



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.

THIS OLD BUILDING... We know the phones are finicky when it rains. Keep trying and use our extensions:

- Ann Andras, Soc. Service Coord..206
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Holiday Gift Card and "Light's ON" programs happening in December : Check Ann's Corner on page 8

**Friday, December 21st:
The Center will open at 10:00am**

All Activities will start at 10am.

WestMass ElderCare will provide lunch for our HMOw clients : the menu is subject to change.

EVENING PROGRAMMING IN DECEMBER

**HOLIDAY CARD MAKING
DECEMBER 5TH : 5:00-7:00pm**
Back by popular demand!!
Make your own holiday cards.
\$2.00 suggested donation

**IT'S A WONDERFUL LIFE
DECEMBER 19TH, 5:00 to 7:00pm**

Hot cocoa, sugar cookies and Jimmy Stewart
Mont Marie Rehab and Nursing is sponsoring this event for us.
Call to reserve: 538-5042

John Scibak's Retirement Send-off ~ South Hadley Style!!

Join us at a luncheon to celebrate our good friend & advocate for seniors
Come wish John a happy retirement and help us thank him for all his support for South Hadley!!
December 3rd. 11 to 12:30pm : Call to reserve 538-5042



**Thur.
Dec. 6th
11:15am**

The Michael E. Middle School

HOLIDAY CONCERT

The MESM Choir will perform holiday songs before lunch
Concert starts at 11:15am in the dining room.

Please call for reservations:
538-5042 ext. 201



**Wed.
Dec. 12th
11:45am**

CHORALITES CONCERT

Our Annual Concert by the COA's Choralites:
"Songs of the Season"
Immediately after lunch:
12:30pm

Call to reserve 538-5042



**Thur. Dec.
20th
11AM**

HOLIDAY LUNCHEON

FRIENDS Holiday Basket Raffle
50/50 Raffle & Calendar Sale
11-12pm Entertainment by the Steve & Tom Duo
Raffles drawn after lunch
Entertainment & Dessert provided by Providence Place in Holyoke
Call to reserve: 538-5042



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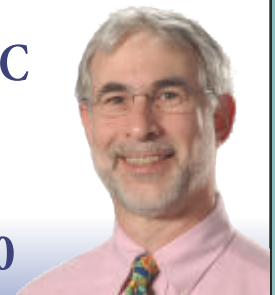


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Dr. Steven A. Markow, Optometrist

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Exciting Times at the Senior Center

Last month we introduced our slogan...**South Hadley Council on Aging: Fun, Fitness and Friends.** I would like to thank everyone who entered a slogan—all 93 of them—for the contest. Reading over all the slogans, we got a sense of what our center provides and what is important to the people we serve. Words like, *happy, welcoming, friends, laughter, living, support* and *fun* made repeated appearances in many of the slogans. The staff and I noted that the contest wasn't only a contest to find a new senior center slogan, but a reminder to all of us of why we do the work that we do. We should all be proud that the center, the staff, the members, the instructors, the volunteers and the visitors, create a unique and supportive experience everyday.

The new senior center project updates: :

- A sub committee, of the larger Senior Center Building Committee, has finished interviews to recommend a firm to represent the Town of South Hadley as the Owner's Project Manager on the senior center building project. (All public awarding authorities must engage an OPM on building projects estimated to cost \$1.5 million or more)
- A comprehensive survey of the site at 45 Dayton Street has been completed.
- At the November 7th Special Town Meeting, members voted – unanimously—to transfer from Unreserved Free Cash the sum of \$200,000 to the Senior Center Stabilization Fund.

This year I would like to focus on one of the greatest challenges all senior centers face; identifying needs in the community. Most often the seniors we serve are those who seek us out. It's been exciting seeing so many new faces, but we know there are those who may never come into the COA building. So, I am giving myself a challenge and I am asking you to support me in this challenge: "Leslie's 100 Cups of Coffee" initiative. My goal is to meet 100 people with the purpose of meeting with South Hadley's aging residents, caregivers and families to help educate you about all that we offer at the COA, but more importantly to learn about you and how we can better serve your needs and interests. I am also interested in meeting with community leaders, business owners, faith leaders and organizations to learn more about what you do and how we might partner to better serve the community. We can meet at the senior center or a location of your choice and times can be flexible. If you would like to meet, please call me in the office at 538-5042, ext. 204 or send an email to lhennessy@southhadley.ma.gov I am excited to meet you and hear your story. So who will be the first? Coffee anyone?

