

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



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?

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The South Hadley Council on Aging FUN, FITNESS, FRIENDS.

We are proud to introduce the winning slogan for the South Hadley Council on Aging Slogan Contest!!

Our own Nancy Yesu (COA Program & Volunteer Coordinator) provided the slogan

EVENING PROGRAMMING IN NOVEMBER

Jewelry Making
 November 14th: 5:00-7:00pm
 Make your own gifts—just in time for the holidays!
 \$2.00 suggested donation



MEMORIES CAFÉ

A supportive meeting for those with memory loss and their caregivers to come together and interact with other members. Tues, Nov. 13, 2pm to 3:30pm
 Call for information 538-5042



Weight Watchers

Meetings on Fridays!!!

11:45: Weight-In
 12:00pm Weight Watchers Meeting
 Call 538-5042 for information

Tuscany Olive Oil Presentation & Tasting

November 28th 5:30 to 6:30pm
 Fresh picked and pressed olives from the hills of Chiani, Italy.

- Taste difference Olive Oils
- tips on buying Olive Oil,
- take home a bottle of authentic Olive Oil—complements of the Yesu Family

\$2.00 suggested donation
 Limited seating: RSVP 538-5042



A Piece of South Hadley History

The Friends of South Hadley Elderly's 2019 "Tiger Country" calendar is on sale for \$10 each.



**Tuesday,
 November 6th
 at 11am**

Thanksgiving Holiday Meal

The Berkshire Hills Music Academy Saxophone band will be here to entertain us.

Traditional Thanksgiving meal with all the fixings'

Please call for reservations: space is limited 538-5042 ext. 201

**50/50
 Raffle**

Veterans Appreciation Lunch

Thursday, November 15th
 Calling all Veterans & friends
 Join us at 11am for a pinning ceremony of all attending Veterans.

Special raffle for Veterans

Singer Donna Lee will entertain with patriotic songs

Christopher Heights in Belchertown is sponsoring the entertainment and patriotic dessert for this event.

Call for reservations:
 Let us know if you are a veteran,
 538-5042, ext. 201





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Dr. Steven A. Markow, Optometrist

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Christopher Heights of Belchertown - NOW OPEN!

99 Front Street, Belchertown, MA

For information and tour about our community, call Lorna Stone at 413-323-5500



www.christopherheights.com



Christopher Heights offers an affordable assisted living



THE Arbors

Assisted Living Residential Communities

The Arbors offers affordable living apartments and a memory support community.

Call: 413.593.0088

For more information or to arrange for a guided tour.

929 Memorial Drive, Chicopee • www.arborsassistedliving.com



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Worth shouting about...



Congratulations Bea & Carleen!!

Carleen Labonte & Bea Thomas were recently honored by RSVP where they were awarded the **President's Lifetime Achievement Award** for contributing **4000** hours **EACH** of volunteer time.



NUTRITION

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.



WINTER IS COMING

Judi Bohall comes to the center to use the new, state-of-the-art exercise equipment in the Maurice “Fitz” & Margaret Fitzgerald Memorial Fitness Center. “I am very thankful that the fitness center is here. I walk a lot and this is such a convenient alternative and it is very affordable.” The fitness center is **free** to all South Hadley residents.

The fitness center is open during regular center hours and is open during the center’s Wednesday evening extended hours.

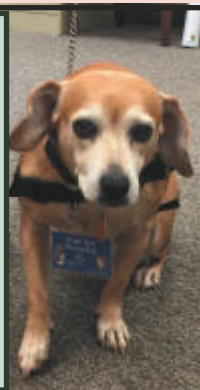
Call 538-5042 to set-up an orientation.



HAPPY RETIREMENT JIM !!!

Jim Tomlinson, our good friend and COA assistant cook, has retired. Join us at lunch on **November 14th** to celebrate his retirement and wish him well.

Meet Ava from Bright Spot Therapy Dogs! Ava & Maggie, will visit the center on Thursday mornings. Ava loves people. Please don't feed her.



FRIENDS of SOUTH HADLEY ELDERLY FUNDRAISER

Shopping on-line for the holidays?

Consider using AmazonSmile and support the **FUNDRAISING** efforts of the Friends of South Hadley, Inc. AmazonSmile donates 0.5% of your purchases to the charitable organization of your choice. AmazonSmile is the same Amazon you know—same products, prices and service but with a special benefit .

It is So easy!! There is no additional cost to you.

Support you're Friends of South Hadley Elderly Inc as your charity of choice. Support the Friends today!!

TRAVEL CLUB & FRIENDS OF SOUTH HADLEY ELDERLY, INC

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

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.

