upcoming Wednesday Evening programming

**November 14th:** Jewelry Making Class: 5:30pm. \$2.00 suggested donation **November 28th:** Tuscany Olive Oil presentation.. \$2.00 suggested donation. **December 5th:** Holiday Card Making. \$2.00 suggested donation. **December 19th:** Holiday movie, sugar cookies & eggnog...oh, It's a Wonderful Life!!!

### GRANDPARENTS RAISING GRANDCHILDREN

#### Two local informationals:

**October 9th, 10am to 1pm** at The United Arc 294 Avenue in Turner's Falls, Ma. Topic: How to Access Special Education Resources

**November 13, 2018, 5:30 –8:00pm** at the Westfield Senior Center; 45 Noble Street, Westfield, MA Topic: How Trauma Impacts Children

### The Nature of Aging

By: Jennifer Chaiken, UMass  
Dietetic Intern

“You snooze you lose” is often said when you miss out on an opportunity. “You snooze you lose” can also pertain to the concept of aging. When we age, our activity level tends to decline and our skeletal muscle mass may follow this downhill trend. A condition called sarcopenia happens when muscle is replaced with fibrous tissue and fat, which can lead to weakness, fatigue, and an increased risk of injury. This muscle deteriorating condition can worsen with inactivity, an imbalanced diet, and/or the lack of weight-bearing exercise. Luckily, there are ways to slow down this muscle weakening process.

#### Adequate nutrients:

Protein is the main nutrient essential for healthy muscle tissue. The recommended protein requirements for the aging population is 0.54 grams of protein per pound of body weight. For an individual who weighs 150 pounds, the recommended intake would be 81 grams (0.54 x 150) of protein per day. This might include an egg for breakfast (~8 g), an 8oz Greek yogurt as a snack (~17 g), 3oz of deli meat for lunch (~21 g), and a 5oz chicken breast for dinner (~35 g). It is important to get enough amount of protein, particularly when we age. As we get older, hormones shift and it becomes increasingly harder to make new muscle. The protein we eat is used to prevent further muscle loss. The best types of protein foods are milk, eggs, quinoa (a grain), edamame (soybeans), beef, chicken, and fish.

#### Physical Activity:

Adding physical activity to our daily routine can help to control sarcopenia. Resistance training is a form of exercise that can help to maintain our existing muscle to prevent further muscle loss. Resistance (or “therapy”) bands are a great way to start if you are not used to physical activity. You can also do the exercises seated, if balance is a concern. Start slowly with the least amount of tension and gradually add more tension as the exercises become easier. It is best to consult your doctor or a health professional before beginning any exercise regimen. By routinely performing resistance-training exercises at least 3 times/week, you can help to ward off sarcopenia.

## TRAVEL CLUB & FRIENDS OF SOUTH HADLEY ELDERLY, INC

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

**October 15, 2018. Winnepesaukee Railroad Luncheon Train. (SOLD OUT / WAIT-LIST ONLY).** We will travel to New Hampshire and the Lakes Region, including the classic town of Meredith. Combines historic old-fashioned charm and a friendly atmosphere with the national beauty of rolling hills, lakes and scenic mountains. We will depart on a two-hour roundtrip ride aboard the Winnepesaukee Scenic Railroad. We will enjoy a complete Turkey dinner aboard the train catered by Hart's Turkey Farm. After the train ride, a stop at **Kellerhaus Ice Cream** in the Weirs Beach area where we will be on our own to try tasty treats. Cost \$99.00 - Call Dolores Giroux @ 536-2779.

**November 8, 2018: Dreamland Wax Museum, Boston, MA.** You will love Boston's newest attraction! The Dreamland Wax Museum opened in 2017 to rave reviews. Each figure featured is a work of art. You will see World Leaders, all 45 Presidents, Boston Sports figures, movie stars & celebrities. Bring your camera and take your photo with all your favorites! Lunch will be served Family Style at Maggiano's Little Italy – featuring Appetizer & Salad, Mom's Lasagna, Chicken Parmesan, Eggplant Rollatini and desert. Then enjoy Free Time at Faneuil Hall. Cost \$90.00 - Call Howie Walsh @ 593-6286.

**December 10, 2018. Aqua Turf Club, Plantsville, CT. (SOLD OUT / WAIT-LIST ONLY).** **White Christmas** featuring Rob Zappulla and his 13 piece Big Band, dining and dancing. Coffee and donuts on arrival and delicious family style lunch. Cost \$95.00 - Call Howie Walsh @ 593-6286.