On December 21st, the center will open at 10:00am. The COA staff and I will be celebrating the season together. All activities will begin at 10am. Our HMOW clients will receive lunch from WestMass ElderCare and the menu is subject to change.

Here's to 2019 and the changes that will come. I wish you all Happy Holidays and a safe and healthy New Year!! ~ Leslie

The Season of the Root

By Christy Maxwell, WMEC Dietitian

Fall has arrived, and with it comes a bounty of root vegetables in every shape, size, and color. This group of vegetables provides a wide variety of versatile edibles packed with nutrients to get us through the long winter months. Low in fat and calories, roots can accompany any meal. They are an excellent source of fiber, which benefits digestive health, and potassium, which diminishes the effect of salt on blood pressure. Most of us are familiar with carrots and know they are important for vision. However, there are many other roots awaiting use in your next soup, stew, or side dish.

Roots such as turnip, rutabaga, and jicama (pronounced hick-a-ma) are high in vitamin C, which boosts the immune system and helps with the absorption of iron. Radishes, along with other members of the cruciferous family such as turnip and rutabaga, contain *sulphoraphanes* and *dithioithiones*. These phytonutrients are known for their cancer-fighting ability and further contribute to a healthy immune system.

Beets and parsnips (which resemble a white carrot) are ideal sources of folate, a nutrient of particular importance in older adults and important for mood, cognitive function, and cardiovascular (heart) health. In addition, the pigments in beets (betalains) are powerful antioxidants which protect our cells from damaging free radicals.

The somewhat unusual looking root, celeriac, (*aka* celery root) provides an excellent source of vitamin K and potassium. This root is often used as a stand-in for mashed potatoes for those looking for a lower calorie/lower carb option (about ½ the calories and carbohydrates as white potatoes). Parsley root is another unique vegetable that tastes like a combination of carrots, celery, and celeriac, making it a great addition to soups and stews. Similar in size, shape, and color to a parsnip, parsley root is a rich source of vitamins C, A, and K.

Remember to take advantage of these fantastic vegetables while they are in season. They can be roasted, steamed, sautéed, or baked, and many enjoy them raw, as snacks, in sandwiches, or slaws. Any way you slice them, these nutrient-rich roots can't be beat!

TRAVEL CLUB & FRIENDS OF SOUTH HADLEY ELDERLY, INC

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

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

March 19, 2019: Grand Oak Villa, Oakville, CT. Gaelic meets Garlic, featuring George Casey Good clean comedy guaranteed belly-laughs also appearing Tony Riccio with his Italian background is celebrated with all the standards we know & love, complimentary carafes of Red & White wine on arrival, also enjoy crackers and cheese & pepperoni. Family Style Menu: Corned Beef & Cabbage plus Chicken Parmesan, Garden Salad, Pasta with Homemade House Sauce, Roasted Potatoes, Vegetables, Zeppole for Dessert, Beverage. Cost \$95. – Call Dolores Giroux @ 413-536-2779.

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

April 18, 2019: Clove Creek Dinner Theater, Fishkill, NY. Mix a Hitchcock masterpiece with a juicy spy novel, add a dash of Monty Python and you have “**The 39 Steps**,” a fast-paced whodunit for anyone who loves the magic of theater! This two-time Tony and Drama Desk Award-winning treat is packed with nonstop laughs, over 150 zany characters (played by a talented cast of four), an on-stage plane crash, handcuffs, missing fingers and some good old-fashioned romance! Our detailed luncheon menu, which will be made known one month prior to the show, will include *Salad, Choice of: Beef, Chicken or Fish; Side Dishes, Dessert & Beverages.* Cost \$105. – Call Huguette Supinski @ 530-6162