February 27, 2019: Mohegan Sun Casino, Uncasville, CT. Cost \$30.– call Huguette Supinski @ 530-6162 (full payment required at time of reservation)

March 26, 2019: Twin River Casino, Lincoln, RI. Cost \$28. - call Huguette Supinski @ 530-6162 (full payment required at time of reservation) *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

The Friends of South Hadley Elderly's 2019 "Tiger Country" calendar is currently on sale for \$10 each. It is absolutely beautiful! This fundraising effort is part of the Friends donation to the new senior center. You can purchase calendars at Carey's Florist, the COA and by calling Gail Beilanski at 533-1885. To have calendars mailed directly to you, call Sheila Adams at 536-5316. The calendars and the **\$5.00 car wash coupon for Paper City Car Wash** will be available at various functions and venues during the month. 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.**

A member of the Friends will be at the **High School on Election Day – November 6 – between 7:00 a.m. and 8:00 p.m.** Stop by our table and make your selection(s). This calendar will be a piece of Town memorabilia that will last for years. The Friends of the Elderly's Annual Meeting will be held November 13 at 1:00 in the Senior Center Dining Room. The purpose of this meeting is to elect/re-elect officers and directors for the 2019 year. Please plan to attend to make your choices known.

The Veterans Day celebration will be held November 15. At that time the Friends will be there to sell our calendars and car wash coupons. Additionally, through the donation of a generous soul, **a patriotic quilt will be given to a lucky veteran.**

Lastly, we are now soliciting donations, gift cards, and gift baskets to be raffled off at the **Chinese Raffle held at the Winter Holiday Event on Dec. 20th** More information coming in next month's Chronicle.

Thank you,
Wingate of South Hadley
for sponsoring our
entertainment & pretzels on October
18th !!

Thank you,
Rockridge Retirement
Community in Northampton for
sponsoring the Pumpkin Craft in
October!!



**THE FRIENDS ARE SELLING BEAUTIFUL FRESH
BALSAM WREATHS THIS YEAR FOR \$15 A PIECE.**

**Each double-faced balsam wreath measures 20"-22" in
diameter and comes with a bow.**

**We will only have a limited quantity of wreaths available for sale the week
after Thanksgiving. Payment will be due upon pick up.**

**To guarantee your wreath, please call Kim Prough at 781-864-0468, or send
an email: ksprough@me.com or notify the front office at the Senior Center.**

Preorders will only be guaranteed by October 31st.

**All orders after that date will be on a first come, first served basis and the
wreaths are expected to sell out quickly.**

Don't wait, preorder your wreath today!

TRANSPORTATION

To & From the Council On Aging is ONLY .75

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, ext. 201

Must Schedule Rides 24hr/advance. Driver cannot assist with Grocery Bags.

Call 538-5042 for reservations



SENIORS ON THE GO....!

The South Hadley Council on Aging FUN, FITNESS, FRIENDS.

The GO4LIFE STROLL SUCCESS!!

80 WALKERS PARTICIPATED AND WE COLLECTED

91 POUNDS OF FOOD

FOR NEIGHBORS HELPING NEIGHBORS!!!!



Scenes from the September 22nd
New Senior Center Fundraiser



Friends of South Hadley Elderly Inc. Members,
Gene Lambert & Sheila Adams sell "Tiger
Country" Calendars at the Sept. 22nd Fundraiser!!



**THANK YOU ,
EVERYONE!!**
Beautiful weather, fabulous
food and good friends!!
Our September 22nd Event
was a great success!!!
BBQ, BANDS & BEER
raised \$9,700.00
for the New Senior Center
Building Fund!