***We are in the process of finalizing our 2019 trips, stay tuned for new and exciting places to visit.*** 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.

### The FRIENDS Corner

Our quarterly meeting will be October 11 at 1:00. One of the items on the agenda is Nomination Committee. At that time a small group – usually three - will volunteer and/or be appointed to contact various Friends members who are interested in serving on the Executive Board, Board of Directors, and Members-at-Large. Names of Nomination Committee members will be available at that meeting. We are hoping that many and new members will be interested in participating in the future direction and actions of the Friends. If you're interested, please contact someone on the Nominating Committee. The only requirement: 2018 paid membership to the South Hadley Friends of the Elderly and 2019 membership after January 2019. Depending on the activities in process, or future plans, your time can be as little as an hour a month – it's all up to you and the position you assume. Elections will be held at the annual meeting in December.

The Friends of South Hadley Elderly's 2019 "Tiger Country" calendar is currently being printed. All 14 of the tigers located throughout the Town have been beautifully and professionally photographed. Originally scheduled for sale in mid-October, this memorable keepsake may be available earlier. This calendar will be a piece of Town memorabilia that will last for years. Orders will be taken from members of the Friends and at various activities at the Senior Center for a great rate of \$10 each. Calendars must be paid for at time of purchase and/or order. Sheila Adams, 536-5316, can take your order at any time.

Through the generosity of Paper City Car Wash, 990 Main St., Holyoke the Friends have been able to purchase car wash coupons that we are selling for \$5.00 each. These coupons can be obtained through Jean Lambert at the Senior Center. Paper City is located next to Marcotte Ford.



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**Thank you**  
**MERCY PACE PROGRAM**  
**& Celina Conway**  
**for sponsoring Sarah the Fiddler**  
**At our September 11th Lunch**

**Thank you!!**

**Gloria Masse - Paper towels**

**Roger Duval - Our Handyman**

**All of our thoughtful**  
**Gardeners—for the fresh**  
**produce we enjoyed throughout**  
**the summer !**

**Armbrook Village in Westfield -**  
**for the yummy Mediterranean**  
**Appetizer on 9/13**

## TRANSPORTATION

To & from the Council On Aging is .75 each way

Pharmacy, grocery shopping & medical appointments: \$1.25

Wednesdays afternoons our Mini bus will go to: CVS, Walgreens & Price Rite on Memorial Drive!!

Make reservations with Ola between 8am to 1pm daily: 538-5042. **Must Schedule Rides 24hr/advance.**

Call 538-5042 for reservations

## SENIORS ON THE GO....!



August 29th Elder Law Atty Karen Jackson's presentation filled the dining room with 102 attentive listeners.

A few of the 91 slogans we received.

*The South Hadley Senior Center...*

*"Always there to Care for you"*

*"Your Needs Centered Here!"*

*"The Spices of Life where we all blend to make it right"*

*"My Center is My Stability"*

*"Where everyone is Welcome!"*

*"Living the Good Life, Everyday!"*

*"Where the Young at Heart gather"*

*"Castle on Aging"*

*"Experience a place you can call home while you are away from home!"*

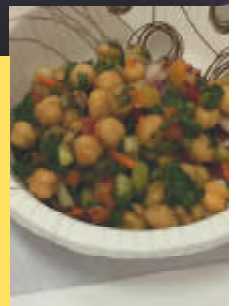
*"A friendly place for a friendly face "*



Sarah the Fiddler Entertains!!!



United Nation Week Celebration with Armbrook Village in Westfield. Chef Chris Marsh made Garbanzo Bean Salad for our lunch crowd on 9/13!