May 14, 2019: Friesians of Majesty, Townshend, VT. Interact with beautiful, majestic horses in a guided tour of the European-style barns. Meet the spectacular stallions, Othello & Mathijs, then watch as they interact with their babies in the mare/foal barn. Then we’ll see a captivating show as dressage freestyle is exhibited, driving is demonstrated and a beautiful Friesian with her baby runs at liberty to inspiring music! Before Friesians of Majesty we will stop for lunch at the **Inn at East Hill Farm** in Troy, NH. Located at the base of Mount Monadnock, the inn is a nature’s lovers dream. Upon arrival we will receive a delicious rum punch and apple cider. Lunch features mouth-watering hearty comfort foods and will be served family-style: *Slow-cooked New England Pot Roast & Roast Turkey with Country-style Stuffing, homemade soup, fresh bread, fritters with maple syrup, vegetables, mashed potatoes & gravy, dessert, milk, coffee, tea.* Cost \$98. – Call Susan Canedy @ (413) 536-2106
All trips depart from Rocky’s Plaza, Newton St, South Hadley, please arrive 30 minutes prior to departure time.

The FRIENDS Corner

Get ready everyone for the blow-out of the year! The Friends of the Elderly annual Chinese raffle is coming **December 20, 2018.** It will be held after lunch, between 12:45 and 1:00. We are now soliciting donations, gift cards, and gift baskets to be raffled off at this event.

Christmas and other gift-giving holidays are just around the corner. We still have the “**Tiger Country**” **2019 calendars for \$10 each** (see Don Lever at the Senior Center or contact Sheila Adams: 536-5316). Also available are the \$5 car wash coupons for Paper City Car Wash, 990 Main St., Holyoke. Please see Jean Lambert or Ola. Don’t forget the raffle for the quilt! This quilt is made and donated by the Quilter’s Club to the Friends to assist in its fundraising activities. These raffle tickets will be in the mail to all members shortly. If you don’t receive them, contact Don Lever.

One last thing to sell: 2019 membership to the Friends of the South Hadley Elderly. Your \$5 donation helps to fund the \$6,000 given annually to the Council on Aging for their activities program and other necessary items they require. Sign up by the St Patrick’s Day Luncheon and be eligible to win the \$100 lottery tickets tree. Donations and memorials are accepted at any time. Considering the Friends is a non-profit organization, you may want to consider a contribution for your year-end tax deductibles. This is the last article (Donna) I’ll be writing for the Chronicle. I hope you’ve enjoyed the monthly info and tid-bits. The FRIENDS Corner will continue and fundraising efforts will be updated. Stay Tuned.



*Christopher Willimansett
Heights in Centers for
Belchertown providing the
for sponsoring December
our Gingerbread
entertainment & House
dessert for our Making project
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Appreciation helpers.
Luncheon. !!*



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TRANSPORTATION



To & From the Council On Aging is ONLY .75

Pharmacy, Grocery Shopping & Medical Appointments: \$1.25

Tuesdays and Fridays Mini-bus goes to Big Y for shopping

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 24-hours in advance. Driver cannot assist with Grocery Bags.



IMPORTANT NUMBERS FOR SOUTH HADLEY OLDER ADULTS

Exec. Office of Elder Affairs: 1-800-243-4636

WestMass ElderCare: 1-413-538-9020

South Hadley Housing Authority: 1-413-532-3194

PVTA Paratransit (Van) Services: 1-413-739-7436

South Hadley Town Hall: 538-5017

Home Delivered Meals: 1-413-538-9020

Medicare: 1-800-633-4227

Social Security: 1-866-964-5061

SNAP & Fuel Assistance: 538-5042, Call Ann Andras

South Hadley Veteran's Office: 538-5017, ext.137

LAST
CHANCE

WIN A \$30.00 GIFT CARD!

Join our newsletter email list before December 31st, 2018 and you 'll be entered in a drawing for a \$30.00 gift card.

Email Leslie at: lhenessey@southhadleyma.gov



RESCHEDULED Program! Empowering Seniors to Resist Aggression Defensively

Wed., Dec. 5th (snow date Dec. 12th) 9:30 to 11:30

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 seniors Space limited:

Call 538-5042 to reserve.

The Rainbow Supper Club is a program of WestMass ElderCare in partnership with the Holyoke Council on Aging & Senior Center. We invite all LGBTQ+ individuals (ages 60+), as well as younger partners, friends, AND allies to attend!