NOVEMBER EVENT CALENDAR & LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 LUNCH IS SERVED M-F 11:45-12:15 Make reservations at least 24 hours in advance by calling 538-5042. The suggested donation for lunch is \$2.25 for participants 60 or older; guests <u>under</u> 60 will be charged \$6.00—Per Federal Regulations</p>	<p>Our Lunch Program is Funded By the Federal Title III-C Older Americans Act</p>		<p>1 MENU: Sweet & Sour Chicken, Egg Noodles, Squash Blend, Tropical Fruit 10:00 Alzh. Caregiver Support Group (Rm #1) 10:30 Ava & Martha Visit 10– 11:00 Travel Club 12:45 : Classic TV: Dick Van Dyke</p>	<p>2 BIG Y SHOPPING MENU: Grilled Cheese & Tomato, Potato Puffs, Spinach , Soup of the Day, Pears 10:00 Coffee & Conversation (Dining Room) 11:45 W.W. Weigh-In 12:15 WEIGHT WATCHERS (Rm#5)</p>
<p>5 MENU: Macaroni & Cheese, Stewed Tomatoes, Pears. 10:00 Card Making with Tammy</p>	<p>6 BIG Y SHOPPING MENU: THANKSGIVING WITH ALL THE FIXINS' BHMA Saxophone band 1:00pm Movie: "Autumn in New York" (2000) Rm#5 2:00-3:30 MEMORIES CAFÉ(Rm#2)</p>	<p>7 MEMORIAL DRIVE SHOPPING MENU: Stuffed Shells , Broccoli, Mixed Fruit 11:00-12:30 Bereavement Support 12-1:30 Travel Club 1:00: Choralites No evening programming</p>	<p>8 BIRTHDAY & ANNIVERSARY MENU: Roast Park w/ Gravy, Roasted Potatoes, Mixed Vegetables, Juice Cake 10– 11:00 Travel Club 10:00 Veteran's Group 10:00 Alzh. Caregiver Support Group (Rm #1) 10:30 Ava & Martha Visit 12:30-2:00 Blood Pressure with Nurse 12:45 Classic TV: Dick Van Dyke</p>	<p>9 BIG Y SHOPPING MENU: Veal Patty w/ Sauce, Rice, Zucchini Blend, Juice, Soup of the Day Lunch & Learn : SHELD presentation 10:00 Coffee & Conversation (Dining Room) 11:45 W.W. Weigh-In 12:15 WEIGHT WATCHERS (Rm#5)</p>
<p>12 CENTER IS CLOSED VETERANS DAY HOLIDAY</p>	<p>13 BIG Y SHOPPING MENU: Baked Ham, Fruit Sauce, Sweet Potatoes, Wax Beans, Pineapple 10:00 LOW VISION GROUP (Rm#1) 10:00-11:00am BROWN BAG (Rm#3) 12:45 Movie: "October Sky" (1999) Rm#5 1:00-3:30pm Gary Winn: Hearing Screening-(Rm#1)</p>	<p>14 MEMORIAL DRIVE SHOPPING MENU: BBQ Chicken , Au Gratin Potatoes, Green Beans, Juice, Pears. 11:00-12:30 Bereavement Support 12-1:30 Travel Club 1:00: Choralites Evening Programming: 5:00 – 7:00pm Jewelry Making</p>	<p>15 MENU: Beef Tips with Sauce, Mashed Potatoes, Carrots, Biscuit and Cupcakes from Christopher Heights in Belchertown 10– 11:00 Travel Club 10:30 Ava & Martha Visit VETERANS APPRECIATION LUNCHEON 12:00 DONNA LEE Entertainment 12:45 Classic TV: Dick Van Dyke</p>	<p>16 BIG Y SHOPPING MENU: Fish Sandwich, Potato Chips, Tropical Fruit Soup of the Day 10:00 Coffee & Conversation (Dining Room) 11:15 Lunch & Learn: Sarah Peterson, Home Care Manager from WMEC 11:45 W. W. Weigh-In 12:00 WEIGHT WATCHERS (Rm#5)</p>
<p>19 MENU: Stuffed Peppers, Mashed Potatoes, Carrots, Peaches. 9:30 Foot Nurse (by appointment only)</p>	<p>20 BIG Y SHOPPING MENU: Veal Parmesan with Pasta/Red sauce, Broccoli, Garlic Bread, Jello 10:00 Low Vision Brown Bag 12:45 Movie: "Rudy" (1993) Rm#5</p>	<p>21 MEMORIAL DRIVE SHOPPING MENU: Oven Baked Chicken, Baked Potato, Peas & Onions, Cranberry Sauce, Mandarin Oranges 9:00 NEWSLETTER COLLATING (Rm#3) 12-1:30 Travel Club 1:00: Choralites No evening programming</p>	<p>22 CENTER IS CLOSED THANKSGIVING DAY HOLIDAY</p>	<p>23 CENTER IS CLOSED</p>
<p>26 MENU: Liver & Onions, Mashed Potatoes, Wax Beans, Cookies Pumpkin Carving: sponsored by Rockridge Retirement Community</p>	<p>27 BIG Y SHOPPING MENU: Chicken Breast w/ Gravy, Mashed Potatoes, Carrots, Mixed Fruit 11:15 Lunch & Learn : Laurie Hoey form Providence Place. 12:45 Movie: "Good Will Hunting" (1997)</p>	<p>28 MEMORIAL DRIVE SHOPPING American Chop Suey, Mixed Vegetables, Cornbread, Broccoli , Apricots 12-1:30 Travel Club 1:00: Choralites 5:00pm to 7:00pm Olive Oil Presentation</p>	<p>29 Menu: Beef Stew, Green Beans, Biscuit, Juice, Pudding. 10– 11:00 Travel Club 10:30 Ava & Martha Visit</p>	<p>30 BIG Y SHOPPING Menu: Baked Haddock Filets, Rice Pilaf, Spinach, Tropical Fruit 10:00 Coffee & Conversation (Dining Room) 11:45 W. W. Weigh-In 12:00 WEIGHT WATCHERS (Rm#5)</p>