# OCTOBER EVENT CALENDAR & LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>1</b> BIRTHDAY /ANNIVERSARY MENU: French Meat Pie, Noodles, Broccoli, Cake</p>	<p><b>2</b> BIG Y GROCERY SHOPPING MENU: Swedish Meatballs, Egg Noodles, Peas &amp; Carrots, Juice, Pears 12:45 Movie: "Stepmom" (1998) Rm#5</p>	<p><b>3</b> MINI-BUS TO MEMORIAL DRIVE SHOPPING MENU: American Chop Suey, Broccoli, Cornbread, Fruit 1:00: Choralites 3:00 Book Club</p> <p style="color: #FF8C00;">5:30-7:00pm Mercy PACE Program Event</p>	<p><b>4</b> MENU: Tarragon Chicken, Confetti Rice, Broccoli, Cranberry Sauce, Brownie</p> <p>10:00 Alzheimer's Caregiver Support Group (Rm #1)</p> <p>12:45 Classic TV: Dick Van Dyke</p>	<p><b>5</b> BIG Y GROCERY SHOPPING MENU: Grilled Cheese &amp; Tuna, Chips, Juice, Peaches, Soup of the Day, 10:00 Coffee &amp; Conversation (Dining Room) 11:45 Weigh-In for Weight Watchers 12:15 WEIGHT WATCHERS (Rm#5) 11:00-12:30 Bereavement Support</p>
<p><b>8</b></p> <p style="text-align: center;"><b>CENTER IS CLOSED COLUMBUS DAY HOLIDAY</b></p>	<p><b>9</b> BIG Y GROCERY SHOPPING MENU: Beef Stew, Scalloped Potatoes, Wax Beans, Pears 11:00-3:30pm Gary Winn Hearing Screening-(Rm#1)</p> <p>12:45 Movie: "Autumn in New York" (2000) Rm#5</p> <p style="color: #FF8C00;">2:00-3:30 MEMORIES CAFÉ (Rm#2)</p>	<p><b>10</b> MINI-BUS TO MEMORIAL DRIVE SHOPPING MENU: Stuffed Shells, Peas &amp; Carrots, Mixed Fruit</p> <p>11:00 Lunch &amp; Learn: MedMind-er Pill Dispenser Presentation</p> <p>1:00: Choralites</p>	<p><b>11</b> MENU: Roast Turkey, Mashed Potatoes, Carrots, Cookies</p> <p>10:00 Veteran's Group 10:00 Alzheimer's Caregiver Support Group (Rm #1) 10:30 Trip to McCray's (call) 11:00 Lunch &amp; Learn: Holyoke Medical Center—Discuss Ballot Question #1 12:30-2:00 Blood Pressure with Nurse 12:45 Classic TV: Dick Van Dyke 1:00 Friends of South Hadley Seniors Meeting</p>	<p><b>12</b> BIG Y GROCERY SHOPPING MENU: Fish Sandwich, Potato Chips, Pineapple, Soup of the Day</p> <p>10:00 Coffee &amp; Conversation (Dining Room) 11:45 Weight Watchers Weigh-In 12:15 WEIGHT WATCHERS (Rm#5) 11:00-12:30 Bereavement Support</p>
<p><b>15</b> MENU: Cheese Lasagna, Italian Blend Vegetables, Jello TRAVEL CLIB TRIP: Winnepesaukee Railroad Train Ride 9:00-1:00 <b>FLU CLINIC</b> 9:30 Ravioli Making (Sign-up) 4:00pm COA Board of Directors Meeting</p>	<p><b>16</b> BIG Y GROCERY SHOPPING MENU: Baked Ham, Sweet Potatoes, Green Beans, Pineapple 10:00 LOW VISION GROUP (Rm#1) 10:00-11:00am BROWN BAG (Rm#3) 11:00 Lunch &amp; Learn—Nutrition Discussion with Christy Maxwell, WMEC 12:45 Movie: "October Sky" (1999) Rm#5</p>	<p><b>17</b> MINI-BUS TO MEMORIAL DRIVE SHOPPING MENU: Hamburger/Bun, Fixins': Cheese, Sautéed Mushroom &amp; Onions, Lettuce &amp; Tomato, Pickles, Potato Puffs, Mixed Fruit 10:00-11:30 Facing End of Life Decisions Together (Cooley Dickinson VNA &amp; Hospice) 1:00: Choralites</p> <p style="color: #FF8C00;">6:00-8:00pm Evening with Spirits</p>	<p><b>18</b> MENU: Kielbasa, Lazy Pierogi, Spinach, Apple Cake</p> <p>9:30-11:30 Resist Aggression Defensively (RAD) 10:00 Alzheimer's Caregiver Support Group (Rm #1) 12:00 The Mountain Wanderer German Music Entertainment 12:45 Classic TV: Dick Van Dyke</p>	<p><b>19</b> BIG Y GROCERY SHOPPING MENU: Chicken Breast Sandwich, Tater Puffs, Pears, Soup of the Day 10:00 Coffee &amp; Conversation (Dining Room) 11:45 Weight Watchers Weigh-In 12:00 WEIGHT WATCHERS (Rm#5) 11:00-12:30 Bereavement Support</p>
<p><b>22</b> MENU: Spaghetti/Meatballs, Mixed Vegetables, Peaches 9:30 Foot Nurse (by appointment only)</p>	<p><b>23</b> BIG Y GROCERY SHOPPING MENU: Stuffed Cabbage, Mashed Potatoes, Carrots, Pudding 12:45 Movie: "Rudy" (1993) Rm#5</p>	<p><b>24</b> MINI-BUS TO MEMORIAL DRIVE SHOPPING MENU: Oven Baked Chicken, Baked Potato, Peas &amp; Onions, Cranberry Sauce, Mandarin Oranges</p> <p>9:00 NEWSLETTER COLLATING (Rm#3) 1:00: Choralites</p>	<p><b>25</b> MENU: Shepherd's Pie, Spinach, Fruit Crisp</p> <p>10:00 Alzheimer's Caregiver Support Group (Rm #1)</p> <p>12:45 Classic TV: Dick Van Dyke</p>	<p><b>26</b> BIG Y GROCERY SHOPPING MENU: Baked Salmon, Wild Rice, Broccoli, Mixed Fruit, Soup of the Day 10:00 Coffee &amp; Conversation (Dining Room) 11:45 WW Weigh-In 12:00 WEIGHT WATCHERS (Rm#5) 11:00-12:30 Bereavement Support</p>
<p><b>29</b> MENU: Liver &amp; Onions, Mashed Potatoes, Wax Beans, Cookies</p> <p style="color: #FF8C00;">Pumpkin Carving: sponsored by Rockridge Retirement Community</p>	<p><b>30</b> BIG Y GROCERY SHOPPING MENU: Broccoli Quiche, Potato Puffs, Peas &amp; Onions, Peaches 12:45 Movie: "Good Will Hunting" (1997)</p>	<p><b>31</b> MINI-BUS TO MEMORIAL DRIVE SHOPPING</p> <p><b>HALLOWEEN LUNCH MENU:</b> Beef Tips with Sauce, Scalloped Potatoes, Peas, Cake 11:00 Halloween Party 1:00: Choralites 4:30-6:00pm Trick or Treat for Kids</p>	<p style="text-align: center;"><b>LUNCH IS SERVED M-F 11:45-12:15</b></p> <p>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 style="text-align: center;"><b>Our Lunch Program is Funded By the Federal Title III-C Older Americans Act</b></p>