EVERYONE IS WELCOME!

Join us the first Wednesday of the month 5-7pm at the **Holyoke Council on Aging (291 Pine Street, Holyoke)** Call 538-9020 to make reservations.

SENIORS ON THE GO....!

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



Thanksgiving Celebration with the Saxophone Quartet from BHMA

DECEMBER EVENT CALENDAR & LUNCH MENU

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|--|--|
| <p>3 MENU: Roast Turkey with Gravy, Mashed Potatoes, Carrots, Cake</p> <p style="text-align: center;">11:00-12:30 JOHN SCIBAK RETIREMENT SEND-OFF LUNCHEON</p> | <p>4 BIG Y SHOPPING BIRTHDAY/ANNIVERSARY Menu: Broccoli Quiche, Potato Puffs, Peas and Onions, Peaches 11:15 Lunch & Learn : Laurie Hoey form Providence Place. 12:45 Movie: "Holiday Inn" (1942) - Rm#5</p> | <p>5 MENU: Stuffed Shells with Sauce, Spinach, Tropical Fruit</p> <p>9:30-11:30 R.A.D.—Defense for Seniors 12-1:30 Travel Club</p> <p>1:00: Choralites</p> <p>5:30-7:00pm Holiday Card Making with Tammy!!</p> | <p>6 MENU: Low Salt Hot Dogs, Baked Beans, Broccoli, Brownies 10:00 Alzh. Caregiver Support Group (Rm #1) 10:30 Ava & Martha Visit 11:15 HOLIDAY CON-CERT w/Middle School singing 10-11:00 Travel Club</p> | <p>7 BIG Y SHOPPING MENU: Grilled Ham & Cheese Sandwich, Potato Puffs, Brussel Sprouts, Pears, Soup 11:45 W.W. Weigh-In 12:15 WEIGHT WATCHERS (Rm#5)</p> |
| <p>10 MENU: BBQ Chicken, Roasted Potatoes, Corn, Tropical Fruit</p> <p>9:30 Foot Nurse (by appointment only) 10:00 Card Making with Tammy</p> | <p>11 BIG Y SHOPPING MENU: Cheese Lasagna with Sauce, Romano Beans, Pineapple</p> <p>12:45pm Movie: "Miracle on 34th Street" (1947) Rm#5</p> <p>2:00-3:30 MEMORIES CAFÉ(Rm#2)</p> | <p>12 MEMORIAL DRIVE SHOPPING CHORALITES HOLIDAY PARTY</p> <p>MENU: Stuffed Chicken Breast, Supreme Sauce, Mashed Potatoes, Tarragon Corn, Pie</p> <p>12-1:30 Travel Club</p> <p>No evening programming</p> | <p>13 MENU: Spaghetti with Meatballs, Garlic Bread, Juice, Peaches 10:00 Cookie Exchange 10-11:00 Travel Club 10:00 Veteran's Group 10:30 Ava & Martha Visit 12:30-2:00 Blood Pressure with Nurse in the nurses office in room #1</p> | <p>14 BIG Y SHOPPING MENU: Breaded Pollock, Wild Rice, Peas & Onions, Whole Grain Roll, Jell-O, Soup 10M COFFEE & CONVERSATION:— Leslie updates about the new senior center 11:45 W.W. Weigh-In 12:15 WEIGHT WATCHERS (Rm#5)</p> |
| <p>17 Menu: Veal Patty w/gravy Mashed potatoes, Peas & Carrots, whole grain roll, Juice & pudding</p> <p>10am: Make a sweet and savory treat with Nancy in the dining room.</p> <p>Holiday Sweater Contest</p> | <p>18 BIG Y SHOPPING MENU: Sweet & Sour Chicken, Egg Noodles, Squash Blend, Tropical Fruit 10:00 LOW VISION GROUP (Rm#1) 10:00-11:00 BROWN BAG (Rm#3)</p> <p>12:45 Movie: "October Sky" (1999) Rm#5</p> <p>12:45 "It's a Wonderful Life" (1946) - Rm#5</p> | <p>19 MEMORIAL DRIVE SHOPPING MENU: Macaroni & Cheese, Stewed Tomatoes, Green Beans, Pears</p> <p>12-1:30 Travel Club</p> <p>1:00 Choralites</p> <p>5:00pm: Oh, it's a wonderful life... Hot Cocoa, Sugar Cookies and Jimmy Stewart —Mont Marie Rehab & Nursing in Holyoke sponsors</p> | <p>20 HOLIDAY LUNCHEON & ENTERTAINMENT with Steve & Tom