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)
	1:00pm	\$3.00	Tap Dancing with Loryn (Exercise Room)
	1:00pm	No Charge	Canasta & Pinochle (DR) Mah Jongg (rm #2)
	1:00pm	No Charge	Color Me Calm (rm 3) 1st & 3rd Monday
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)
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 (Exercise Room)
	9:30am	\$5.00(Pay instructor)	Water Color Class (Rm #3)
	10:00am	\$3.00(Pay instructor)	Seated & Standing Yoga (Rm #2)
	1:00pm		Scrabble (Lib), Quilting (rm #3) Chip Poker (rm #4)
FRIDAY	10:30am	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, Thurs at 10am Free ((Rm #1) Grant funded: WestMass ElderCare)

Bereavement Support Group Wed. at 11am. Free ((Rm #1) (The Holyoke VNA & Hospice Life Care)

Memories Café, 2nd Tuesday/month, **2:00pm to 3:30pm** Free ((Rm #1) (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. (Rm #2)

Low Vision Group, 3rd Tues of Month. (Rm #1) Call Ann for information 538-5042, Ext. 206

SHINE Counseling, Tuesday by appointment Call 538-5042 Free. (SHINE office/ Travel Club)

**SUPPORT THE ADVERTISERS
THAT SUPPORT OUR COMMUNITY**



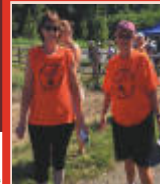
SOCIAL SERVICES ~ ANN'S CORNER

Ann's Community Outreach Days:

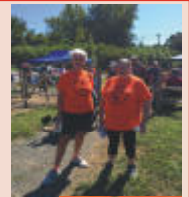
Newton Manor: 11/7 Hubert Place: 11/14 Lathrop Village: 11/28

OUR ANNUAL HOLIDAY GIFT CARD PROGRAM

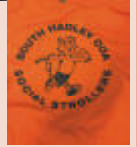
The Council on Aging will once again celebrate this festive holiday time with **South Hadley seniors** by distributing grocery store gift cards or electric light credits to those who qualify. Some financial guidelines do apply. If you or someone you know is experiencing a hardship, either financial or medical, we may be able to ease that burden. These gifts are made possible by the generous donations from your friends, neighbors and our local businesses. If you would like to be considered for a holiday gift, please call Ann at 538.5042 extension 206 no later than **Friday, December 7th.**



The Social Strollers have walked



564 miles since their journey to health and fitness began in June.



Join them on Tuesday and Friday mornings at 9:30.

THANK YOU to

Huguette Supinski for being our volunteer leader!



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 supported in part by a grant from the South Hadley Cultural Council, a local agency, which is supported by the Mass Cultural Council, a state agency. We thank them for their support. Please call the office to register by Nov 9th. Leave your name, phone number and branch of military in which you served.

FUEL ASSISTANCE 2018~2019

The fuel assistance seasons begins **November 1st.** Those seniors who have received their recertification paperwork from Community Action and would like help, please call Ann at 413.538.5042 extension 206 for an appointment. The application process can be somewhat time consuming, therefore, I cannot accommodate "walk-ins". Included in your packet from Community Action is a check list of which documents you need to bring to your appointment. **Please read carefully.** Sending your application without proper documentation will result in a delay of the approval process. Here are the income guidelines:



<u>Family Size</u>	<u>Income Limit</u>
1	\$35,510
2	\$46,437

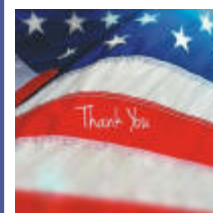
For first time applicants, call Ann for a complete list of documents required for applying.

LOW VISION GROUP~



The South Hadley COA is a host site for a **Low Vision Support Group.** The group is welcoming all elders who are experiencing vision loss. You **do not** have to be a South Hadley resident. Meetings are held on the 3rd

Tuesday of every month at 10:00 a.m. in Room 1. Transportation is available. Call Ann @ 538.5042 ext. 206 for more information.