COMMUNITY OUTREACH WITH ANN AT 2:00 P.M.: Newton Manor-Wed., Oct. 3; Hubert Place—Wed., Oct.10, Lathrop Village—Thurs., Oct. 24

## DAILY ACTIVITIES

MONDAY	8:30am	\$4.00	Circuit Training with Ryan (Fitness Ctr)
	10:00am	No charge	Music Appreciation (rm #2)
	10:00am	\$3.00	Tai Chi (Exercise Room)
	11:15am	No Charge	Fit & Fun (Exercise Room) * <u>Starts October 22nd</u>
	1:00pm	\$3.00	Tap Dancing with Loryn (Exercise Room)
	1:00pm	No Charge	Canasta & Pinochle (DR) Mah Jongg (rm #2)
TUESDAY	9:30am	8/wks: \$48.00	Beginning Exercise (Exercise Room)
	9:30am	No charge	Social Strollers (meet in dining room)
	1:00pm		Bingo (rm #2) & Needlepoint (rm #3)
WEDNESDAY	9:15am	No Charge	Dance Class w/Ashley
	10:30am	No Charge	Healthy Bones & Balance
	1:00pm		Choralites (DR) Pitch (rm #2) & Mah Jongg (rm #3),
	3:00pm		Book Club (Library; 1st Wed. of Month)
THURSDAY	9:30am	8/wks: \$48.00	Beginning Exercise
	10:00am	\$3.00(Pay instructor) \$3.00(Pay instructor)	Water Color Class Seated & Standing Yoga
FRIDAY	9:30am	No charge	Healthy Bones & Balance
	9:30am		Social Strollers (meet in dining room)
	1:00pm		Bridge (rm #3), Canasta (DR), Cribbage (rm#2) & Knitting (library)

## SOCIAL SERVICES & GROUPS

**Alzheimer's Caregiver Support Group**, 1st Thurs/month 10am Free (Grant funded: WestMass ElderCare )

**Bereavement Support Group** 9/26– 11/16, Fridays at 11am. Free (The Holyoke VNA & Hospice Life Care)

**Memories Café**, 2nd Tuesday of the month, **2:00pm to 3:30pm** 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.

**Low Vision Group**, Call Ann for information 538-5042, Ext. 206

**SHINE Counseling**, by appt. Call 538-5042 Free.

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## SOCIAL SERVICES ~ ANN'S CORNER