MENU: Beef Tips with Sauce, Scalloped Potatoes, Peas & Onions, Juice, Cake 10:00-CANCELLED—Alzh. Caregiver Support Group (Rm #1) 10-11:00 Travel Club 10:30 Ava & Martha Visit</p> | <p>21 CENTER OPENING AT 10:00am</p> <p>BIG Y SHOPPING after 10am. Holiday Sweater Contest MENU: Grilled Reuben Sandwich, Confetti Rice, Broccoli & Cauliflower, Peaches, Soup 11:15 Lunch & Learn: Sarah Peterson, Home Care Manager from WMEC 11:45 W. W. Weigh-In 12:15 WEIGHT WATCHERS (Rm#5)</p> |
| <p>24 MENU: Stuffed Cabbage, Mashed Potatoes, Carrots, Mandarin Oranges</p> <p>9:30 Foot Nurse (by appointment only)</p> | <p>25</p> <p style="text-align: center;">CENTER IS CLOSED HOLIDAY</p>  | <p>26 MEMORIAL DRIVE SHOPPING MENU: Hamburger with Bun, Onions, Tomatoes, Lettuce, Potato Puffs, Cookies NEWSLETTER COLLATING (Rm#3) 12-1:30 Travel Club 1:00: Choralites No Evening Program</p> | <p>27 MENU: Shepherd's Pie with Gravy, Spinach, Mixed Fruit</p> <p>10-11:00 Travel Club 10:30 Ava & Martha Visit</p> | <p>28 BIG Y SHOPPING MENU: Baked Salmon with Lemon, Wild Rose, Broccoli, Peaches 11:45 W. W. Weigh-In 12:15 WEIGHT WATCHERS (Rm#5)</p> |
| <p>31 MENU: Beef Stew, Broccoli & Cauliflower, Pineapple</p> | <p style="text-align: center;">CENTER CLOSED</p>  | <p style="text-align: center;">LUNCH IS SERVED M-F 11:45-12:15</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;">Our Lunch Program is Funded By the Federal Title III-C Older Americans Act</p> | <p style="text-align: center;">COA Closures & Cancellations Watch Channel 22, 40 or 3 for weather related COA Closures & Meals on Wheels cancellations.</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 | 10:00am | 8/wks: \$48.00 | Beginning Exercise (Exercise Room) |
| | 1:00pm | | Bingo (rm #2) |
| WEDNESDAY | 9:15am | No Charge | Dance Class w/Ashley—NO CLASS 12/5 |
| | 10:30am | No Charge | Healthy Bones & Balance— NO CLASS 12/5 |
| | 1:00pm | | Choralites (DR) Pitch (rm #2) & Mah Jongg (rm #3), |
| | 3:00pm | | Book Club (Library; 1st Wed. of Month) |
| THURSDAY | 10:00am | 8/wks: \$48.00 | Beginning Exercise (Exercise Room) |
| | 9:30am | \$5.00(Pay instructor) | Water Color Class (Rm #3) |
| | 10:15 am | \$3.00(Pay instructor) | Seated & Standing Yoga (Rm #2) 2nd Thur/month: library |
| | 1:00pm | | Scrabble (Lib), Quilting (rm #3) Chip Poker (rm #4) |
| FRIDAY | 10:30am | No charge | Healthy Bones & Balance |
| | 1:00pm | | Bridge (rm #3), Canasta (DR), Cribbage (rm#2) & Knitting (library) |

SOCIAL SERVICES & GROUPS

Alzheimer's Caregiver Support Group, Thur. 12/6: 10am Free ((Rm #1) funded: WestMass ElderCare)
Memories Café, 2nd Tuesday/month, 2 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
Brown Bag 3rd Tues of Month. (Rm #3)Call Ann for information 538-5042, Ext. 206
SHINE Counseling, Tuesday by appointment Call 538-5042 Free. (SHINE office/ Travel Club)

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SOCIAL SERVICES ~ ANN'S CORNER

Ann's Community Outreach Days:

Newton Manor: 12/5 Hubert Place: 12/12 Lathrop Village: 12/19

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.**

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.