NANCY'S ACTIVITY/VOLUNTEER COORDINATOR PAGE

NOVEMBER MOVIE SERIES—

“Action/Adventure movies”

EVERY TUESDAY AT 12:45pm

Nov 6- *at 1:00 “Proof of Life” (2000)
staring Meg Ryan and Russell Crowe

Nov 13- “The Seventh Coin” (1993) with
Peter O’Toole & Alexandra Powers

Nov 20-“Hostage” (2005) Bruce Willis

Nov 27- “Ladder 49” (2004) with Joaquin
Phillips & John Travolta

COMING IN NOVEMBER

- Card making with Tammy on Monday, November 5 at 10am. Sign up by Nov 2 in office so we can properly plan our resources.
- Tuesday, Nov 6th Berkshire Hills Music will be here to entertain for National Saxophone Day. This will be our Thanksgiving meal! Sign up in office.
- Wednesday, Nov 14 -jewelry making class with Sandy 5:30-7:00. \$2.00 suggested donation. Sign up in the office so we can properly plan our resources!!
- Thursday Nov. 15– Veteran’s Day lunch with Donna Lee entertainment. Please sign up in the office



- Monday Nov 19th @9:30am craft time making Christmas poppers for our holiday party

•Wednesday, Nov 28 Olive Oil presentation 5:30-7:00. Come learn about olive oil, what to look for and avoid, taste freshly picked olive oil from Tuscany and leave with a small bottle. **RESERVATIONS ARE REQUIRED by Nov 21st AND THERE IS A \$2.00 COST PAYABLE THAT NIGHT.** Space is **LIMITED to 32 people and NO reservations will be taken after November 21.**

Reservations open Nov 1.



WOULD YOU LIKE TO HONOR A VETERAN?

We are asking for **Gift cards from Dollar General or Dunkin Donuts or Big Y (or any local place) in the amount of \$5 or \$10.** These will be used as giveaways to our **Veterans during our Veteran’s Day luncheon.**

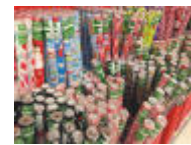
We have close to 30 veterans that usually attend our luncheon. **Wouldn’t it be great for us to be able to honor each of them with a gift card?**

Please drop off gift cards in the office by November 9th with your name on the envelope so we know who donated it and can properly thank you!

We need LOTS of your **EMPTY** paper towel rolls and toilet paper rolls for an upcoming project. Please drop off in the office

The Mittens & More Tree will be up at end of Nov awaiting donations of new **mittens, hats**

and scarves (homemade or store bought) **MUST BE NEW!**



We are in need of

Christmas wrapping paper

HORSE-SHOES, bandannas, cowboy hats and

boots, Kleenex, faux sunflowers,

HULA HOOPS!



Thank you to the **Crescent Dancers** for the recent belly dancing lessons.

ELDER LAW ARTICLE

ELDER LAW ATTORNEY KAREN G. JACKSON LEGAL TIPS BY ELDER LAW ATTORNEY: A CHILD LIVING WITH A PARENT

If a child of an elderly person lives with the parent, good MassHealth (Medicaid) planning can usually be achieved. If the parent eventually enters a skilled nursing home and applies for MassHealth benefits to pay the bill, the MassHealth application asks if the parent made any gifts the previous five years. If so, the gifts must be paid back or the parent will be denied MassHealth benefits. An important exception to this rule is **The Caregiver Child Exception**. This exception permits the parent to give his/her home to the caregiver child without penalty; i.e. no five-year lookback. For this exception to work, three things must be shown to the MassHealth caseworker: 1) That the caregiver is a **child** of the parent, proven by a copy of the child's birth certificate; 2) That the child **continuously resided with the parent for at least two years** up to the parent's entry into a skilled nursing home. The easiest way to prove this is by submitting the child's voting history, so on one sheet of paper the caseworker can see that the child met this requirement; and, 3) That **the child provided at least two activities of daily living ("ADLs") for the parent so that the parent could remain at home**. This is proven by a Doctor's letter. The six ADLs are eating, bathing, getting dressed, toileting, transferring and continence. Sometimes a good plan is for the parent to move in with the child. The parent can buy into the child's home for fair market value to avoid the gift issue. For example, the daughter and her spouse own a home worth \$210,000. The parent pays the couple \$70,000 and receives one-third the value of the home, jointly. Upon the death of an owner, usually the parent, the other two will own the home automatically, without the need for probate and keep the \$70,000. And, the couple can get their home sooner under the Caregiver Child Exception. 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 for more information.

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