### Fuel Assistance 2018-2019

The fuel assistance season will begin on **November 1, 2018**. Any senior who has received their **re-certification** paperwork from Community Action and would like assistance with their application, please call

Ann at 538-5042 extension 206. An appointment is required for help with Fuel Assistance. If you are a first time program applicant, you must apply in person. If you applied the previous year, you will receive your application by mail and will not need to apply in person. I am unable to assist **FIRST TIME** applicants until I receive new applications which should arrive sometime in October.

#### Income Guidelines

**Household of 1: \$35,510 Household of 2: \$46,437**

**Who is Eligible?** Eligibility is based on the number of people in your household and the combined gross (before taxes) income of all persons residing in the household.

#### Who should Apply?

- Renters and homeowners who pay for their own heat.
- Renters whose heat is included in their rent. (Those who have a housing subsidy must not receive a utility allowance)



**What will I need to provide when applying:** For the person who is applying, bring:

- Social Security Number, Proof of identity, Proof of address
- Homeowners:** mortgage statement, real estate tax bill, homeowners insurance bill, condo fee
- Renters:** copy of lease, subsidy verification, Heating bill, Electric bill
- If employed: All income for the four weeks before the appointment
- All sources of income: wages, self employment, Social Security, SSI, dividends and interest on bank accounts, rental income, unemployment benefits, pensions, cash prizes and regular support from family, plus any other income you receive.



A special thanks to volunteer, Linda Wilson, for washing and folding our white tablecloths every time we have a big event.

### LOOKING FOR

5-6 seniors who would be willing to board the van and take a short morning trip to spend time with preschool age children at a local school. You'll work together with the teachers to complete an activity together and then return to the center in time for lunch.

Guaranteed fun!

We are tentatively planning on Wednesday, Oct 10.

Please leave a message in the office if you'd like to be part of this opportunity.



### ATTENTION VETERANS!

We will honor your service with a lunch on Thursday, November 15th with entertainment following lunch by well known performer, Donna Lee. This event is partially funded by the South Hadley Cultural Council and we thank them for their support. Please call the office to register beginning October 1st. Leave your name and branch of military in which you served.



### WEIGHT WATCHERS

Please join us as we begin our 1st. Weight Watchers series. The cost is \$156.00 for a 12-week session with 14 weeks of access to the WW app. Meetings are held on Friday in Room 5 at 12:15 p.m. Weigh-in begins at 11:45. New members may join at any time, the cost is pro-rated. Transfers from other meetings are WELCOME! For more information call Ann @ 538.5042 ext. 206

# ACTIVITY/VOLUNTEER COORDINATOR PAGE

## OCTOBER MOVIE SERIES—

“Autumn themed movies”

EVERY TUESDAY AT 12:45pm

Oct. 2 -“Stepmom” (1998) starring Susan Sarandon & Julia Roberts

Oct. 9-“Autumn in New York” (2000) with Richard Gere & Winona Ryder

Oct. 16- “October Sky” (1999) with Jake Gyllenhaal & Laura Dern

Oct. 23– “Rudy” (1993) with Charles Dutton & Ned Beatty



LOOKING FOR—Gift cards from Dollar General or Dunkin Donuts or Big Y (or really any local



place) in the amount of \$5 or \$10.

These will be used as prizes

during the year for various activities at the COA.



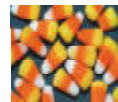
Coffee mugs (can be used but please CLEAN them before dropping off)

Mason jars (any size)

Faux sunflowers in clean condition

Bags of candy corn

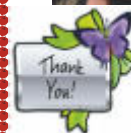
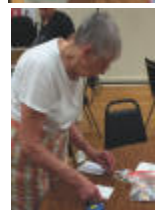
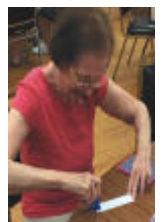
Baby food jars (empty)



Cooking with Kathy– her class recently made a homemade apple pie complete with homemade crust. What a treat. Thanks



Our recent card making class with Tammy was a hit! Next class will be in November—stay tuned!



To all our volunteers– we can't do it without you!

## COMING IN OCTOBER: Thursday,

Oct. 11, 10am Trip to McCray's farm with Nancy for mini golf w/lunch



\$10 covers your van ride to/from McCray's, hot dog, milk or soda, ice cream dessert and a round of mini golf. See office for Sign-up and payment by Oct 9th.



Celebrate National Pasta Day making homemade ravioli with



Nancy

on October 15 at 9:00am

(Sign up starting Oct 1 -space is limited)



“Readings by Rick” Spirit medium/psychic on Wednesday, October 17th from 6-8pm

RAD self defense class from 9:30-11:30 in Exercise room. Led by Mt Holyoke College. Sign up in office.

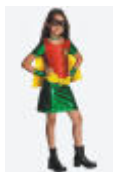


Live German music with the “Mountain Wanderer” on accordion Thursday, October 18th from 12:15-1:15pm

Pumpkin carving for tabletop centerpieces on Monday, Oct 29 at 9:30am



Costume contest on Wednesday, Oct 31 –judging begins at 11:00am



THURSDAY CLASSIC TV SHOWS



12:45 in Room 5 \*except Oct 18th we have German music entertainment in the dining room so NO tv classic that day.

## ELDER LAW ARTICLE

### ELDER LAW ATTORNEY KAREN G. JACKSON THE HOMESTEAD, TO PROTECT THE HOME FROM JUDGMENT CREDITORS

The Homestead is a one-page form you can download from a computer, complete, sign in front of a notary public and record with the Registry of Deeds in the county where your Massachusetts primary residence is located. The recording fee is \$35. Why do this? If you were to get sued, and the Plaintiff in the lawsuit won a judgment against you, the Plaintiff could not force the sale of your home to pay the judgment.

For example, while driving, Mr. Smith injures another motorist in an automobile accident. The injured person, the Plaintiff, sues Mr. Smith and obtains a judgment of \$750,000; however, after Mr. Smith's automobile insurance company pays the Plaintiff the maximum benefit on Mr. Smith's policy, \$500,000, the Plaintiff is still owed another \$250,000.

Without a recorded Homestead on Mr. Smith's home, the Plaintiff can force the sale of his home to pay the additional \$250,000. On the other hand, if Mr. Smith had previously recorded a Homestead on his home, the Plaintiff **cannot** force the sale of his home. In other words, the Homestead saves his home.

The Homestead will not protect Mr. Smith's home from foreclosure if he fails to pay his mortgage or home equity loan. These types of loans are called, "secured loans" because the mortgage is recorded. Up to \$500,000 in equity is protected. If Mr. Smith is age 62 or older, or if he is disabled, additional protections up to \$1 million in home equity is protected. A home conveyed to a Trust can be Homesteaded.

I want everyone to have a recorded Homestead so the home can be protected from Judgment Creditors. If you think you have a Homestead, go on-line to [masslandrecords.com](http://masslandrecords.com), click on the county where your home is located, type in your name, look at the list of recorded documents and print the Homestead for your records. For more information: [jlawma.com](http://jlawma.com), 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.

The printing and mailing of the newsletter is made possible through Formula Grant funds, advertising and your generous support.

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) for more information.

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# IN MEMORIAM

## OCTOBER 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:

**DONNA POTVIN**

Janie Brochu

**EDWARD J. RYAN, JR.**

Sal & Ann Canata

**FLORENCE GALLIVAN**

Joanne Holly

**LORETTA INKEL**

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**MAUREEN FITZGERALD**

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**RUTH DESJEUNES**

Donald Desjeunes

**SILVIO A. DISANTI**

So. Hadley Senior Travel

**SILVIO A. DISANTI**

Susan M. Canedy

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

Dorothy A. Piquette  
Edward & Kathleen Kopec  
Ellen Agard  
James M. Landry  
Kathleen Hurley  
Mr. & Mrs. Richard Lacoste  
Sophie Chioles  
Stephen & Judith Ellenburg

A Generous Donation was Received

*In Honor of*

**Richard & Janet Stawasz**  
**50TH WEDDING ANNIVERSARY**  
By Niece, Kristie Foley

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Marjorie S. Block, D.M.D.

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**SOUTH HADLEY, MA 01075**

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 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: \_\_\_\_\_

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

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| <input type="checkbox"/> <b>Wherever Needed Most</b>    | <input type="checkbox"/> <b>Holiday Gift Card Fund/ Lights On</b> | <input type="checkbox"/> <b>New Senior Center</b> |
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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.