ANN'S LIST OF PRACTICAL GIFTS FOR SENIORS!



Looking for the perfect holiday gift for Mom and Dad? Here's what our elders are saying: puzzle books, adult coloring books, household cleaning supplies, note cards and stamps, short and warm slipper socks, gas cards, newspaper and magazine subscriptions, local store gift cards in small amounts, rides to church, and **MOST OF ALL...Time Spent With FAMILY.**

DECEMBER MOVIES

"Holiday theme"

EVERY TUESDAY

AT 12:45pm

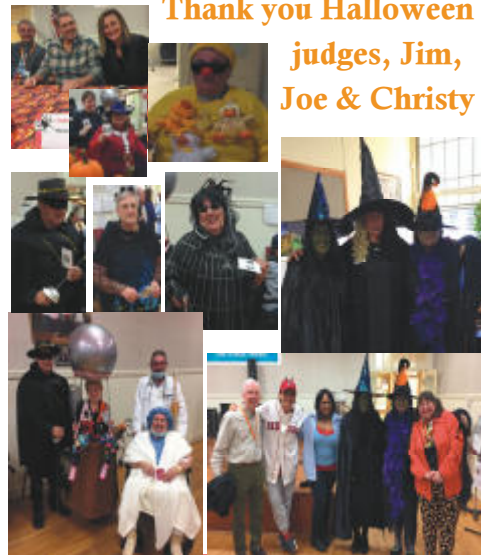
Dec 4- "Holiday Inn" (1942) with

Bing Crosby & Fred Astaire

Dec 11- "Miracle on 34th Street" (1947) with Natalie Wood & Maureen O'Hara

Dec 18- "It's A Wonderful Life" (1946) with James Stewart & Donna Reed

Thank you Halloween judges, Jim, Joe & Christy



We recently made ravioli from scratch to celebrate National Pasta Day



NANCY'S ACTIVITY/VOLUNTEER COORDINATOR PAGE

SO much happening in December. JOIN US!



Friday, Nov 30– Mitten Tree will be up in the dining room ready to accept your donations of NEW or HANDMADE mittens, gloves, scarves and hats. Adult and child sizes welcome. All items will be donated to local charities.



Monday, Dec 3– Join Nancy in the Din Rm at 10 :00am to make a holiday craft. Sign up required.

Tuesday, December 4th and Thursday, December 6th from 3:00-7:30 sign up to see the Holiday Tree display at Balise Toyota and then continue on to see Bright Nights display in Forest Park. The Balise dealership showroom has been transformed into a winter wonderland filled with decorated holiday trees. There will be an opportunity to purchase raffle tickets to win the decorated trees. Entrance to the event is free and there will be time and access for a coffee and a quick bathroom break before re-boarding the van to go to Bright Nights. Sign up in office. This trip was a big hit last year-limited seating.



Wednesday, Dec 5 from 5:00-7:00 in the Din Room come make a few handmade holiday cards. Our leader Tammy will help us make high quality cards. You will be amazed at how easy they are to make. Sign up required. * Donation towards cost requested.

Thursday, Dec 6@11:15 come listen to the South Hadley Middle School Choir.



Monday, December 10 at 10am– come make a gingerbread house (for display only, not edible). Space is limited. Sign up in the office. **Thank you to the Willimansett Centers for sponsoring this activity.**

Wednesday, Dec 12– Choralites perform Holiday Concert following lunch.



Thursday, Dec 13 at 10– please preregister by Dec 10. Holiday cookie exchange. Make 2 dozen– leave with 2 dozen. Please label if cookies include nuts. **Cookies MUST BE HOMEMADE– NO store bought cookies.** Prizes awarded for most creative, best tasting, most festive.

Monday, Dec 17 and/or Friday, Dec 21- Wear your Holiday sweater to lunch today.



Monday, December 17 at 10:00- join Nancy as we make a bag of sweet and savory cashews to keep or give as a gift. Space is limited. Sign up beginning Dec 1 in office.



Thursday, December 20 from 11-12 noon- Winter Holiday Luncheon with Winter/Holiday Songs by Steve & Tom Duo.



**LEGAL TIPS BY ELDER LAW ATTORNEY KAREN G. JACKSON
ESTATE PLANNING AND THE SPOUSE WITH DEMENTIA**

Let's say Mrs. Smith is starting to lose mental capacity. This is now a good time to have an attorney prepare or review the couple's estate plan. Why? Because Mrs. Smith usually is, or will soon be, no longer able to serve as Mr. Smith's Executor, Health Care Proxy, and Durable Power of Attorney agent. And, I always recommend that a "spare tire" person be named in the number two slot. So, in Mr. Smith's legal documents, even if a person is named #2 to Mrs. Smith, that leaves Mr. Smith with only one agent. If Mr. Smith later becomes unable to make his health and business decisions and if "something happened" to Mr. Smith's only agent, the family will be forced to petition the probate court for a guardianship and conservatorship because neither named agent is capable of performing the job for Mr. Smith. We want to avoid court, which can be very stressful, time-consuming, and expensive. **When the ill spouse can no longer do these jobs, the well spouse must update his/her estate planning documents. And, if the ill spouse knows what she is signing, her plan must be prepared/updated, as well.**

Another big issue: Mr. Smith's Will usually names the Mrs. Smith as the first beneficiary. If Mr. Smith unexpectedly passes away before Mrs. Smith (people tell me this happens about half the time), all of the marital assets will be given to Mrs. Smith causing the loss of her MassHealth benefits paying the nursing home bill. Mrs. Smith can only have under \$2,000 in assets. Mrs. Smith's inheritance must be used to privately pay the nursing home at the rate of approximately \$12,000 per month until she has spent down to under \$2,000. **The solution is a Testamentary Trust embedded into the well spouse's new Will sheltering the assets and preventing the ill spouse's loss of public benefits.** For more information, jlawma.com or 413-532-1200.

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(afternoons)

1pm to 4:30pm

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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.

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

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.

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IN MEMORIAM

DECEMBER 2018 NEWSLETTER – MEMORIAL DONATIONS

WE ARE SINCERELY GRATEFUL FOR ALL OF THE DONATIONS MADE TO THE SOUTH HADLEY COA IN SUPPORT OF OUR SENIOR CENTER AND THE MANY SERVICES PROVIDED. THE FOLLOWING DONATIONS WERE MADE IN MEMORY OF LOVED ONES INDICATED IN CAPS

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Brad Allen

MARY PAT HOWE

Charles W. Martin

HOWARD J. WAILGUM

Al & Ann Guyott

Kathy Gallivan

PHILLIP HERBERT (5th Anniversary)

Ola L. Herbert & Don Dec

WE ARE VERY GRATEFUL FOR THE DONATIONS RECENTLY RECEIVED

FROM THE FOLLOWING PEOPLE:

Gloria McAvoy

Kathleen Hurley

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Madeleine A. Gazaille

Patricia Brunault

Samuel & Michelle Mazza

South Hadley Dental Associates, Inc.



Marjorie S. Block, D.M.D.

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COA Closures & Cancellations: Watch Channels 22, 40 or 3 for weather related COA Closures, Mini-bus cancellations & Meals on Wheels cancellations.

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.

COUNCIL ON AGING GIFT FUNDS

The South Hadley Gift Funds are used to pay for services, programs and activities for South Hadley older adults and are not considered part of the Town's operating budget for the Council on Aging. The New Senior Center Fund will be used for building costs attributed to a new senior center. Anyone wishing to make a donation may do so by making checks payable to "South Hadley Council on Aging" Donations may also be made in honor of, in memory of, or in appreciation of. Contributions will be listed in our newsletter unless you wish to remain anonymous. Contributions are greatly appreciated.

SOUTH HADLEY COUNCIL ON AGING GIFT FUNDS

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*In Memory Of: _____ or

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***Please send acknowledgement to family:** (kindly indicate name, address & relationship to deceased)
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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 will be published in the Monthly COA Newsletter.



If you **DO NOT** want your name published in the newsletter, please
 Check here: